

PRA
Young Adult Group
For
Individuals with Social/Emotional Challenges
Impacting Their Development Toward Independence
Schaumburg Office Location

This 8-session therapy group will be provided for young adults, ages 18-28, who are struggling with initiating, maintaining, or organizing consistent activity aimed at progressing with employment, education, social development, or independence from their home environment.

Membership to include individuals diagnosed with conditions such as Anxiety Disorder(social or general), Attention Deficit Disorder, Asperger's Syndrome, Nonverbal Learning Disability, Depression, or conditions that impact development of full adult independent functioning..

Groups will meet Wednesday evenings in the Schaumburg office from 8:00 PM to 9:15 PM.

Group Goals: 1) Individuals to set long-term & short-term goals.
2) Goal-strategies will be developed and monitored.
3) "Supportive group membership" skills w/be practiced.
4) Social challenges will be identified.
5) Self-advocacy skills identified and practiced.
6) In-group relational skills identified and practiced.

The group runs in 8-week segments. The cost for the group will coincide with contracted health insurance rates or at a \$60 per group fee. Group members may enroll in subsequent segments if they wish.

Contact: Brian Zercher, Psy.D. (847)240-2211 extension 231