

College Transitions

From college to home and back



Are you graduating and getting ready for college? Or were you just getting used to being more independent in college, and then it's back home with your family. Then you get used to being at home with your family and it is time to pack up and return to college. Transitions and changes can be tough!

Anxiety rises and panic can set in.

This group is geared towards teaching you the needed skills to cope with all these changes and transitions, differing expectations by developing more effective communication skills, more effective decision-making skills, and relaxation techniques. We will also cover: from teen to young adult, cafeteria anxiety, roommate conflict, free time, being alone....dating!

**Led by: Sherri Snyder-Roche, MA, LMHC
At Integrated Psychotherapy
Wednesdays 6:30-8 pm
Starting May 26 – August 18**

Registration is required!

**This group is *free of charge* thanks to generous funding from
Milford Regional Medical Center and
The Center for Adolescent Health**

Please send the bottom of this form in to register:



Your Name: _____ Age: _____
Address: _____
PH: _____ Email: _____

Mail form to:

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