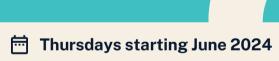
## College and Career Transitions Social Group for Young Adults







Learning to live independently - responding to daily demands - takes time, planning and practice. Join our social learning group, for neurodiverse 18-25 year-olds, and learn about the key components that contribute to independence.

Adulting is hard.

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Relationships

**Goal Setting** 

**Organization** 

Time Management **Emotional** Regulation

**Everyday Wellness**