

ADULTING 101

FOR YOUNG ADULTS WITH IEPS

TOPICS YOU NEED TO
LIVE THE LIFE YOU WANT.



SECOND MONDAY OF THE MONTH 4:30-5:30PM

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|-------------------------------------|-------------------|
| ➔ ONLINE SAFETY | OCTOBER 12, 2026 |
| ➔ EMERGENCY PREPAREDNESS | NOVEMBER 9, 2026 |
| ➔ HEALTHY RELATIONSHIPS | DECEMBER 14, 2026 |
| ➔ MENTAL HEALTH | JANUARY 11, 2027 |
| ➔ PROBLEM SOLVING & DECISION MAKING | FEBRUARY 8, 2027 |
| ➔ SLEEP WELLNESS & NUTRITION | MARCH 8, 2027 |
| ➔ ORGANIZATION & TIME MANAGEMENT | APRIL 12, 2027 |
| ➔ COMMUNITY INVOLVEMENT | MAY 10, 2027 |
| ➔ HOUSING & EMPLOYMENT | JUNE 14, 2027 |

SCAN TO REGISTER OR VISIT
[MICHIGANALLIANCEFORFAMILIES.ORG/UPCOMING-EVENTS](https://michiganallianceforfamilies.org/upcoming-events)

QUESTIONS? CONTACT US AT
[INFO@MICHIGANALLIANCEFORFAMILIES.ORG](mailto:info@michiganallianceforfamilies.org)

