

Transitioning into adulthood?

Let's plan for a bright future

As a young person transitioning to adulthood, having access to proper guidance and resources is crucial.

We're hosting a series of online sessions about the support and advice available for young people and those that support them.

These sessions will provide essential skills and information to help individuals live as independently as possible and ensure a smooth transition to adulthood.



Sessions will run throughout the year and include:

- Understanding the difference between children's and adult's services and how that affects me/my young person
- Training and employment opportunities
- Independent living and housing options
- Support available for parents, carers and young carers before, during and after transitions
- Mental capacity and decision making
- Money management
- Good mental health and resilience.



**For more
information
or to book a
session**

scan me

