

# Adulting 101

**Every other Tuesday  
4-5:30 pm, via zoom**

**Register in  
advance to  
receive meeting  
link**

**An interactive virtual  
series where we go over  
topics young adults are  
expected to know but no  
one ever explains!**

**Sep 27** Employment

**Oct 11** Mental Health

**Oct 25** Healthy Relationships

**Nov 8** Healthy Relationships

**Nov 22** Education

**Dec 6** Education

**Jan 10** Fitness

**Jan 24** Health and Nutrition

**Feb 7** Transportation

**Feb 21** Financial Literacy

**Mar 7** Employment

**Mar 21** Home

**If you have any  
questions, email  
[marandah@crmhs.org](mailto:marandah@crmhs.org)**



**HEALTHY  
Transitions**