



## Alone Together Online Meet-Ups for Young Adults

### Alone Together: Online Meet-Ups for Young Adults 18-26 years

These free online meet-ups create a safe space for honest conversation and peer support. They are hosted by *Taking Flight*, a group of young adults who themselves have struggled with behavioral health challenges.

Upcoming topics related to the current COVID-19 crisis include:

- Self-care and self-love
- Coping strategies
- Practices for mindfulness
- Challenges of social distancing
- Disruptions in structure and routine
- Unemployment
- Financial instability

Social distancing doesn't have to mean social isolation. Let's connect!

<b>When:</b>	Every Thursday Starting April 16, 2020
<b>Time:</b>	12:00 pm – 1:00 pm
<b>How to Connect:</b>	Online Zoom Meeting*
<b>Cost:</b>	Free
<b>Upcoming Sessions:</b>	April 16, 2020 April 23, 2020 April 30, 2020 May 7, 2020

\*Zoom is a free video and phone conferencing tool. Just click in and join from your computer, tablet, or smart phone. Downloading the free Zoom app is recommended, but not required.

**For more information and to receive the Zoom link,  
contact**

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