



# GAL TALK: A SOCIAL LUNCHEON

Saturdays January 8th-February  
12th, 2022  
11am-2pm

**A 6-week social group for young adults aged 18-28**



## What is Gal Talk?

Gal Talk is a 6-week social group comprised of 6-8 young adults who want to step out of their comfort zone and meet new people! The group will discuss important social topics, explore new and existing relationships in their lives, and meet new people all while enjoying a delicious meal.

## Building a foundation for lasting friendships

Each 3-hour meeting will include a lunch trip to a local restaurant, an introduction to a concept, and an open discussion on the real-life applications. Topics include:

- Getting to know new people
- Making plans in a group
- Social media etiquette
- Dating and relationships
- Friends and family conflict
- Ending group activities

...and much more!



## Program Includes:

- Transportation to and from lunch from the Charles River Center (transportation to the Center needed)
- 6 Free meals
- Casual group discussions of adult topics
- 6 weeks of social and emotional skill-building
- 4:1 staffing ratio



**Register for an intake interview today!**

**CONTACT KAT TAKITA**

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