

## Are you ready to Launch into Life?

Transitioning into adulthood and the community beyond high school can be challenging for young adults with disabilities and their families. Comprehensive transition planning can help to manage the challenges during this time and maximize the potential for each person to live a full and meaningful life.

The Launch Into Life! Program at the Ability Hub in Calgary was developed to help families prepare for and respond to key life transitions, and to guide the journey from adolescence to adulthood.

Continuity Care, together with Asperger Manitoba are pleased to offer this workshop series in Manitoba to assist families with creating an *Individualized Transition Plan* for your son or daughter.

Workshop facilitators will share resources related to:

- Understanding and preparing for key transitions across the lifespan
- Managing physical and mental health issues
- Navigating the change from pediatric to adult health and support care systems
- Finding the right social and recreational programs in the community for your child
- Creating a shared vision for your child's future
- Developing life and vocational skills
- Exploring volunteer and work opportunities
- Understanding housing and supportive programming options in adulthood
- Legal and Financial issues including guardianship and program funding

The content of the curriculum has been designed for young adults with Autism Spectrum Disorder, however, we are offering an expanded approach to include those living with intellectual and developmental disabilities. We are offering this training to parents AND their sons and daughters, in concurrent sessions. Suzanne Swanton will be facilitating the session for parents in the main floor boardroom and Amy Shawcross will be facilitating the session for the young adults – in the basement boardroom. There will be opportunities for the two groups to come together for discussions during the workshop series.

**When?** Three consecutive Thursday evenings: Nov 28th, Dec 5th & 12th from 6:30pm to 8:30pm

**Where?** 120 Maryland Street in Winnipeg

**Cost?** \$25 per family (includes program materials and refreshments)

If you are interested in participating, or would like more information, please contact Suzanne or Patti at [info@continuitycare.ca](mailto:info@continuitycare.ca) or (204)779-1679.