

What's Next? Life After High School



FREE For Caregivers of Teens with a Developmental Disability, Ages 15-21

This is a series of eight lunch and learn workshops. Attendees may choose to attend as many sessions as desired.

These sessions may benefit by exploring new skills and acquiring knowledge related to navigating the transition to adulthood in areas such as employment, post-secondary education, and developing independence.

A resource guide for caregivers is also provided.



YSSN is a hub for Developmental, Mental Health and Children's Services that helps people to navigate services to live their best life.
YSSN.ca



Event Details

Location: Virtual (link will be provided when you register online)

Dates/Topics and Time: 12:00pm – 1:00pm

- **October 3:** Caregiver Health and Wellness
- **October 10:** Transitioning to Adulthood
- **October 17:** Motivating Your Teen
- **October 24:** Employment and Community Involvement
- **October 31:** Day Programs
- **November 7:** Options for Continuing Education
- **November 14:** Financial Topics
- **November 21:** Fostering Independence and Self-Advocacy

[Click Here to Register for One or More Sessions](#)

Event Contacts:

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