



TRANSITION INTO ADULthood WITH GENERATIONS

Young people (ages 18 – 24) are often faced with difficulties during the time of transition towards independence. Generations is able to offer support for these individuals who are facing these challenges.

WHO:

Ages 18 – 24

WHEN:

Thursdays from 3–4 pm
(Beginning June 20)

WHERE:

Generations Family Health Center
40 Mansfield Ave • Willimantic

COST:

FREE, but you must register

IF YOU THINK YOU OR A LOVED
ONE WOULD BENEFIT,
PLEASE CONTACT KATE LARSON,
LMFT AT 860-450-0585 X6232

GROUP OBJECTIVES:

- Identify strengths, barriers, challenges as part of independent transitioning
- Develop a plan of action that is completed by 10 weeks
- Create/establish resources that can be utilized as part of continuing/ accomplishing set goals

POTENTIAL TOPICS:

- Building Confidence
- Accessing Community Resources
- Healthy Relationships
- Managing Money
- Job/Schooling Goals and Needs


GENERATIONS
FAMILY HEALTH CENTER

WILLIMANTIC. NORWICH. DANIELSON. PUTNAM
ACROSS THE SMILES: (MOBILE DENTAL PROGRAM)

GENHEALTH.ORG     

