

# Navigating Change

**How do our youth ride the waves of these changing times while maintaining forward momentum towards their futures?**

- ◆ Build skills that help facilitate a positive outlook when obstacles arise
- ◆ Develop strategies to make sure problems don't get in the way of achieving goals
- ◆ Learn methods to increase social, emotional and physical health in order to prevent secondary problems
- ◆ Understand advocacy and the important role it plays in achieving goals for the future

**The Navigating Change workshop will be facilitated through a virtual platform in accordance with the current Michigan Safe Start Plan for Region 2.**



## The **Navigating Change** Workshop Series

**Who:** All transition-aged youth! (Ages 14-26)

\*students must open a pre-ETS case with MRS in order to determine eligibility

**Why:** Youth are struggling to maintain focus on their futures in these uncertain times. Navigating Change will help youth stay on course and be better prepared to handle what lies ahead.

**When:** Tuesdays and Thursdays

**How Long:** 1.5 hours per session for a three week period

**For More Information:** contact Amanda at 616.422.7131