

Taking Flight



A group for graduated seniors and their parents to explore upcoming transitions, expectations, and the changing nature of roles and relationships.

Whether you are leaving home or staying put, things are about to change! Taking Flight is a great fit if any of these are on your mind:

- ◇ Social expectations
- ◇ Feelings of sadness
- ◇ Redefining roles
- ◇ Curiosity about the future
- ◇ Feelings of anxiety
- ◇ Excitement

What: A group for students and parents
(students and parents will meet separately)

When: August 2019

Who: Graduated seniors and their

parents **Where:** Relate Counseling Center

5125 County Rd 101, Suite 300

Minnetonka, MN 55345

Cost:

\$50 per family



How to connect/register: Contact Aaron Rusnak, MSW, LGSW
(arusnak@relatemn.org) via email or phone, 952-932-7277