



20 Somethings: Trying to Find A Good Fit

Are you?

18-29

Feeling Stuck

Feeling Unmotivated

Feeling Depressed

Feeling Anxious

Lacking Direction

Frustrated

If you are having trouble mobilizing and structuring your life, then, the process oriented group ***20 Somethings: Trying to Find A Good Fit*** might be right for you. I have found that you may feel very isolated, but in fact, there are many, many of you who are in the same boat. My hope is that you will find support from and help each other be accountable for your life choices. This will ultimately lead you to feel more motivated; less frustrated and have more direction in your life.

This group will meet weekly on Mondays at 1:00 p.m. Please call me to reserve your spot.

My office is located at 12 S. Adams St. Rockville, MD 20850. (You can walk there from the Montgomery College Rockville Campus.)

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