



## Young Adult Group Session



### Young Adult Transition Group

1hr weekly group session  
Flexible scheduling

**Appropriate for ages 18+**

Designed to facilitate the transition from high school to either college or the workforce, this small group experience will develop the skills necessary to move into adulthood. This group meets once per week with facilitators working closely with all individuals to support relationship development amongst group members, as well as foster overall social skill development.

*“The staff at the Social Enrichment Center knows how to help young people make connections with others. My son has friends because of the support he receives at SEC every week.”*

-Lauren R  
SEC Parent

For a full list of programs available at SEC

Visit our website

[www.socialenrichmentcenter.com](http://www.socialenrichmentcenter.com)

### Group Sessions Include:

#### Increasing social independence

- Cultivating relationships with fellow group members
- Researching social events
- Planning all aspects of a successful outing (transportation, money needed, coordinating plans with others)

#### Navigating adult transition services

- Understanding the importance of adult related services available to individuals
- Obtaining a driver's license
- Securing Medical Access
- Planning financial independence
- Registering to vote

#### Job skill development

- Increasing flexibility with others
- Working collaboratively in a work setting
- Creating a resume

## Contact us

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