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 Carly Lukas, M.A., L.M.F.T.**
**Young Adult Intensive Outpatient Program Lead Therapist**

I have loved working with young adults in our IOP program, and I recognize that so many young people are struggling to find their way in the adult world. Being an adult can be very hard. All of a sudden, you have responsibilities that you are expected to know how to do, and sometimes, well, often, you just don’t know where to start, or how to go about it. That’s why I am very excited to offer this 8-week group to young adults. It is an opportunity to learn and integrate independent living skills, develop strategies for dealing with stress and responsibilities, and work towards living the life you 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)