

# YOUNG ADULT PERSONAL GROWTH GROUP



*Open to all neurotypes, this is a process-oriented support and social connection group for post-high school/college-age and young adult clients.*

Make social connections in a safe space

- Decrease isolation, practice empathy, asking for and giving support
- Self-discovery and social connection
- Where neurodivergent and neurotypical young adults feel a sense of belonging and can be authentically “who they are”

**E/O Thursday** Virtually 11am -12pm (a different time will be considered to include an interested member)

Contact [amy@amyluzar.com](mailto:amy@amyluzar.com) for more information  
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