

Plymouth Psych Group

GPS: Gaining Personal Skills

a group for young adults on the autism spectrum
or with related social and emotional deficits

PARTICIPANT CRITERIA:

- Young adults age 19-25
- Autism spectrum or related diagnosis
- Ability to participate in a group setting with peers
- Desire to adopt lifelong social skills, emotional understanding, and other fundamentals for living as an independent adult

MEETS VIRTUALLY ON MONDAYS & WEDNESDAYS

from 3:00-4:00pm
for 8 weeks



EXAMPLE TOPICS:

- Advanced social skills
- Coping with daily life stressors
- Building independence
- Navigating post-high school stressors

CONTACT US FOR AN ASSESSMENT

PLYMOUTH PSYCH GROUP

763-559-1640 · specialtyprograms@plymouthpsychgroup.com
www.plymouthpsychgroup.com