



WEEKLY NEWSLETTER



KRIPPA FAMILY PSYCHOLOGICAL & WELLNESS SERVICES

College Life 101

A GROUP FOR YOUNG ADULTS WHO ARE
NAVIGATING COLLEGE AND INDEPENDENCE

College life- ready or not, it's here!

**In early adulthood you face big changes,
especially when you are in college.**



**We will tackle topics such as navigating new
spaces, building new connections, safe
partying, organizational and study skills,
self-care, and setting yourself up for future
success.**



\$50 per session

\$200 Deposit (4 sessions)

Virtual with Kerri Shiflett, LCMHC

Fridays at 10am beginning 9/16/22

Call (919) 893-9444 or visit
NCPsychologist.Com/Group-Therapy to
register



COLLEGE LIFE

Kerri Shiflett, LCMHC

This time of year parents, kids, and teens everywhere prepare for the transition back to school. There are school supplies to buy, teachers to meet, and details like sports' physicals or haircuts to schedule.

While parents often look forward to the structure school life brings, one transition is a bit more difficult – your young adult going off to college. There's a whirlwind of things to buy, errands to complete, moving into dorms, and supporting your young adult as they transition into college life. While this is an exciting step in your young adult's transition to independence, you may also experience anxiety regarding their readiness to tackle life on their own. Here are some tips to make the process a bit smoother:

- Expect to make multiple trips to stores like Target, WalMart, and grocery stores to buy last minute items. Look up stores near campus and drive by one or more so that your young adult will know how to get there.
- Consider leaving valuables like jewelry and electronics at home to prevent loss, theft, or damage.
- Course syllabi typically include deadlines for tests and projects throughout the semester. Encourage your student to enter these in their calendar to ensure they have reminders in place.
- ☐ Look up the phone number for campus security and the local non-emergency police number and ask your young adult to enter them in their cell phone contacts in case of emergency.

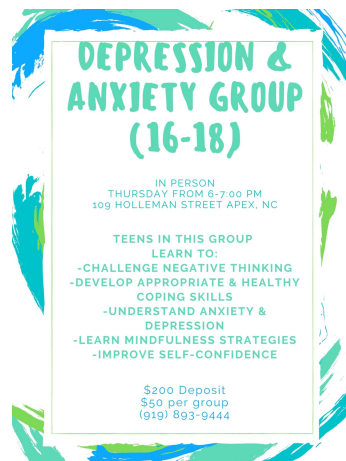
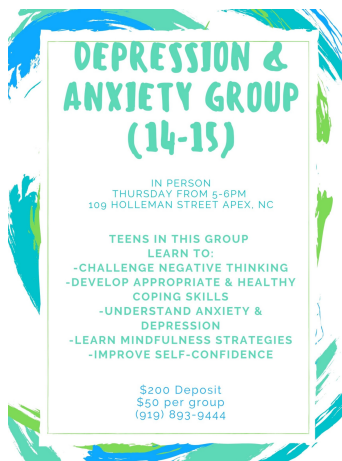
Encourage your young adult to remain on or near campus the first few weekends of the school year rather than coming home. It is important that they make new connections and colleges often have events for new students to meet one another.

Stay tuned for more information regarding our new college life support group starting in September of 2022. We will tackle topics such as navigating new spaces, dealing with change, safety out and about, organizational and study skills, and building healthy relationships.

- Krippa Family Psychological & Wellness Services is excited to announce that our Teen Intensive Outpatient Program (IOP)has moved over to our latest location in Cary, on Fountain Brook Drive in Cary.

GROUP THERAPY:

- We are currently offering numerous Groups for children, teens, and adults, including:
- Anxiety & Depression Group for tweens (11-13)
- Teen Anxiety & Depression Group (14-15)
- Teen Anxiety & Depression Group (16-18)
- Teen Social Club
- Parenting Teens Support Group
- Intensive Outpatient Program
- College Life 101



To learn more about any of our Groups and to enroll please call us at 919-893-8444 or email us at info@ncpsychologist.com. Visit us at www.ncpsychologist.com and our Facebook and Instagram pages: Krippa Family Psychological & Wellness Services.

Website

Krippa Family Psychological & Wellness Services

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