

Transitional Age Youth (TAY) Ages 18-25 years

TAY Group

**Starting
July 14, 2022**

Come join us!

Do you want to meet new people and hang out with friends? Zephyr's young adult meet-up group helps individuals meet their life skill goals such as organizing their needs, meal planning and cooking interpedently, shopping for daily needs, and planning daily activities. We'll discuss community resources available for young adults.



Zephyr Self-Help Center
1075 E. Santa Clara Street
San Jose, Ca 95116
1 408-792-2140
www.sccbhsd.org/zephyr

Thursdays
3:00-4:00 P.M.



COUNTY OF SANTA CLARA
Behavioral Health Services
Supporting Wellness and Recovery