

Transitioning to Adulthood

Support Groups for Adolescents and Parents

Transitioning to adulthood is a complex stage of life. Adolescents are expected to act with intrinsic motivation towards goal-directed activities. For those who have attention disorders, learning problems, or other developmental challenges, successful transitions may require special assistance. Professionals can provide support and preparation for times of change and facilitate the individual's acquisition of competence during the transition period.

Groups offer social support, goal-directed challenges, and help in defining personal identity. Some competencies on the path to successful young adulthood include self-management in the areas of self-care, emotional regulation, social relationships, education, working, and daily living skills. Regular group attendance provides individuals with the opportunity to prioritize and actively focus on self-determined growth. Participation is also a preventative measure in the management of stress and addictive behavior.



Beyond groups for adolescents, parent support groups offer guidance in the following areas:

- Resources (college admissions, employment, independent living)
- Steps to success
- Defining individual needs and roles
- How to tap motivation
- Managing challenges (screens!) during successful transitioning.



Julie Jones, Ph.D.
LMFT-S, LPC-S

Parent Support Group (2 parents may attend for cost of 1)
9am Friday, January 19 - February 9

High School Student Groups
1pm Wednesday, January 17 – March 7
6pm Thursday, January 18 - February 8

Fees: \$720 for 8 group sessions
\$250 initial consultation for new Tarnow Center clients

Please call 713-621-9515
to inquire about groups and individual counseling services.