



Build Your Bridge: Moving from Child to Adult Health Care

This is a free presentation and conversation to help guide families through the transition from child-centered to adult health care systems. Youth and families are often overwhelmed and under-prepared for the transition to adult health care. This presentation will introduce and discuss when to start thinking about health care transition as well as provide helpful tools and resources.

As a result of participating in this presentation we hope you will:

- Understand what youth health care transition is and why it is important.
- Identify activities in daily life where transition occurs.
- Apply tools and resources to take an active role in the health care transition process.
- Start a health transition action plan

Offered by the Northern Regional Center for Children and Youth with Special Health Care Needs over Zoom.

Wednesday, December 9 at 7:30 PM

Saturday, December 12 at 8:30 AM

Families can register by calling us at 715-261-1906 or 1-866-640-4106 and we will send out Zoom invite along with a link to a 30 minute video to view beforehand.