



## Benefits to Youth and Community

*With the help of the Independent Living Program, youth will be better educated and prepared to make the transition to adulthood and toward self sufficiency. They receive the necessary resources and information needed to be independent, navigate systems, and to be advocates for themselves in order to make progress toward their goals. Additionally, they receive ongoing emotional support as needed. ILP youth come away with a renewed sense of confidence, independence, and a desire to lead a productive life as part of their community.*

*Visit our website at [www.unitycare.org](http://www.unitycare.org).*



## About Unity Care

The Unity Care Group, Inc. is a community-based non-profit multi-service youth and family development agency.

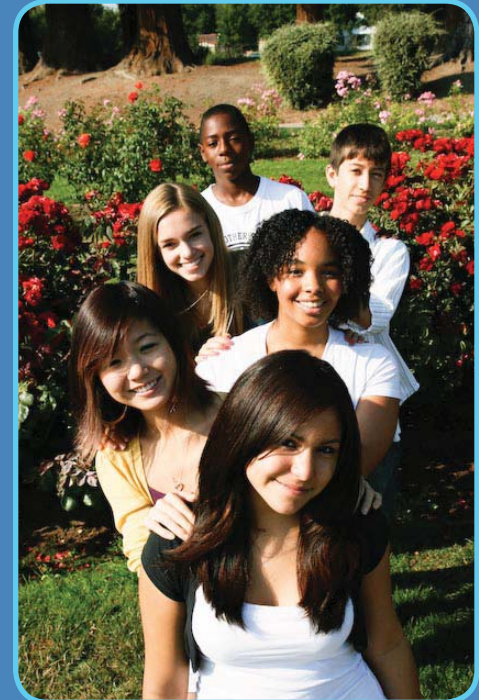
Founded with the goal of developing educational and social programs to enrich the lives of at-risk youth, our mission is to provide quality youth programs for the purpose of creating healthier communities through life-long partnerships.

Established in 1992, we have provided life changing services to over 900 youth and families annually. By providing quality, culturally appropriate programs, we have built a solid reputation as one of the leading youth and family service providers in the bay area.

For more information about our services, please visit us at [www.unitycare.org](http://www.unitycare.org).

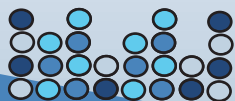
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## The Independent Living Program (ILP)



*Creating Healthier Communities*





## Did You Know?

- 60% of youth who leave the Foster Care system at age 18 are homeless within two years
- Less than 10% of foster children actually graduate from High School
- Only 3% of foster youth go on to a four year college
- 70% of San Quentin inmates grew up in Foster Care

## Eligibility

ILP serves youth aged 16-21 who are current/ former foster/probation youth, and are either preparing to exit foster care or are already aged out of care.



## Services

ILP teaches young people the skills they need to become self sufficient by hosting regular workshops and offering individualized services. Each program staff encourages students to integrate the course materials as part of their daily lives. Along with the curriculum, program staff utilize outings, guest speakers and videos to enhance the learning process.



## Educational Workshops & Individualized Services

- Housing
- Careers (Vocational & Educational Programs- Community Referrals)
- Financial Aid (Individual/Group Workshops)
- Money Management (Budgeting)
- Sex Education (STD's, Self-esteem, healthy relationships, birth control, hygiene etc)
- Drug ,Alcohol & Healthy Lifestyles
- Legal Rights
- Assistance with transportation barriers
- Choices and consequences
- Goal Setting
- Job Coaching (Education on pre-employment skills)
- Interpersonal & Social Skills
- Computer & Internet Skills