



Adulting: Navigating Life in Your 20s and 30s

NYC's "work hard, play hard" culture isn't easy.

Do you want to:

- Overcome impediments to sustainable success in your career?
- Pursue a profitable profession that you are passionate about?
- Balance exercise, sleep, self-care, work, and substance use?
- Resolve roadblocks to healthy romance and lasting love?
- Break free from dysfunctional patterns through the generations?

Join our therapy group and start building a brighter future...

You deserve to thrive, inside & out

Facilitated by:



Samantha Slager
MFT-I



Nurshat Pasha
MFT-I



- **Thursdays 5-6:30 PM**
- **Meets virtually**
- **No cost for first session**
- **\$75/session, discounts for prepayment**
- **Insurance options available**

To Register: info@nyccounseling.com
To Book a Consult: samantha@nyccounseling.com

Call/Text
212-777-NYCC (6922)