

Winter Series 2020

The Winter Series is for older teens and adults who benefit from support in adulthood. This discussion group is led by Heather Toulmin. Heather is a licensed mental health counselor at Seasons Promise who has been leading teen and adult groups on social thinking for years, and is revamping groups to be more gender and age inclusive and topic driven. Participation is based upon if you are interested in the topic, and attendance is not expected at every meeting as some topics may not be of interest.

Pre-registration is required ahead of attendance.

Winter Series 4-5pm Wednesdays

1/8 Where am I at in my Life Skills & How to take my Next Steps

1/22 Emotions: Strategies for Handling Too Big Emotions with Practice, Practice, Practice

2/5 Getting Around, without driving

2/26 Guardianship and Making Legal Decisions, including medical care

3/11 The 3 Ss of Money: Spend, Share & Save

3/25 Living comfortably with a Home Provider

Cancellation Policy: If Group is cancelled for any reason, those registered will be emailed and shared with other referring providers.

Fee: Most insurances accepted, call ahead to confirm & register. Questions, call 802-299-6276.

Disclosure Statement: There is no conflict of interest or commercial support for this program.

Winter Series at Seasons Promise, 115 Etna Road, Bldg 1, Suite 1, Lebanon, NH

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