

# Community Education Service



## What Now?...Navigating Life After High School

Presented by: Dr. Katelyn Lowe, Registered Psychologist, Chief Strategy Officer, Sinneave Family Foundation, Adjunct Professor, Department of Paediatrics, University of Calgary & Jack Dobbs, Counsellor and Registered Psychologist at Mount Royal University

**Thursday, April 11, 2019**

**6:30 pm - 8:30 pm**

**Sign in: 6:15pm**

**The Ability Hub**

**Child Development Centre**

**300, 3820 - 24th Avenue NW**

Session is FREE of charge/  
Free parking in Lot 53. Please print parking pass when you register on the ces website.

**Register: <http://community.hmhc.ca/>**

For more information: email [ces@ahs.ca](mailto:ces@ahs.ca) or call (403) 955-4747

This presentation will provide an overview of options for your teenager after high school, namely more school (post-secondary education or training), employment or a gap year(s). Typically, a gap year after high school for young adults with autism means sleeping late, gaming more and losing skills and confidence. Some autistic individuals are not quite ready for the rigors of university, college or work and need support to build readiness skills before taking that next step. This workshop will provide an opportunity to discuss strategies and resources to help strike the right balance between continued learning, part-time employment and social/recreational opportunities once high school ends.