

ONLINE YOUNG ADULTS GROUP

This support group is for young adults with mental health challenges

If you are looking for help and support, join this online support group with other people (ages 18-30 y/o) who are sharing similar struggles. Dr. Stephen Tourjee facilitates a safe, non-judgmental group where you can talk about your experiences and gain valuable feedback. This group can help you to develop positive solutions in a respectful, connected environment.

- **Share questions and information about mental health conditions**
- **Understand yourself and how you relate to others more deeply**
- **Feel less alone as you share struggles**
- **Discuss communication techniques and coping skills**
- **Find support around important life decisions**
- **Gain a sense of belonging, acceptance, and connection in a group setting**

WHAT: 12-week online group (Zoom)

WHEN: Mondays, 12-1 PM

INFO: Contact Dr. Tourjee at 781-808-3465 or info@northshoreminds.sprucecare.com



Group leader - Dr. Stephen Tourjee, M.D. is a Harvard-trained psychiatrist whose mission is to provide excellent and compassionate mental health care to families, adults, children, and adolescents. He is passionate about the power of group psychotherapy, and is the founder and CEO of Northshore Minds, a private psychiatric practice in Wakefield, MA. He also maintains a faculty appointment at Harvard Medical School in affiliation with Mass General.

More information can be found at www.northshoreminds.com.

