

Are you in a Quarterlife Crisis?

8-WEEK WORKSHOP

When

Saturdays, 1-3 PM

Dates

July 11 - August 29
(8 consecutive Saturdays)

Place

Bill Wilson Center
1265 El Camino Real, Ste. 208
Santa Clara, CA 95050

Cost

Sliding Scale

Registration & Info

(408) 850-6145

WHAT IS A QUARTERLIFE CRISIS?

- Are you in your **20s** or **30s** and feel
- . . . directionless?
 - . . . like a bystander in your own life?
 - . . . no sense of purpose/passion in your life?

These are all common feelings of young adults in their 20s and 30s who are in a quarter life crisis. This workshop will explore the origins of the crisis, how to cope, and what to do. It will also address the grief and loss of financial stability, employment, relationships, and identity. This is a unique and powerful opportunity to discover your purpose, clarify life goals, learn tools to make important decisions, and create a plan to navigate through your quarterlife crisis.

This workshop will be led by:
Kirk Akahoshi, MFT Trainee
(10 years of working on Quarterlife Crisis issues)
Bill Wilson Center
Supervised by Eileen Dingle, MFT, Lic. #34152