



**BHcare**  
A Certified Community  
Behavioral Health Clinic

# YOUNG ADULT INTENSIVE OUTPATIENT PROGRAM

For ages 18 - 28

Topics include:

- Emotional Awareness
- Interpersonal Skills
- Exploring Identity
- Healthy Coping Skills
- Stigma
- Understanding Mental Health
- Substance Use

**Tuesdays, Wednesdays and Thursdays**

**2:30 pm - 5:30 pm**

**28 Branford Road**

**North Branford, CT 06471**