

Feeling stuck, disconnected, or overwhelmed?

This support group is a safe space for young adults (18–35) who feel the need to connect, share, and be heard.



This group offers respectful conversation, mutual support, and an opportunity to feel less alone in what you're going through. Open to any young adult experiencing emotional and motivational struggles. The space is confidential, respectful, non-violent, and judgment-free.

# „You are not alone!“ Support Group for Young Adults

**Wednesdays, 16:00 – 17:30**

**Duration: 12 Meetings**

**Start: TBA**

Registration & Info:

**KBS Südlicht**

✉ Rudower Str. 27/29, 12351 Berlin

☎ (030) 32 52 88 - 97 /- 98

@ kbs-neukoelln@ajb-berlin.de

Limited Space  
(4-6 pax):  
Register per email!  
Free of charge