

Living Well YOUNG ADULT Group

Purpose:

- » To work with group members to develop trust and self-confidence
- » To explore your individual strengths
- » To use your true feelings to discover what you want
- » To find the courage to seek independence and effective interdependence
- » To convert your passions into occupations that make you proud

Group Participants:

- » Must have a physical disability requiring a wheelchair or assistive device
- » Must be a High school graduate
- » Age 18-28 years old



PARAQUAD

Group meetings:

Wednesdays from 6:30 to 8:30pm for 10 weeks

Location at Paraquad, 5240 Oakland Ave. St. Louis, MO 63110

Limited Transportation available

Comments from Previous Group Members:

"I can't begin to explain how being part of this group has enriched my life!"

"The group gives me hope and all young adults need hope"

"I have made friendships with people that I truly believe will last a lifetime"

"The people in this group enable me to say what I mean and mean what I say"

"The group has taught me that I am not alone and others are facing similar situations as me"

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