



COLLEGE & YOUNG ADULT SUPPORT GROUP

Meets Weekly on Tuesdays • 3:30 pm - 4:15 pm (ET)



Available nationwide for
adults ages 18+.

Early adulthood brings new experiences, responsibilities, and pressures especially when balancing academics, work, relationships, and independence.

The Renfrew Center offers a free virtual support group for college-aged women, nonbinary and transgender individuals between the ages of 18 - 24. Whether you're a student or not, this group provides a welcoming, nonjudgmental space to share experiences, explore challenges, and develop healthy coping skills. Through open discussion and shared insight, participants gain support, encouragement, and a sense of connection as they navigate the challenges of early adulthood.

Group discussion may include:

- Managing academics and stress
- Social and dating relationships
- Body image and self-esteem
- Self-care and rest
- Exercise culture
- Gender and identity exploration
- Utilizing supports and resources
- Nutrition and meal planning
- Navigating family dynamics

TO REGISTER, VISIT:



www.renfrewcenter.com/supportgroups/



1-800-RENFREW (736-3739)



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