

Transitions Pop-Ups

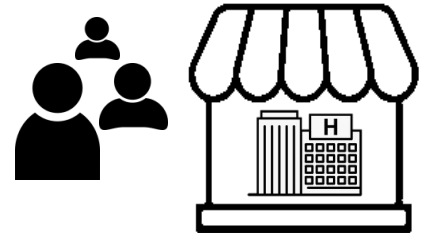
What are Transitions Pop-Ups?

Transitions Pop-Ups are **group events** that helps clients and/or families **prepare for the transition-to-adulthood**. The events can be about **different topics** including physical and mental wellbeing, funding, housing, activities for after high school, community services, and recreation in adulthood. Transition Pop-Ups are **co-hosted** by Holland Bloorview and an adult agency, for gradual **introductions to new service providers**.

What happens at Transition Pop-Ups?

Regardless of the topic, Transition Pop-Ups always include:

- | | |
|---|--|
| <input checked="" type="checkbox"/> Information! | Learning about a topic of interest. |
| <input checked="" type="checkbox"/> Peer mentoring! | Learning from others who have been there before. |
| <input checked="" type="checkbox"/> Action! | Checking something off my list. |



How Do I Sign Up for Transition Pop-Ups?

Visit the Holland Bloorview events page: <https://hollandbloorview.ca/stories-news-events/events> or call the number listed below.

This handout is brought to you by Holland Bloorview's Transition Strategy.

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