

# *Momentum Life Group*

## YOUNG ADULTS BUILDING MOMENTUM IN LIFE

---

Are you a young adult between the ages of 20 and 30 who is struggling with:

- Finding meaning and purpose
- Addiction: digital, sex, and substances
- Social anxiety
- Stress and pressure from family and others
- A relentless inner critic
- Depression, anxiety, ADHD, or Autism
- Self-esteem and identity questions
- Difficulty getting motivated and living a healthy life
- Job burnout or finding a satisfying career

If so, discover the power of group therapy and social healing. You will realize you are not alone and gain valuable insights into how others have dealt with the same challenges you are battling. We will grow and learn together and leverage the power of a safe place, facilitated by an expert in the field, that inspires and educates us on how to transform our old pain into new life. Contact us for a phone consultation to learn more.

**When:** Saturdays @ 4:30pm, length 60 to 90 minutes

**Where:** Online video and/or in person. Location dependent on group preferences and county health guidelines.

**Type:** Open group, come to one or all sessions.

**Cost** \$150 per session. Health insurance statements provided for reimbursement.

**Sign-up:** Contact Dr. Thomas Lucking to schedule a phone consultation and get exact dates that the group will meet.

<https://silicon-valley-therapy.clientsecure.me>

408.409.4167 (text / call)

[help@SiliconValleyTherapy.co](mailto:help@SiliconValleyTherapy.co)

[www.SiliconValleyTherapy.co](http://www.SiliconValleyTherapy.co)