What are Transitions Pop-Ups?

Transitions Pop-Ups are group events that help clients and/or families prepare for the transition-to-adulthood. The events can be about different topics including physical and mental wellbeing, funding, housing, activities for after high school, community services, and recreation in adulthood. Transition Pop-Ups are co-hosted by Holland Bloorview and an adult agency, for gradual introductions to new service providers.

What happens at Transition Pop-Ups?

Regardless of the topic, Transition Pop-Ups always include:

- **Information!** Learning about a topic of interest.
- **Peer mentoring!** Learning from others who have been there before.
- **Action!** Checking something off my list.

How Do I Sign Up for Transition Pop-Ups?

Visit the Holland Bloorview events page: [https://hollandbloorview.ca/stories-news-events/events](https://hollandbloorview.ca/stories-news-events/events) or call the number listed below.