



**THURSDAY
EVENINGS**
6:30 P.M. – 8 P.M.

Youth ages 18-25

- Drop-In, registration upon arrival
- Open weekly to new participants
- Snacks & refreshments included

FREE & FACILITATED **Counselling Group**

Pathways to Adulthood Education & Support

The transition into adulthood can be a challenging time. Gain more direction by learning skills to help you through your journey. Drop-in on Thursday evenings to the Pathways to Adulthood counselling group and gather support to find your way.

- **Relationships and well-being**
- **Handling expectations and change**
- **Managing school or work stress**
- **Family challenges**
- **Emotional development**
- **Maintaining energy for self and others**
- **Boundaries and communication**

LOCATION

Family and Community Services
2nd Floor, 501 Festival Avenue, Sherwood Park

For more information call 780-464-4044
strathcona.ca/groups

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COMMUNITY FOR ALL**

 **STRATHCONA
COUNTY**