

What's Next?!

A Young Adult Therapy Group



Who is this group for?

Struggling to find purpose in life? Finishing high school or starting college? Unsure of academic plans? Don't know what career might be right for you? Life feeling aimless?

- Young adults aged 17-24 years old
- Those struggling with stress, worry, and indecision about their future



How can group therapy help?

- Groups allow you to connect with others facing similar struggles
- Provides a safe, non-judgmental space to share
- Find support from peers who understand what you are going through
- Create ideas on how to move forward
- Improve self-awareness about your emotions and behaviors
- Discover alternative methods of engaging with others
- Understand more about what may be keeping you stuck
- **Feeling like you are not alone is priceless!**

Details about it?

- Meets weekly on Mondays from 7 - 8:30 PM
- Led by Dr. Samantha Morel
- Rolling Enrollment
- Meeting via tele-health during COVID-19



How do I learn more?

- Call or text us at 832-304-8894
- Email info@drsamanthamorel.com

Dr. Morel has years of experience supporting young adults who are struggling, stuck, or unsure where they are headed in life. She understands their unique stressors and is passionate about supporting them while they engage in meaningful steps forward.