



# Ready to Launch

**Wednesdays at 2:30 pm**

Clients ages 17-26

**Virtual  
Meeting**

- ✓ Learn skills to transition to adulthood
- ✓ Ease tension and anxiety regarding the transition to adulthood
- ✓ Topics include budgeting, healthy eating, finding employment, and more!

For more information, contact Carmen Torres  
at [ctorres@astorservices.org](mailto:ctorres@astorservices.org)



Help · Heal · Hope

[www.astorservices.org](http://www.astorservices.org)