YOUNG ADULT LIFE SKILLS IOP (AGES 18-26)

Are you an emerging adult? Do the challenges of adult life seem too difficult to face at times? Do you struggle to live independently? This group may be the place for you! The Young Adult Life Skills Group is an 8 week-long outpatient group for young adults (18-26) who are finding the responsibilities of "adulting" challenging and would like to be more successful in the day-to-day adult world. We will identify what gets in your way of success, and work towards specific goals to help you manage your life better as a young adult.

EXAMPLE TOPICS:

- Financial planning and budgeting
- Routine and time management
- Self-care and coping mechanisms
- Transitioning from home to school
- Transitioning from school to employment
- Creating a resume and preparing for job interviews
- Setting and implementing personal goals

Meet Brianne Smith, M.A., L.M.F.T.
Young Adult Intensive Outpatient Program Lead Therapist

Hi! My therapy approach is flexible and I use client strengths and natural resources while employing various techniques from dialectical behavior therapy, solution focused therapy and mindfulness. I emphasize a holistic approach to wellness and believe in healing the mind-body-spirit connection to achieve optimal mental health. We all have the ability to change and I want to empower clients to regain strength and hope to create the lives they want to live.

If you are interested in enrolling in the young adult IOP, please fill out an appointment request form online! (www.baca.org)