

## Do you have the skills needed to become independent?

Arizona's Children Association (AzCA) assists youth and young adults, ages 16-20, in State or Tribal foster care with developing skills for independence. The purpose of Living Skills Training (LST) is to provide training in interpersonal and daily living skills to prepare current recipients of foster care for adult living.

LST encompasses, but is not limited to, the following:

- Cultural & Personal Identity
- Education
- Employment & Career Planning
- Health & Wellness
- Life Skills
- Housing
- Personal Finance
- Personal Safety
- Relationships & Community Support
- Parenting



LST services are designed to support young adults in their transition to independence. We assist in gaining tools for self-sufficiency, encourage advocacy and aid in identifying mentors and natural supports. AzCA specializes in the various needs and opportunities for youth in foster care.

### **Referrals & Information**

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