

A **FREE** Event For Students, Families, Providers & Educators

**Learn How  
To Make The  
College Transition  
Successful!**

***Food & Refreshments Provided!***

**COLLEGE TRANSITION  
FACTS • GUIDANCE • RESOURCES**

**THURS, April 25th**

**4:30 – 6:30 PM**

**at Plymouth Psych Group**

9655 Schmidt Lake Road, Suite 150, Plymouth

**Sponsors:**



The transition from high school to college can be challenging on kids' mental health. Successfully finishing high school is crucial to prepare teens for what's ahead. Teenagers living away from home for the first time may experience academic stress while also trying to make new friends, build routines, and stay physically healthy. All these changes at once can be overwhelming for college kids.

Join us as we learn how to manage college transition: mental health, nutrition, preparation, finding your community, credit recovery, tutoring & more.

This event is organized by:



PLYMOUTH PSYCH GROUP  
DEVELOPING HOPE • INSPIRING CHANGE • CREATING A DIFFERENCE



**(763) 559-1640**

**(603) 969-1836**

[PlymouthPsychGroup.com](http://PlymouthPsychGroup.com)

[BrightmontAcademy.com](http://BrightmontAcademy.com)

**Event Speakers**



**5:00 PM Cristin Murray**  
PPG Mental Health Therapist  
Topic: Coping Through College



**5:15 PM Brittan Donohoe**  
PPG Registered Dietitian  
Topic: Prepping The College Plate



**5:30 PM Jenny Sorenson**  
Brightmont Academy Director  
Topic: College Prep and Credit Recovery