

# LEAVING THE NEST:

SURVIVING AND THRIVING IN COLLEGE A TO Z

LED BY SARAH SOUDER JOHNSON, MEd, LPCC

Preparing to start college is a big deal. You may be leaving home for the first time, separating from your family and friends, and might be uncertain about what to expect in your new surroundings. It is normal to feel some anxiety about this transition, but it can help to demystify some parts of it.



Join us for a two-hour seminar that includes discussion and education about what to expect in college, how to build confidence during the changes, and how to keep emotional balance throughout it all. This event is appropriate for people who are leaving home for the first time and starting college — any college. The material is geared for new college students, but parents are welcome to attend as well.

**\$85** PER PERSON

includes your registration,  
a book to take home  
& refreshments.

**MARCH 25,  
2018  
4 - 5:30 PM**

**OR**

**MAY 21,  
2018  
7 - 8:30 PM**

**SENTIER PSYCHOTHERAPY**

670 Cleveland Ave. S.  
St. Paul, MN 55116  
(Above Highgrove Dental)

TO REGISTER, SIGN UP AND SUBMIT PAYMENT HERE: [WWW.SENTIERTHERAPY.COM/MAKE-A-PAYMENT](http://WWW.SENTIERTHERAPY.COM/MAKE-A-PAYMENT)