

TD's Tips!

Faith Based Experiences



What can I do?

1. Ask yourself what type of organization related to your own faith can help you interact with others and help you grow as a person spiritually.
2. Talk with your family members about different faith based organizations and how they can be part of your transition to adulthood.
3. With the support of your family or friends, find a faith based organization that is a good match near your home and ask about the different teen activities they offer.
4. Explore near your school and find out if there are faith based organizations that interest you and if they have teen activities you'd like to try.

Pro Tip!

Meet with your transition team and talk about yourself, your beliefs, and how connecting to your faith will be part of your transition plan.

How about an ultimate challenge?

If you find a faith based organization that is a good match, participate in activities in the organization such as volunteering, charity events, recreation activities, social and spiritual gatherings, field trips, and summer retreats during high school.

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This tip sheet is aligned to the “Independent Living and Community Engagement” lesson plan. You can search in the “resources” page on [transitiondiscoveries.org](https://www.transitiondiscoveries.org) to download it!