

CAP N' GOWN TO CAMPUS

A Guided Group for College-Bound Seniors

Big Transitions, Real Talk, and a Built-In Support Squad

College apps. SATs. Friendship shifts. Packing up your room.

Leaving everything you know behind. New roommate.

Yeah... these next two years...it's a lot.

This isn't just another group—it's your monthly check-in, real-talk circle, life skills toolbox, and future-friends network, all rolled into one.

Led by a certified behavioral health coach, this 20-month virtual group supports **high school seniors** as they navigate the rollercoaster of senior year and then sticks with them through their **entire first year of college**.

What You'll Get (Besides Peace of Mind)

- Monthly virtual group sessions (easy to join from anywhere)
- **Tools for handling stress, transitions, homesickness, and change**
- A chance to share stories and challenges with people who get it
- Tips on study habits, nutrition, time management, safety, and mental health
- Ongoing support and connection, even when high school ends

What Makes It Different (and Actually Cool)

- Runs from senior year through freshman year of college—you're never alone
 - You'll build deep friendships that grow with you across campuses
 - Learn what life is like at other colleges—and share your own stories too
 - **Optional in-person kickoff to start with some face-to-face connection**
 - Monthly challenges that turn tools into action—complete one and you could **WIN** cash prizes 🍷
- (because yes, you will want that extra pizza, coffee, or laundry money)

Every third Sunday of the month @ 6pm

Starting September 21, 2025

\$50 per monthly session

SPOTS ARE LIMITED!

To register or learn more, contact:

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🌐 www.tailoredglory.com



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Monthly Schedule

SEPTEMBER 21, 2025

Theme:
Big Year, Big Feelings

OCTOBER 19, 2025

Theme:
Managing Stress & Academic Pressure

NOVEMBER 16, 2025

Theme:
Navigating Relationships & Social Shifts

DECEMBER 21, 2025

Theme:
College Decisions & Family Expectations

JANUARY 18, 2026

Theme:
Becoming Independent (One Step at a Time)

FEBRUARY 15, 2026

Theme:
Self-Care Isn't Optional

MARCH 15, 2026

Theme:
Making New Friends in New Places

APRIL 19, 2026

Theme:
Safety, Consent & Campus Life Realities

MAY 17, 2026

Theme:
Saying Goodbye and What Comes Next

JUNE 21, 2026

Theme:
Summer Survival Guide

JULY 2026

NO SESSION

AUGUST 16, 2026

Theme:
So... You're Officially in College

SEPTEMBER 20, 2026

Theme:
Finding Your Rhythm

OCTOBER 18, 2026

Theme:
Homesickness, Loneliness & Feeling Lost

NOVEMBER 15, 2026

Theme:
Roommates, Conflict & Communication

DECEMBER 20, 2026

Theme:
First Semester Reflection

JANUARY 17, 2027

Theme:
New Semester, New Mindset

FEBRUARY 21, 2027

Theme:
Love, Identity & Emotional Intimacy

MARCH 21, 2027

Theme:
Money, Budgeting & Real Adulting

APRIL 18, 2027

Theme:
Burnout, Balance & Finishing Strong

May 2027
Dinner Celebration



VISIT OUR WEBSITE FOR MORE INFO



www.tailoredglory.com/teengroup