



MODERN WELLNESS
Family Counseling

Young Adult Skills Building Workshop



Join us for an 8 week group workshop series to help young adults learn skills to cope with stress, build authentic relationships, and optimize resilience.

Things We'll Talk About:

- Creating healthy boundaries
- Taking Control of Negative Thoughts
- Mindfulness
- Personalized Coping Skills
- Basics of Self Care
- Personal Goal Setting
- Identification of Personal Values
- Assertive Communication
- Gratitude Building



Duration

8 weeks, 1.5 hour group workshops



Ages

18-22 year olds



Location

Virtually hosted via Zoom



Cost

\$400 total



Workshop led by Kelly Kennedy, PhD, LMFT/S, RPT/S

Interested in Signing Up?

Give us a call at 864-383-9002 or send an email to admin@modernwellness.hush.com