

# Teens and Young Adults with Disabilities Therapy SUPPORT GROUP



|| Adolescence and young adulthood can often be more challenging for teens with disabilities. In addition to the usual concerns of growing up, there are the added challenges of living in a body that is different, feeling different, social isolation and physical pain. ||



Dr. Jenny Holland, PsyD  
Licensed Clinical Psychologist

**When**

**Wednesdays Beginning 1/29  
4:00 - 6:00 pm**

**Where**

The office of Dr. Jenny Holland, PsyD  
621 Cherry St. Santa Rosa, CA 95401

**Fee**

\$40 per person\*, group size not more than 8

**Topic**

Connecting with others who have the same experiences and the same challenges is healing and empowering. This group will offer a safe place to talk about feelings, share experiences, receive guidance and make new friends.

**LIMITED SEATING IS AVAILABLE  
SIGN UP EARLY TO BE INCLUDED!**

\* Reduced fees and scholarships available for eligible participants.  
Call 707-479-2946 for more information.

📍 621 Cherry St., Santa Rosa, CA 95401  
✉ hollandpsy@gmail.com

**Learn More & Visit:  
drjennyholland.com**

**Call to reserve your seat today!  
📞 707-479-2946**