

Parenting Your Young Adult


Legally an adult, still your child

Understand the emergence of young adulthood as a developmental stage

How to foster independence while providing emotional support

Baby boomer parents: new views on the "empty nest"

Separation: whose anxiety is it? Maybe parent or child or both.



*Notice, pause, observe, reflect.
Learn to listen and trust yourself
as you parent your young adult.*

- **Individual Consultation**
- **Ongoing Support Groups**
- **Community Presentations**

Led by Dr. Nina Asher, Clinical Psychologist, Licence # PSY8725

Nina Asher, Ph.D.

phone **310-855-1251**

email **drna@drninaasher.com**