

# THE IN - BETWEEN

## A GROUP FOR 20- SOMETHINGS NAVIGATING LIFE AFTER COLLEGE

**Life after college is a harder transition than we'd expect.**

New routines. Changing friendships. Work and financial responsibilities. You don't have to figure this transition out alone.

**The In-Between** is a group for 20-somethings who feel in between the structure of student life, and the uncertainty of adulthood.

### Good to know:

- Facilitated by: Lexie Taylor
  - Supervised by Carla Babb, Ed.S, ACS, LPC-MHSP (License #1950)
- Wednesdays | 6-7:30pm
- 6 weeks | \$45 a session
- Commitment to all 6 sessions



### So... This is Adulthood?

#### This group is for you if:

- You're feeling unsure, alone, or behind since graduating college
- Navigating changes in housing, work, financial responsibilities, and daily life
- You want practical tools for managing stress and navigating this transition
- Just want some support because you thought "adulting" would feel different!

Scan QR  
for more  
info



lexietaylorcounseling@gmail.com  
615-544-5587