

New Directions

New Directions is a support group for young adults, ages 18 - 23, who are transitioning from high school to a new chapter in their lives. The group meets twice monthly and helps develop and build coping skills and peer support. Topics for discussion include:

- Nurturing family connections and relationships
- Tackling tough decisions with your education and career pathway
- Developing life skills to cope with new obstacles
- Coping with mental health challenges

To join New Directions, you should be seeing an Everett Clinic Behavioral Health provider and have insurance that covers group therapy. To register or for more information, call 425-339-5453.

**Locations
and times
available
online!**



99-429 1/18s