

# YOUNG ADULT WELLNESS GROUP WORKSHOPS

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The Triumph Center will be continuing its young adult (16-25 years old) wellness group this summer. The goals of these group sessions will be to support each individual in developing their own approach to wellness as a tool to take care of all aspects of self. This group will meet weekly for 90 minutes for eight weeks and explore the following dimensions of wellness:



**Emotional:** How do you take care of yourself during the highs and lows of life and effectively manage stress?

**Occupational:** How do you find balance between responsibility and leisure? What are your work/education interests? What aspects of your work/school life do you find meaningful?

**Social:** How do you build and care for the important relationships in your life?

**Physical:** How can you develop your own version of healthy eating and discover the type of physical activity that works for you?

**Spiritual:** What is your belief system and are you curious about different spiritual practices?

**Intellectual:** What role does learning play in your life? What types of learning do you value outside of academics?

There will be a discussion and experiential component to many of the above topics based on the interests and engagement of the group. At the conclusion of this group, attendees will have an actionable wellness plan with particular focus on healthy eating/food prep and developing optimal physical activity for each individual.

\* Individual nutrition sessions available upon request billed through insurances (BCBS, Cigna, Harvard Pilgrim, Tufts, Mass General Brigham, Aetna). \*

## SUMMER GROUP REGISTRATION FORM 2024 IN-PERSON GROUP IN READING

Please return completed form to Reading office.

New-application

Re-enrolling in group program

**TUESDAYS 3:00-4:30,**  
**JULY 2nd – AUGUST 20th (8 WEEKS).**

Individual's Name: \_\_\_\_\_ Date of Birth: \_\_\_/\_\_\_/\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_

Parent Name (1): \_\_\_\_\_ Parent Name (2): \_\_\_\_\_

Guardian's Name(s): \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ Town/Zip: \_\_\_\_\_

Fees: Interview fee (if applicable): \$150.00. Acceptable methods of payment are cash or check.

Summer group program: \$560.00 for the eight-week program (\$70.00 per session).