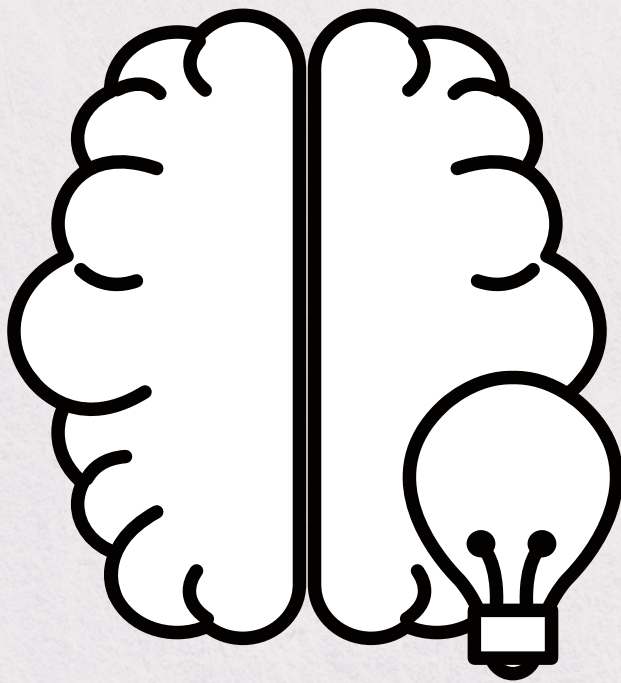




# Creative Resilience: For Young Adults



Caylin York

AMFT #139204, APCC #13742

Supervised by Gary Henderson LMFT #7053

Email: [caylin@caylinyorkcounseling.com](mailto:caylin@caylinyorkcounseling.com)

Website: [caylinyorkcounseling.com](http://caylinyorkcounseling.com)

The Place Within

Roseville, California

Creative Resilience is an 8-week in person group therapy course for young adults looking to strengthen their emotional, mental, and spiritual stamina.

This course will utilize God given internal strengths and the power of community to help you adapt through hardships with confidence.

For more information, please send Caylin an email or visit our website.

Wednesdays 4-5:30pm  
July 5th-August 23rd  
\$45 per session

## Christian-Based Group Therapy



# Creative Resilience: For Young Adults



The following information is for potential clients for group therapy. Please fill out Google Form linked below if you are interested!

Summary	Creative Resilience (For Young Adults), is an 8 week Christian-based group counseling program focused on building resilience through a holistic approach within a safe community of peers. Life will always have highs and lows, and resilience is the key to growing in the low points without becoming stuck in them. Through strong resilience, we are also able to truly find joy in the full cycle of life.
Target Audience	<b>Young Adults:</b> Through a series of interactive workshops, you will learn to tap into your creativity and use it as a tool for self-care and growth. You'll discover new coping strategies, build your confidence, and connect with a supportive community of peers who share your struggles and goals.
Goals	<ul style="list-style-type: none"><li>• Create an open and accepting atmosphere for sharing with safe others.</li><li>• Define resilience and learn applicable coping skills to expand capacity to cope</li><li>• Tap into internal reserves through hands on experiential tools</li><li>• Learn more about yourself and how you belong in the world</li></ul>
Week by Week	<b>Week 1:</b> Welcome! Overview <b>Week 2:</b> Coping Tools (BodyFocus) <b>Week 3:</b> Emotional Intelligence (Mind/Body Focus) <b>Week 4:</b> Distress Tolerance (Mind Focus) <b>Week 5:</b> History and Identity (Social Focus) <b>Week 6:</b> Vulnerability Power (Social Focus) <b>Week 7:</b> Freedom (Soul Focus) <b>Week 8:</b> Vehicle of Grief (Mind/Body/Soul Integrated)
Cost	\$45 per week, includes 90 minute weekly meeting and all provided materials. (\$360 total cost over 2 months)
Timeline	Wednesdays 4pm-5:30pm 7/5, 7/12, 7/19, 7/26, 8/2, 8/9, 8/16, 8/23
Google Form	<a href="#"><u>Click here to fill out the form and move to the next step!</u></a>