



Transitions to
Adulthood
Workshop Series



LOUISIANA DEVELOPMENTAL DISABILITIES COUNCIL

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PREPARING FOR EMPLOYMENT: SKILLS, OPPORTUNITIES, AND SUPPORT

July 20, 2026
10 am to 12 pm

This fun and interactive workshop helps young people with disabilities get ready for work. Together, we'll talk about why having a job is important and how working can help you earn money, meet new people, and become more independent. You'll learn what employers look for, practice important workplace skills like communication, teamwork, and problem-solving, and explore jobs that match your interests and strengths. Practice real-life skills such as building a simple resume, preparing for job interviews, and learning how to ask for help or accommodations at work. This workshop is designed to help you feel confident, prepared, and excited about your future at work!

HEALTH & WELLBEING: PRACTICAL TIPS FOR EVERYDAY LIFE

July 20, 2026
1 pm to 3 pm

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.

ONE DAY - TWO OPTIONS!

Presenters:



Sharon
Delvisco, DSW,
LMSW, CGMP



Elizabeth
Power,
M.Ed.

Register Now:

<https://bit.ly/TranLaf26>



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Questions?
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