



# Young Adult Transition Sessions

**Available all year**

1hr weekly group sessions

1hr weekly individual sessions

**Appropriate for ages 21+**

Designed to facilitate the transition to, 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  
independence**

- 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  
independence**

- Understanding and assisting with adult related services
- Planning for financial independence (managing bank accounts, paying bills, etc)
- How to develop effective work and career skills
- Building a resume and applying for jobs
- Transitioning to independent living

**Contact us**

**Call: 610-853-2898**

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