



Young Adults in Transition (YAIT)

The YMCA Young Adults in Transition program provides supportive housing to homeless young adults ages 18-24. Participants work with a YMCA case manager, pay a portion of their income towards rent and stay for up to two years until they are ready to transition to independent housing.

YAIT Housing

Participant Criteria:

- 18-24 years old
- Homeless young adults
- Not pregnant or parenting
- Felonies accepted depending on the conviction
- Motivated to work towards independence
- Cannot** be a full-time student

Expectations of Young Adults: Young adults participating in the YAIT program will be involved in work and/or an educational or job training program, which will lead to personal and financial growth. Young adults will participate in case management meetings, various groups, and have a willingness to work towards individual and program goals. Residents pay 30% of their income to cover program costs and are responsible for payment of their phone service.

Housing Options: The program has 20 single occupancy units located at the Downtown Seattle YMCA. Kitchen, lounge and computer facilities are located in a common room shared by all residents. Case management and regular community building activities are provided on-site. There is an on-site Resident Manager.

Contact Information

Young Adults in Transition
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Contact: (206) 382-5018



Downtown Seattle YMCA