

JFCS GROUPS	Transitional 20's
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**Transitional 20's
Support Group**

FOR MORE INFORMATION CONTACT

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Alpert Jewish Community Center
 3801 E. Willow Street
 Long Beach, CA 90815

**Transitional 20's
Support Group**

Are you

- **Living with your parents?**
- **Living on your own?**
- **In a bad relationship?**
- **Having money problems?**
- **Looking for the right career?**
- **Experiencing college anxieties?**
- **Struggling with self-esteem?**

This unique group is led by an experienced counselor and provides a safe, confidential environment to explore all areas in the life of someone in their 20's. It's an ideal adjunct for those already in individual counseling and also effective for those not currently in therapy.

Starting in January, 2010
Wednesdays, 6:30 – 8:00 PM
\$15 a session
Sliding scale available

We all have times when we struggle with the challenges of life. At JFCS we understand the pressures of coping with a wide range of issues and conflicts. It is our goal to be your place in the community to turn to for help. For over 50 years JFCS has had a tradition of providing compassionate, professional and affordable individual, family and group services in a trusting, reassuring and healing atmosphere.

Our Mission

Jewish Family and Children's Service of Greater Long Beach/West Orange County is a non-profit agency that provides a wide range of professional counseling and support services to assist all individuals regardless of religion, race, ethnicity, disability or sexual orientation in facing life's challenges.