

### **Transitioning Resources: A Toolbox for Transitioning**

This training highlights important resources that can help youth in and after foster care. It will also explain how and when to access the many resources. This information will increase the youth's potential for success by maximizing their opportunity for achieving better outcomes transitioning from foster care to adulthood. This is a very educational and interactive class that will help you in finding needed resources in your area for the youth in your home. Topics discussed will be Positive Youth Development & the implementation of youth-centered planning strategies to help engage the youth in planning for their future.

#### **Trainer: Teresa Sea**

Teresa Sea has worked for the Department of Human Services for 19 years. She has been a Transition Planning Specialist with DHS since 1998. She is responsible for helping youth transition from foster care to adulthood. Teresa also provides support to the Cedar Rapids Elevate Chapter.