



for the blind and visually impaired

Youth of Tomorrow is a monthly seminar for young adults with visual impairments ages 14 to 24 to aid in transitioning to college, career, and independent living.

Transition is important because individuals with disabilities often aren't exposed to independent living skills, career exploration, social and soft skills training, planning for college, learning about relationships, mentorship and personal growth during their regular school hours.

Youth of Tomorrow's seminars are designed to discuss topics related to transitioning into an adult with an emphasis on becoming confident and independent.

Each seminar will focus on various topics related to transition along with occasional community outings and guest speakers with expertise in some of the topics.

An added component to Youth of Tomorrow is a mentorship program called When I Grow Up to help guide young adults who are visually impaired and connect role models of successful adults who are visually impaired with valuable life experiences and advice to the young adults.

Topics include:

- Friendships, dating and relationships, social media and employment, self advocacy
- Goal Setting, Travel and Independence
- Campus tours with disability resources and/or career centers
- Accountability, Soft Skills, How to disclose your disability and use it as a competitive edge
- College preparation, job readiness, and financial literacy training
- Cooking and meal preparation



Events are held in the community or at the Vista Center San Jose location
101 N. Bascom, San Jose, CA 95128

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