

Adulthood -101-



An 8-week group to help young adults establish a more independent and fulfilling life

START DATE: JUNE 26, 2021

SATURDAYS 10AM-NOON

COST: \$50 PER SESSION

- IN-PERSON @ ROOM FOR CHANGE -

**3256 Southern Dr | Unit 461
Garland, TX 75043**

SKILLS ADDRESSED:

Time Management

Effective Communication

Sleep Hygiene

Taxes & Finance

Openness to Change

Nutrition & Exercise

Call (214) 385-5445 or email manager@roomforchange.info to schedule a quick 15-minute phone consultation

