

# YOUR EFFORT + OUR SUPPORT = INDEPENDENCE

Our Independent Living program—licensed by the Virginia Department of Social Services—is designed to help young adults overcome past difficulties and create pathways to thrive.

Here are some of the ways we can work together to support your goals:

## RELATIONSHIPS AND COMMUNICATION

Building/maintaining healthy relations with family, peers, and the community

## SELF-CARE

Improving and/or maintaining physical and mental wellness, personal hygiene, and safe sex practices

## HOUSING AND TRANSPORTATION

Finding safe, stable housing and accessing reliable transportation

## FINANCIAL

Identifying/maintaining employment and learning to budget and save

## CAREER AND EDUCATION

Career planning and pursuit of continued education and training

## OTHER LIFE SKILLS

Engaging with government and community systems, self-advocacy, time management, and future planning

APRIL 2022

**94%**  
of our residents  
advance their goals  
while in our program

**1 year**  
average length  
of stay

**71%**  
of youth transition  
to private residence  
or other stable living

