



# Navigating the Transition Years

Help for families of young adults with mental health needs

The Maryland Coalition of Families for Children's Mental Health will be offering a two-session course for caregivers of transition-age youth (TAY) with mental health needs.

Topics will include:

- high school transition planning
- services available through the Division of Rehabilitative Services
- employment and continuing education
- housing and community life
- health care
- benefits programs
- changing roles and legal rights

The course is for caregivers of youth who:

- are 14-24
- will be graduating or completing their GED, or have already graduated or completed their GED
- have a primary disability of mental illness

Dates: Monday November 15<sup>th</sup> and 22<sup>nd</sup>, 6:30 – 9:00pm.  
Light refreshments will be served

Location: Century Plaza Building #2000  
10632 Little Patuxent Parkway, 1<sup>st</sup> floor conference room  
Columbia, MD 21044

Cost: There is no charge to attend. Families should plan to attend both sessions.

**The course is open to families across Maryland**

**For more information, or to register, contact:**

Ann Geddes, Transition Specialist  
Maryland Coalition of Families for Children's Mental Health  
10632 Little Patuxent Parkway, Suite 119  
Columbia, MD 21044  
410.730.8267  
Fax: 410.730.8331  
[ageddes@mdcoalition.org](mailto:ageddes@mdcoalition.org)

*You may register via phone, email, fax or mail*

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State Zip \_\_\_\_\_

Phone \_\_\_\_\_ email \_\_\_\_\_



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Directions to the Century Plaza Building #2000

**From the south via Route 29:** Travel north on Route 29 to exit 18B, Broken Land Parkway toward Columbia town center. Turn left at the second stoplight onto Little Patuxent Parkway. Go through one stoplight (Governor Warfield Parkway), then take the next right into the parking lot for the Century Plaza Buildings. Enter the 1<sup>st</sup> building from this parking lot entrance.

**From the north via Route 29:** Travel south on Route 29 to exit 20B, Highway 175 west toward Columbia town center. Highway 175 becomes Little Patuxent Parkway. Go through two stoplights, then bear right onto Governor Warfield Parkway. Go through two stoplights, then take the first right turn into the parking lot for the Century Plaza Buildings. Enter the second building from this parking lot entrance.

**From the east via Route 175:** Cross over Route 29. Highway 175 becomes Little Patuxent Parkway. Go through two stoplights, then bear right onto Governor Warfield Parkway. Go through two stoplights, then take the first right turn into the parking lot for the Century Plaza Buildings. Enter the second building from this parking lot entrance.