



YOUNG ADULT ANXIETY & DEPRESSION GROUP

The stress doesn't end with high school, especially during these uncertain times.

Our young adult groups (age 18-25) utilize Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), and other Third Wave CBT approaches to aid college students & working adults in navigating our ever-changing environment.

Our young adult groups are being conducted via telepsychology to increase access and opportunities for interpersonal connection and support.



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HobermanWellness.com

DISCUSS THE
RELATIONSHIP
BETWEEN
THOUGHTS,
FEELINGS, AND
BEHAVIORS

INCREASE
AWARENESS AND
ACCEPTANCE OF
EMOTIONS

LEARN WAYS TO
MANAGE EMOTIONS

PROVIDE & RECEIVE
PEER SUPPORT

CALL US FOR MORE
INFORMATION