

## Are you twentysomething?



Is your life harder than it looks on MTV's *The Real World*?  
Think you might be having a *Quarterlife Crisis*? **Yes? Then join us.**

**Our *twentysomething* group: Learn what school doesn't teach you.**

### What do you get out of it?

- An intimate atmosphere with other young adults led by professionals
- A group designed just for twentysomethings
- Valuable information about this life stage (there's more to it than you think!)
- Support in overcoming challenges you are facing
- Assistance in identifying your life goals

**When?**

Monday Evenings: 7:00-8:15  
May 17, 24, 31  
June 7, 14, 21

**Where?**

1250 E. Ridgewood Ave.  
Ridgewood, NJ 07450

**How much?**

\$150\* for 6 weeks

### The *twentysomething* group leaders bring expertise about the issues faced in this crucial life stage:

**Jennifer Tanner, Ph.D.**, is an Applied Developmental Psychologist who researches and specializes in working with late adolescents and twentysomethings. She has authored numerous publications including the co-edited book, *Emerging adults in America: Coming of age in the 21st century* (APA Books). She has taught and supervised thousands of emerging adults at universities along the east coast. She writes a blog on issues young adults face for *Psychology Today*, entitled — Becoming Adult.

**Steven Wruble, M.D.**, is the Executive Medical Director of Venn Center. Dr. Wruble is a Child and Adult Psychiatrist specializing in issues that adolescents and emerging adults face. He brings innovative practices to treating mental health issues, taking advantage of cutting-edge therapies and programs that maximize the potential of the changing brain. He has led numerous groups on building interpersonal relationships and personal strengths.

\* If the date, time, location, or cost doesn't work for you, please let us know — we've been known to make things happen!

### How to register.

**Call us:**

T 201-444-6824  
F 201-444-7371

**Email us:**

[contact@venncenter.com](mailto:contact@venncenter.com)

**Visit us:**

[venncenter.com/start\\_here/](http://venncenter.com/start_here/)