

Why Choose The Transition Center:

The Transition Center helps students grow, work, and live more independently through structured programs, skill-building, and community-based learning.



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ALEXANDRIA
Public Schools
TRANSITION CENTER



**Opportunities for
Life After High
School**

for adult students ages 18-22 with
special needs

About Project LIFE

Skills for Success

All students deserve the opportunity to build a successful future. Project LIFE equips learners with essential work and daily living skills, helping them grow into confident, capable, and contributing members of their communities.

Authentic Learning Experiences

Every individual has the right to full inclusion. Designed for youth with intellectual and developmental disabilities, Project LIFE empowers students to make informed choices about their future. Through meaningful, hands-on learning, participants develop greater independence and strengthen the skills needed for adult life.



Beth Project Life



While attending Project LIFE 101, interns build skills through the Project LIFE curriculum with the goal of increasing independence at home, at work, and in the community.

Curriculum Focus Areas:

- Employability Skills
- Independent Living Skills
- Social Skills

Learning Takes Place In:

- Classroom Instruction
- Job Site Instruction
- Community Settings

Jenna and Hannah Cardinal Launch

Cardinal Launch provides a highly individualized transition experience for adult students ages 18–22. Building on the foundations of Project LIFE, this program tailors instruction, community experiences, and daily living skills to each student's unique needs, strengths, and goals. With a focus on real-world learning, increasing independence, and meaningful community engagement, Cardinal Launch helps students take confident steps toward adulthood at their own pace.

