

# FIVE FAST FACTS FOR FRIDAY

## The Arc of New Jersey's Planning for Adult Life Program

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- Planning for Adult Life (PFAL) is a statewide project funded by the NJ Division of Developmental Disabilities (DDD) to assist young adults (between the ages of 16-21) with developmental disabilities and their families in charting a life course for adulthood.
- It offers a variety of resources including informational sessions, webinars, and resource guides/materials.
- PFAL provides free presentations, hands-on workshops, and resources for school classrooms, parent groups, and other community groups.
- PFAL offers a new free webinar every month on a wide variety of topics pertaining to transition from school to adult life.
- PFAL hosts free Parent Forums and Opportunity Expos. These events are held throughout the state and consists of workshops (45-60 minutes) on specific topics.