



Independent Living Program (ILP)

The YMCA Independent Living Program provides transition support to youth served through the DSHS Division of Child and Family Services. Foster youth and alumni of foster care ages 15-20 work with a YMCA case manager to set and achieve personal goals related to housing, employment, education, health, life skills, personal identity and building a support community.

What does ILP offer?

Various great education and enrichment programs for youth and young adults:

♦ Education

High school completion, GED support, tutoring referrals, study skills, scholarship applications, financial assistance for college and vocational/trade school, mentoring referrals, desktop computers.

♦ Employment

Job skills, mock interviews, resume & cover letter assistance, internship referrals, job search & listings, retention, career development

♦ Housing

Learning how to rent, finding an apartment, financial support for deposits and rent, referrals for start-up furniture and household goods

♦ Life Skills

Cooking, money management, self-care, access to food benefits, daily living, laundry, identity formation, opening a bank account, more!!

♦ Enrichment Activities

Snowboarding, horseback riding, summer camp, Men's Forum & Young Ladies With Power weekly groups, service learning projects, discussion groups

♦ Gateway to DSHS services

Assistance accessing Chafee and ETV funds to help with achievement of goals in the above areas

♦ Special Projects

IDA (Individual Development Accounts) provides 2:1 matching of saved funds to obtain a computer, car, or rental assistance

Contact Information

Independent Living Program

2100 Building

2100 24th Ave S., Suite 250

Seattle, WA 98144

Contact: Shawli Hathaway, ILP Program Manager,
at (206) 749-7599

How do I join ILP?

Youth in foster (foster, relative or group care) join ILP by DCFS social worker referrals. Alumni of foster care may also participate in ILP until their 21st birthday by contacting the ILP office to check their eligibility. All youth must reside in King County. Youth who do not fit these criteria may contact ILP for referrals to other youth & young adult programs.