Everyone wants to live a good life! Preparing ahead of time is the key to living the life of your dreams. DSG wants to help prepare self-advocates with Down syndrome for a seamless transition to adulthood, alongside their caregivers. There are many stages to transition, so feel free to attend any and all classes you wish based on your self-advocates needs. Remember, its never too early to start planning!

- Self-Advocates and caregivers learn about the same topic, but in separate spaces
- You may attend a class as many times as you want, NEW MATERIAL and SPEAKERS
- Ages 15-23 is the target range for self-advocates (Classes taught at this level)
- Register for all sessions you wish to attend: www.kcdsg.org/thegoodlifeseries

**Becoming An Adult**
*September 10, 2019*
@DSG 6-8pm

- **Self-Advocate Session**
  - Activities to help guide decision making and planning for a future after high school, college, and beyond.

- **Caregiver Session**
  - Planning for life after high school, college, and beyond
  - Funding for the future
  - Where to start
  - Supports

**The Learning Continues**
*November 4, 2019*
@UMKC Campus 6-8pm

- **Self-Advocate Session**
  - Pizza Dinner and UMKC Campus Tour

- **Caregiver Session**
  - Educational Opportunities Available
  - Entrance Criteria
  - Documentation Requirements
  - Support Services Available
  - Financial Aid

**Time To Work**
*February 20, 2020*
@Sylvester Powell 6-8pm

- **Self-Advocate Session**
  - Job Fair and Mock Interviews with local employers

- **Caregiver Session**
  - Employment Options
  - Volunteer Opportunities
  - Vocational Providers
  - Services & Supports

**Living the Good Life**
*April 28, 2020*
@DSG 6-8pm

- **Self-Advocate Session**
  - Tours at the Mission Project Apartments and learning from Self-Advocates already living independently

- **Caregiver Session**
  - Independent Housing Options
  - Finances, exercise, cooking, and socializing
  - Guardianship
  - Supports
  - Resource Session