



## Young Adult Sessions



### Young Adult Transition

Available all year

1hr weekly group sessions

1hr weekly hourly sessions

**Appropriate for ages 18-21**

Designed to facilitate the transition from high school to either college or the workforce, this experience will develop the skills necessary to move into adulthood. Weekly sessions are designed to foster overall social skill development as well as guide individuals through the adolescent to adult transition

*“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

Visit our website

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

Sessions can be modified and individualized

**Increasing social and personal independence:**

- Cultivating relationships with peers
- Managing social media
- Planning all aspects of a successful social outing (transportation, money needed, coordinating plans with others)
- Developing personal skills and habits necessary for successful independence in school or work

**Navigating adult transition services**

- Understanding the importance of adult related services available to individuals
- Planning financial independence
- How to plan for future endeavors beyond college

## Contact us

Call: 610-853-2898

Email: [michelle@socialenrichmentcenter.com](mailto:michelle@socialenrichmentcenter.com)