

RESOURCES FOR YOUTH TRANSITIONING OUT OF GOVERNMENT CARE

Crisis services/Need someone to talk to

Kids Help Phone (24hrs a day/7 days a week)
Live chat: [kidshelpphone.ca](https://www.kidshelpphone.ca) | 1-800-668-6868

Crisis Centre (24hrs a day/7 days a week)
1-800-784-2433 (1-800-SUICIDE)

310Mental Health Support
(24hrs a day/7 days a week)
310-6789

Youth Space
Live chat: youthspace.ca | Text: 778-783-0177

Youth in BC Live chat
youthinbc.com

The KUU-US Crisis Line Society (Indigenous)
24-hour provincial Indigenous crisis phone service.
kuu-uscrisisline.ca | 250-723-2040

Indigenous supports

BC Association of Aboriginal Friendship Centres
Friendship Centres provide community support for Indigenous peoples in BC who live in urban areas.
bcaafc.com | 250-388-5522 | Locations across BC

Métis Nation BC (MNBC)
The MNBC Ministry of Youth provides support and resources for Métis youth ages 15-30.
mnbca.ca/youth | youth@mnbca.ca | 1-800-940-1150

Health

HealthLink BC
Free health information and advice phone line.
Available 24 hours a day.
Phone: 8-1-1

Options for Sexual Health (OPT)
Free and confidential sexual health care, information, and education.
optionsforsexualhealth.org | 1-800-739-7367
Locations across BC

Housing

BC Housing
Provides housing support, including subsidized housing.
bchousing.org/housing-assistance | 1-800-257-7756

MCFD Rent Supplement
Eligible young adults (ages 19-27) may apply for a \$600 monthly rent supplement for up to 2 years or until the month of their 27th birthday.
MCFRentSupplements@gov.bc.ca | 1-866-623-3001

Employment

WorkBC
Employment support, resources, and training available online and across BC.
workbc.ca/plan-career/resources/youth
1-877-952-6914 | Locations across BC

Finances

Public Guardians and Trustee of British Columbia (PGT BC)
Provides services to protect the financial and legal rights of youth in and from government care.
trustee.bc.ca | 604-775-3480

Education

Provincial Tuition Waiver Program
Provides post-secondary tuition for former youth in care.
studentaidbc.ca/explore/grants-scholarships/provincial-tuition-waiver-program

Learning for Future Grant
Grants of up to \$3,500 per year to youth from government care who meet the eligibility criteria for the Provincial Tuition Waiver Program. The grant can help with education-related costs such as textbooks and computers.
studentaidbc.ca/explore/grants-scholarships/learning-future-grant

Education (continued)

Youth Futures Education Fund

Provides funding for living expenses to youth from government care who are in a post-secondary institution on a tuition waiver.

youthfutures.ca/youth-resources/

Adult Basic Education (ABE)

ABE provides access to high school courses for adults looking to graduate high school or upgrade for post-secondary programs. ABE and English Language Learning programs are free for domestic students in BC.

gov.bc.ca/gov/content/education-training/adult-education/adult-upgrading

Transitioning out of government care

AgedOut.com

A website for youth and young adults in and from government care in BC.

agedout.com

SAJE (Strengthening Abilities and Journeys of Empowerment)

Supports provided by MCFD, including Agreements with Young Adults (AYA) program which can help cover living and tuition costs when in school or a rehabilitation program; Rent Supplements, Temporary Housing Agreements (THA), Temporary Support Agreements (TSA), and access to Navigators and Guides. Some of these supports also include health benefits.

gov.bc.ca/gov/content/family-social-supports/youth-and-family-services/youth-transitions | agedout.com/education/beyond-bursaries-aya-program

Other services across BC

Foundry

Youth health and wellness services and supports. foundrybc.ca | Locations across BC

John Howard Society

Assists youth who have come into, or are at risk of being in, conflict with the law.

johnhowardbc.ca | 604-872-5651
Locations across BC

Telus Mobility for Good

Provides youth aging out of care with a free phone and a \$0 plan.

telus.com/en/social-impact/connecting-canada/connecting-for-good-programs/youth

Advocacy or complaints

Office of Representative for Children and Youth

Supports youth and families who need help dealing with the provincial child and youth welfare system.

rcybc.ca | 1-800-476-3933

BC Government Ombudsman

If you think a provincial government ministry, local government, or other provincial public authority has treated you unfairly, the BC Government Ombudsman may be able to help.

bcombudsperson.ca | 1-800-567-3247



**McCreary
Centre Society**



**YOUTH
RESEARCH
ACADEMY**