

The Center for Grief Recovery and Institute for Creativity announces ...

Journeying to Adulthood A Young Adult Group

When: Mondays from 8:00 pm to 9:30 pm

Where: 1263 W. Loyola Avenue
Chicago, IL 60620
One Block from Loyola University and the Loyola Ave Stop of the Red Line

Cost: \$35 per session. Insurance accepted. Scholarships available.

A co-ed therapeutic group experience open to young adults ages 18 to 25 who are struggling with mental health issues that are affecting their personal, familial, academic, and social lives. The group is specially tailored to the developmental stages of young adults. The group offers a supportive and connective environment. Each group is structured to help members both develop interpersonal skills and work to change problematic behavior so they can grow into more mature, grounded, and aware adults.

Some of the issues this group has helped:

- anxiety and how to handle it
- depression
- aggressive or acting-out behavior
- self-harming or acting-in behavior
- drug and alcohol use and abuse

This group also builds:

- Communication skills
- Interpersonal skill sets
- Leadership skills
- Group Feedback and Introspection

This group is professionally facilitated by Tom Undine, LCSW. Tom has over ten years' experience working with young adults in groups in various settings including psychiatric hospitals, residential programs, outpatient clinics, and private practice.

Group size is limited; an initial intake interview is required by calling 773-274-4600.

Group therapy can help accelerate and deepen individual therapy.

Questions are encouraged. Please Call Tom at the Center for Grief Recovery at 773-274-4600 or email him at griefrecovery@griefcounselor.org.