

TRANSITIONS POP-UP

Planning Meaningful Activities for Life After High School



Are you interested in **planning meaningful activities for life after high school?**

Attention **youth** (and their families) who:

- Are 15 years or older
- Have a disability
- Can direct own care
- Want to learn about activities for after high school (social, recreational, life skill, and physical activity participation)
- Are not planning on pursuing post-secondary education

✓ Tailored Information

Join us virtually for the Transitions Pop-Up!

Friday, November 20, 2020 (PA Day)

Experience an afternoon in the life of a young adult who has finished high school. Participate in a fun activity virtually with March of Dimes Canada's LIFE program. Engage in a question and answer period with program staff and young adult participants. Learn about a sample program that some young adults with disabilities do after high school. (<http://www.marchofdimes.ca/lifetoronto>)

✓ Engaging Activities

Time: 1:00pm-2:30pm

Location: Virtually

✓ Connecting with other youth

For more information, contact:

Kelsey Bell, CTRS
416-425-6220, ext. 3284
kbell@hollandbloorview.ca

✓ Phone Follow-ups with Holland Bloorview Staff