

PREPARE FOR ADULthood WITH THE **YOUTH QUALIFICATION PROGRAM**



The Youth Qualification Program (YQP) is an **intensive program to prepare and support young people** who are receiving or who have received youth protection services in the transition to independence and adulthood.

A head start in building your dream life

By participating in the program, you will build your social and support network in order to make your dreams a reality, whether it is to live independently, go back to school, find a job or simply find out what you want to do. You will also learn how to:

- achieve your education, work or training goals;
- manage your money, bills, account, bank card, etc.;
- find and keep a housing resource, apartment, or something else, depending on your needs;
- organize your day-to-day life: leisure activities and responsibilities;
- take care of your personal care and health;
- learn about adult life in general;
- carry out any other project that you find fulfilling.



By being better prepared and having put into practice the lessons learned, you will feel more confident and have more support before, during and after your transition.

Is it for you?

The program, which is designed for young people between the ages of 16 and 25, is for you if:

- you are receiving or have received youth protection services;
- you want to learn to live independently;
- you would like personalized support adapted to your situation, your needs and your abilities.

Depending on your age, services may vary:

- **Regular follow-up age 16-19:** average duration of three years;
- **Follow-up age 17+:** duration determined by you and your YQP worker;
- **BRIDGE age 18-25:** short duration based on your request and needs.

The sooner you start the program, the more you will get out of it!

Starting early will give you time to build a relationship of trust with your youth worker and experiment with activities and what you have learned outside your living environment. This way, you can create and maintain meaningful and positive connections with people in the community, and sometimes even restore positive relationships with certain members of your family, if you want.

Take advantage of the support offered by the Youth Qualification Program!



If you are under 18

Ask your social worker
from youth protection services
to participate in the program.



If you are over 18

Go to Quebec.ca/YouthQualificationProgram

