



## THE SUPPORT WE OFFER

At the Y, we work with you to design a plan that meets your immediate needs and helps you work toward long-term goals. We focus on these key areas:

### HOUSING

Temporary and permanent, throughout King County.

### EMPLOYMENT

Career planning, resume writing, interviewing, internships.

### EDUCATION

Obtaining a diploma or GED, vocational training, financial aid, college scholarships.

### LIFE SKILLS

More than 50 workshops a month including budgeting, health and cooking.

### HEALTH

On-site therapists, and help accessing health and mental health services.

### PERSONAL IDENTITY

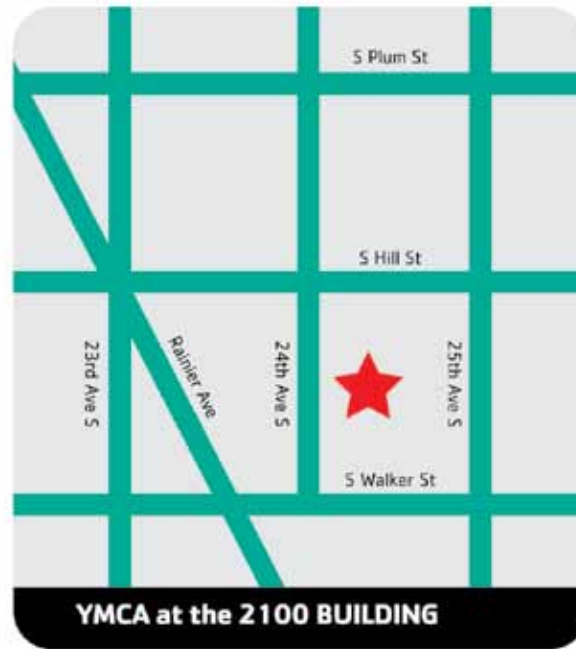
Support for cultural and personal identity formation.

### PERMANENT CONNECTIONS

Building relationships with family members and other supportive adults.

### FINANCIAL ASSISTANCE

Temporary support and matched savings program for eligible youth.



## YOUR FIRST STEP

To get started, come visit us at The YMCA Center for Young Adults – a safe, relaxed and comfortable environment where you can talk with Y staff and other young people about how to get where you want to go in life. No appointment is necessary. The Center is for 17-25 year-olds, who have experienced foster care or homelessness, with selected programs for Washington State foster youth under age 17.

YMCA Young Adult Services  
2100 24th Ave. S, Suite 250  
206 749 7550  
Seattle, WA 98144  
[seattlemca.org/youngadultservices](http://seattlemca.org/youngadultservices)

**Everyone is welcome. Financial assistance is available.** The **YMCA of Greater Seattle** strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility.

For more information, please visit:  
[seattlemca.org/youngadultservices](http://seattlemca.org/youngadultservices)



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BUILD YOUR FUTURE

## YMCA YOUNG ADULT SERVICES



The Y has been a real support to me and at times the only support. They have been there for me and I'm on the road to a successful future.

-Crystal



Being homeless hurts your pride. To have people around at the Y, who are so helpful and friendly, made me feel that rising from this trial was not impossible.

- Tim



The Y has helped me to learn to set goals and achieve them. I'll be the first in my immediate family to attend college. The Y makes me happy!

- Vivian



## NETWORKED FOR YOUR SUCCESS

At the Y, we're committed to strengthening our community through youth development, healthy living and social responsibility – and ensuring that everyone, regardless of age, income or background, has the opportunity to achieve their potential. We've been working alongside our neighbors in Seattle communities for more than 130 years, and we're here to stay.

Over time, we've developed close relationships with other local agencies dedicated to empowering young people. What does this mean for you? A great network of people who can navigate resources and help equip you for success.

## INDEPENDENCE AND MORE

Overwhelming. That's what life can feel like when you're trying to move beyond foster care or homelessness. But with YMCA Young Adult Services, we make it easier for you to become independent and achieve your dreams. Our goal is to support **your** goals – and to introduce you to new opportunities, career possibilities and people who can help you grow and thrive.

## YOUR COMMUNITY, YOUR CHOICES

Each year, the YMCA Center for Young Adults serves more than 1,500 young adults in Seattle and King County. Our young adult advisory board is dedicated to making sure that all voices are heard and ideas are shared.

## GIVING BACK

The Y welcomes young volunteers who have benefited from our programs, as well as community members who care about challenges related to transitioning from foster care or homelessness. By donating or spending time to help us with fundraising, workshops, events and other activities, we accomplish more – for more young people.