



# Young Adult Group

Center Point | Ages 18-40 | 1pm to 2pm | Thursdays

**Group facilitator: Erika Estrada-Diamond**

Young Adult Group (YAG) is for individuals between the ages of 18 and 40 who are looking to build a sense of belonging and community.

YAG focuses on social and relational skills by incorporating fun activities such as games and walks in the community.

While YAG's core age group is 18-40, all are welcome to join!



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