

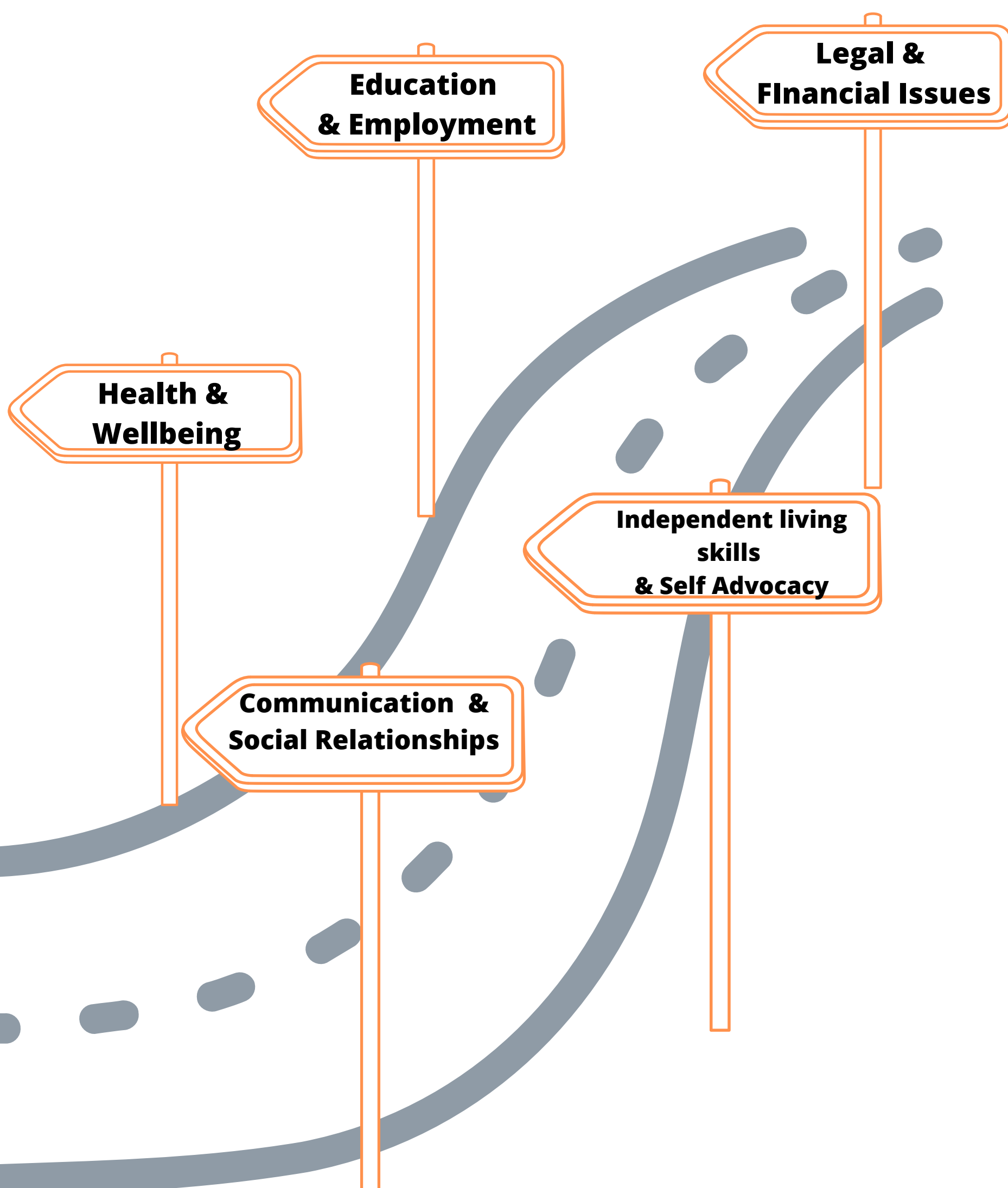
# Are you ready to Launch Into Life!?



Transitioning into adulthood can be a trying time for youth, particularly for those who live with Autism Spectrum Disorder and/or intellectual/developmental disabilities.

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.

This workshop series offers training and navigation support to individuals and their families to help create an Individualized Transition Plan. Modules include:



## **WHEN:**

February 8th, 15th and 22nd. 7:00-9:00.  
Must attend all three sessions.

## **WHERE:**

On Zoom- the link will be sent out upon registration

## **COST:**

\$25 per family (includes program materials)

## **FACILITATED BY:**

Suzanne Swanton and Jayda Taylor

*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.*

The workshops are limited to 8-10 families to allow for small group discussions and to build connections among the participants. Parents are invited to attend these 3 sessions. The young adults are also welcomed and encouraged to participate in the sessions with parents as well.