

LADDC News

Transitions to Adulthood Workshop Series #1

February 5, 2025

The Louisiana Developmental Disabilities Council is partnering with Team Dynamics to support an important project focused on ensuring individuals with intellectual and developmental disabilities (IDD) have the support and resources needed to transition to adulthood. The first set of these interactive workshops will be held in **Lake Charles**. There will be two sessions available. More information can be found in the flyer below. When registering, check off the session(s) you wish to attend.

These trainings are free to attend, but registration is required.

Date: March 27, 2025

Where: Lake Charles Region

Central Library, 301 West Claude Street, Lake Charles, LA 70605

Second Floor - Central DeBakey Community Room

Topic: Health and Wellbeing

Time: 10:00 am – 11:30 am

Topic: Enhanced Financial Literacy

Time: 1:00 pm – 2:30 pm

[Click here](#) for more information and to register.

Email Sharon Delvisco with questions: sharon@teamdyn.com

Contact Us

LaDDC News is the electronic newsletter for the LA Developmental Disabilities Council. If there are any questions about the information above, contact the Council by replying to this email, or calling the toll free number listed below:

phone: 1-800-450-8108

email: info@laddc.org

website: www.laddc.org

facebook: www.facebook.com/LaDDCouncil

twitter: www.twitter.com/LaDDCouncil



LOUISIANA DEVELOPMENTAL DISABILITIES COUNCIL

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Transitions to
Adulthood
Workshop Series



LOUISIANA DEVELOPMENTAL DISABILITIES COUNCIL
The program is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services, as part of a broader initiative, administered by FPG International, LLC, to support the participation of people with disabilities and to not necessarily represent the official views of an organization, by ACL/FPG, or the U.S. Government.

HEALTH & WELLBEING

PRACTICAL TIPS FOR EVERYDAY LIFE

March 27, 2025
10 to 11:30 am

This interactive session is tailored to support individuals with intellectual and developmental disabilities (IDD) in managing their health and wellbeing. Participants will explore essential topics like balanced nutrition, simple exercises, and mental health strategies through hands-on activities and discussions. The session also covers how to access healthcare services and understand basic health insurance concepts. With engaging resources, practical tips, and a list of professional contacts, this workshop empowers participants to take charge of their health and live their best lives.

ENHANCED FINANCIAL LITERACY: MANAGING MONEY MADE SIMPLE

March 27, 2025
1pm to 2:30pm

This interactive session is designed to empower individuals with intellectual and developmental disabilities (IDD) with practical financial skills. Participants will learn the basics of budgeting, saving, and banking through accessible activities and resources. Whether it's creating a simple budget, setting savings goals, or understanding how to use a bank account, this workshop provides the tools needed to build financial confidence and independence. Join us to gain knowledge, participate in hands-on activities, and take-home user-friendly resources to support your financial journey.

ONE DAY - TWO OPTIONS!

Presenters:



Sharon
Delvisco, DSW,
LMSW, CGMP



Elizabeth
Power,
M.Ed.

Register Now:

<https://bit.ly/DDCTAHWB>



Questions?
sharon@teamdyn.com

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