

Medical Supports

Youth Hub

Mon-Fri 11am-1pm 1-1 support, referral and intake T and TH 3-7pm drop in 604-546-1130
langleyyouthhub.com

Youth Wellness Clinic

Drop-in Mondays and Wednesdays 2-4 pm
at Langley Public Health Unit (sexual health)
604-539-2900

Langley Opt Clinic

Thursdays 6-9pm
For booking, please call 604 530-8155
during clinic hours (Sexual Health)

Pregnant and Parenting Youth (up to 25)

Free program to assist pregnant and parenting youth Lifeskills and parenting support. Contact **Encompass Support Services** at 604-530-2772

Nurse-Family Partnership

A free public health program for women (up to 24) who are having financial challenges.
www.fraserhealth.ca/health-info/pregnancy-and-babies/

Parent Supports

FamilySmart

Parent in Residence www.familysmart.ca

Youth Supports

Youth in Residence Program

Kelty: Local Phone: 604-875-2084
Toll Free: 1-800-665-1822
E-mail: keltycentre@cw.bc.ca

Fraser Health Mental Health and Substance Use Family Support Services

For families and natural supports, who are supporting adults (18+) in recovery with a mental health or substance use issue. **1-833-898-6200**

Online Support

Aged Out: Great website to guide you through transition areas www.agedout.com

- Education
- Health and Wellness
- Housing
- ID needs
- Money/Income
- Personal Life

foundrybc.ca Self-care resources and tools

YouthinBC Chat online to a support person at noon-1am nightly

Youthspace text at 778-783-0177 (6pm-12am nightly)

BC211 Text the name of your city to 2-1-1 to chat with an Information & Referral Specialist Available 7 days a week between 8am-11pm or visit www.bc211.ca

Transition Planning

Goal setting, planning for transitioning to adult care.
www.bcchildrens.ca/transition-to-adult-care/Documents/Goal-Setting-101-Worksheets.pdf

Services to Adults with Developmental Disabilities (STADD) - Navigator and transition planning supports for CLBC-eligible youth aged 16-24. www2.gov.bc.ca/gov/content/family-social-supports/services-for-people-with-disabilities/transition-planning-for-youth-young-adults or call **1-855-356-5609**

PWD - How to apply

Visit <https://www2.gov.bc.ca/gov/content/family-social-supports/services-for-people-with-disabilities/disability-assistance>

Youth to Adult

SUCCESS PLANNING

Ages 16-24

Local Resources

Langley Youth Resource Centre (12-24 yr)
www.langleyyouthhub.com or 604-546-1166

- Youth Street Outreach
- Youth Homelessness Initiative
- LGBT2Q Programming
- Friends of Dorothy

Encompass Support Services (12-24yrs)
www.encompass-supports.com or 604-534-2171

- Youth Transitions Programs
- Parental Support and Parent-Teen Mediation Programs

Langley Community Services www.lcss.ca

- Youth (12-24) substance using or substance affected
- Adult (19+) substance using or substance affected 604-534-7230 ext 1108 Walk-in intakes on Tuesdays 2:30-4 pm
- Community Counselling Services for Langley residents over 18 years old. No Fee Call: 604-534-7921 Ext. 1240

Child and Youth Mental Health

CMYH (up to age 18)
Bldg. 100 - 120 - 20434 64th Avenue
Wednesday In-take clinic 8:30am-3:30pm

Langley Adult Mental Health

Self Referral (18½ and up)
305-20300 Fraser Hwy Langley
604-514-7940 (M-F 8:30-4:30)

Make an Appointment with your Doctor or visit a walk in Clinic

Youth to Adult SUCCESS PLANNING

Ages 16-24

AGE 16

- Plan for after high school- review IEP
- Start a list of Adult specialists, care provider and services
- Learn about education grants, scholarships
- Explore options for driving
- Get BC ID and Social Insurance Number
- Get a photocopy of PHN and MSP number
- Develop resume
- Open a bank account
- Create a transition plan - Visit:
www.bcchildrens.ca/transition-to-adult-care/Documents/Goal-Setting-101-Worksheets.pdf

16

17

AGE 17

- Plan for Highschool graduation
- Consider alternative schools (Langley Education Centre)
- Collect all transition documents (letters, assessments, reports and checklist)
- Create a health care plan if attending post secondary
- Develop a work and or career path
- Talk to CYMH case worker if you have one about file transfer to Adult Services (if necessary)
- If eligible, apply for Persons with Disability (PWD)

AGE 18

- If on PWD apply for bus pass, parking permits, travel coverage
- Apply for MSP (2 months prior to 19th Birthday)
- Understand your medical needs and medications
- Research Adult services available to you (counselling, supports)
- Learn more tips at Agedout.com

18

19

AGE 19

- Practice self-care (Mindcheck, Youth in BC)
- Explore education and vocational options –Dogwood Diploma- Langley Education Ctr or Cloverdale Education Ctr
- AVIA employment/skill building - www.aviaemployment.ca/
- Housing support – BC housing (rental Subsidy if on PWD) www.bchousing.org/housing-assistance/rental-housing/subsidized-housing
- Connect with Adult Mental Health Services if needed
- Identify who your support person is (family, friend, support worker)
- Learn more at Agedout.com

AGE 20-24

- Revisit your transition plan
- AVIA employment/skill building Visit: www.aviaemployment.ca
- Agedout.com
- Langley Youth Resource Centre (HUB)

20-24

SOCIAL SUPPORTS

- Langley Youth Resource Centre
- Community Recreation Centers (Timms, Walnut Grove, Blair)
- Meetup.com social and support groups
- Skill building classes
- Supports and Resources for Mental Health and Substance Abuse

CREATE YOUR TRANSITION PLAN



Langley
Division of Family Practice
A GPSC initiative

SharedCare
Partners for Patients