



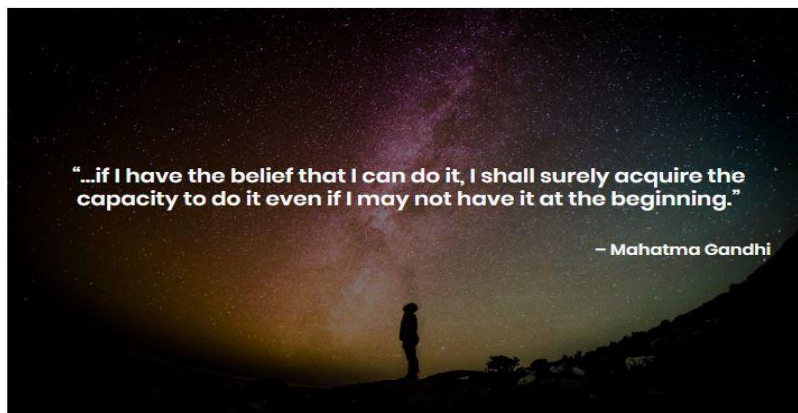
Youth Transition Planning and Facilitation

Young people who are 13-18 years old and live with a developmental disability can meet with an independent facilitator to help plan for their life after high school.

There are many questions that teenagers are asked as they prepare to move from high school to adulthood. An independent facilitator can help young people and their families to start to think and make choices about:

- What to do after high school (work, post-secondary education, volunteering)
- What resources and supports are available to you (community connections, customization of support options, etc.)
- Where you want to live when you are an adult
- How you want to be part of and give back to your neighbourhood and community
- Who you trust and want to be in your life

In **one-on-one meetings**, your facilitator will meet you and your loved ones in your home or at a place of your choice to talk about your goals and dreams, identify next steps, and make plans for the future.



You will also be invited to participate in various **group gatherings** or information and strengthening events where you can connect with other people and families, build relationships, learn together, and share resources and experiences.

This work is founded on the principles of individual and family empowerment.

Young people and their families are supported to:

- Strengthen their voices
- Build their leadership skills
- Nurture their connections to natural supports and neighbourhood and community resources
- Expand their knowledge and understanding of Developmental Services

People and families need to know and understand all of their options. Facilitators assist people and families to explore the opportunities, services, and supports that are available to all citizens and community members, regardless of whether or not they have a disability.

For more information, please contact Jessica Kitchen at **519-567-8489** or jessica@webps.ca