

# Ready to SOAR - Young Adult Social Group

Join our ongoing group for young adults  
with autism, ADHD, and social anxiety!

Do you have an interest in forming meaningful social connections with others, communicating more effectively, and feeling more confident in your ability to handle various social situations?

Are you embarking on a quest to increase your **S**elf-awareness, **O**pportunities for social engagement, **A**chieve more autonomy and **R**egulate your emotions? Emerging adulthood is a distinct phase of life, with a unique set of challenges. Some individuals require more support to navigate the journey of adulthood.

This group will participate in activities aimed at reducing fear and apprehension in social situations and learn skills and strategies to overcome the barriers that may be impacting goals for social engagement.

Are you ready to SOAR into young adulthood?

Emotional  
Regulation

Mindfulness  
Techniques

Peer  
Support

Communication  
Strategies

Team  
Building  
Activities



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