

Healthy Adulting

Group Therapy with Anne Williams, LMSW & Laila El-Asmar, LCSW-C

Join an inclusive group for young adults, ages 18-26, who may experience mental health struggles, relationship issues, and obstacles on their school or career journey.

We will learn various life skills to help manage the difficulties of adulting. We aim to provide a supportive and empathetic environment for those who are wanting to grow and thrive as a healthy adult.

Thursdays, June 1 - July 20, 2023 | 7pm - 8:15pm

Location: 4828-B West Lane Bethesda, MD 20814

Fee: \$80.00/session or a total of \$575 if paid up-front.

This therapy group is insurance reimbursable.

Contact us for more information at:

Phone/Text: (240) 406 4680

Email: laila.elasmarlcswc@gmail.com OR
empowerchangetherapy@gmail.com

Website: lailaelasmar.com



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Group members will have the opportunity to:

- Receive real-time feedback from peers and professionals.
- Practice helpful ways to express your thoughts and feelings.
- Develop executive functioning skills and healthy coping strategies.
- Improve interpersonal communication skills.
- Learn effective boundary setting techniques.
- Engage in positive social interactions and activities.

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