

PROGRAM OVERVIEW

Transitioning Towards an Autonomous Life (Youths Aged 16–25)

PROGRAM DESCRIPTION AND BACKGROUND

Transitioning to adulthood is a critical point in the lives of youths in care. It is a challenging time where youths in care often lack proper family support or a social safety net to help them navigate their new situation. The Fondation is committed to playing a key role in preparing these youths for life on their own. We support various projects that teach new skills and are tailored to the life journey and specific needs of each youth.

Our services are designed to **supplement existing government and community programs**, including various programs geared toward youths aged 16 and older under the DYP Youth Program (e.g., the Youth Qualification Program).

Through this program, the Fondation **supports youths aged 16 to 25 who are or were in youth protection and have received support in becoming independent and transitioning to adulthood**. The Fondation is there to meet a wide variety of needs as youths return to their families or move into an apartment or an alternative facility.

These youths are learning how to organize their daily lives and they need additional tools to help them plan for future projects and take their place in society. The Fondation can provide them with financial support when they have no other options. Without our support, many of them would have to forgo education for employment and would end up living precariously.

By **working with long-standing community partners, giving youths direct access to funds, and facilitating collective projects**, the Fondation connects youths to community resources, while empowering them and helping them succeed in life. The support we provide to youths in Montreal and other regions of Quebec is intended to supplement available resources.

We want to do much more for these youths to **prevent or address potential issues**, including isolation, drug addiction, serious mental and/or physical health issues, low educational attainment, social exclusion, homelessness, poverty, and violence. Youths aging out of the system should be able to start their lives as young adults with all the odds stacked in their favour.

MAIN PROGRAM COMPONENTS YOUR PROJECT COULD FIT INTO AND THEIR GOALS

FACILITATING INDEPENDENT LIVING AND FOSTERING RESIDENTIAL STABILITY

- Help youths acquire independent living skills.
- Help youths find and keep an apartment.
- Help furnish homes for youths who have received support from the DYP.

HELPING YOUTHS STAY IN SCHOOL (TUTORING AND POST-SECONDARY BURSARIES)

- Provide tutoring services to keep youths motivated in school and help them maintain or improve their grades.
- Encourage youths to stay in school and earn a vocational, high school, college, technical or university degree so they can stand a better chance of securing employment.
- Provide professional services tailored to special needs youths (e.g., speech therapy).

HELPING YOUTHS ENHANCE THEIR EMPLOYABILITY SKILLS AND ACQUIRE A VARIETY OF BASIC SKILLS

- Support internships and introduce youths to the workplace.
- Implement projects and programs intended to help youths build basic skills.
- Develop financial literacy activities.
- Teach youths about citizen participation and their rights.
- Support business endeavours.
-

CONTRIBUTING TO YOUTH OVERALL WELL-BEING

- Provide access to specialized therapy services (e.g., music therapy, art therapy, and animal-assisted therapy) to meet the specific needs of youths with mental health issues.
- Organize recreational and self-esteem activities geared toward youths with mental health issues.

PROMOTING PHYSICAL HEALTH, LEISURE ACTIVITIES, AND HEALTHY LIFESTYLE HABITS

- Support activities like sports and art to help youths adopt and maintain healthy lifestyle habits, find a sense of belonging, and develop new interests.
- Help youths with specific physical health issues get easy access to specialists and equipment as needed.

MEETING BASIC NEEDS

- Provide youths with IT equipment so they can complete their schooling and stay in touch with their networks.
- Help youths pay for various expenses (e.g., transit passes, Wi-Fi, and furniture).
- Provide occasional assistance with food and clothing.

** If your project does not align with any of the above components, please explain how it will support youths transitioning to independent living.
We look forward to hearing from you.**