



Join us to learn about the Charting the LifeCourse framework, and how it can be used to support you or the youth in your life in transitioning from foster care.

Charting the Life Course is a framework created to help individuals and families of all abilities and all ages develop a **vision for a good life**, **think about what they need to know and do**, **identify supports**, and **discover what it takes to live the lives they want to live**.

At this interactive workshop, you will learn about an approach to planning, problem-solving, and decision-making that can be used as you prepare for a good transition that will lead to a good life, in all areas of life.

This workshop will:

- Introduce the Charting the LifeCourse Framework as a foundation for helping you plan for a “good life”
- Provide real life examples and strategies that can be used to develop a plan towards the “good life” you envision
- Provide an opportunity for hands-on practice using the CtLC Transition from Foster Care toolkit to help with identifying your vision and making a plan to achieve your short- and long-term goals
- Include an opportunity for reflection and brainstorming of other tools, resources, and strategies that would be helpful for other youth and families experiencing foster care

Amerigroup is excited to share this workshop to help people celebrate their strengths and identify areas where supports and services can be used to help people achieve their good life.

**Link for Registration:** <https://www.eventbrite.com/e/charting-the-lifecourse-for-youth-caregivers-and-families-tickets-413031547477>

**Date:** October 4, 2022 - Charting the LifeCourse for Youth, Caregivers and Families Workshop

**Time:** 6:00 pm – 8:00 pm

**Venue information:** CENTRAL

Columbus Georgia Convention & Trade Center

801 Front Avenue - P.O. Box 1340

Columbus, GA 31902-1340



charting the  
**LIFECOURSE**  
**NEXUS**