

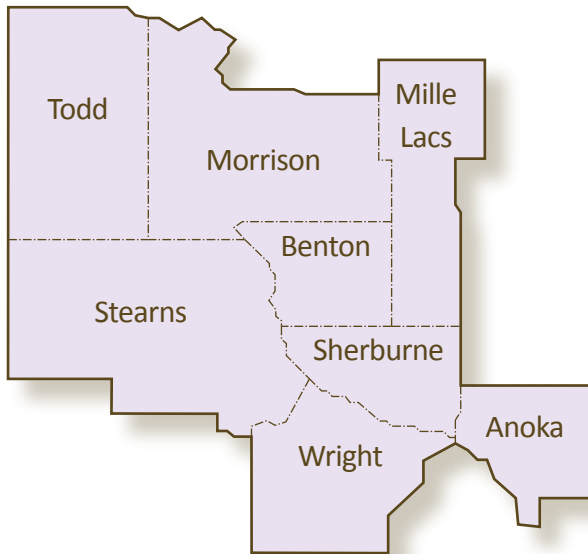
SAIL is a Community-based Program  
Designed to Provide a Safe, Confidential  
Environment for Youth to Learn and  
Practice Essential Life Skills.

*For more information, contact  
Catholic Charities SAIL Program today!*

CATHOLIC CHARITIES  
Support and Advocacy  
for Independent Living  
(SAIL)

*Independent Living Skills for Youth Ages 16 to 21*

Service Area



**Funding sources**

Funding for the SAIL Program is made available through the Minnesota Department of Human Services, Family and Children's Service Division and various other sources.

Services are available to all eligible persons regardless of race, color, creed, religion, national origin, sexual orientation, sex, marital status, disability, or age.

*Equal Opportunity Employment and Service Provider*



We understand the many challenges  
that today's youth face.

CATHOLIC CHARITIES  
Support and Advocacy  
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## Gain Skills Toward a Safe and Self-sufficient Lifestyle

### The right choice for you

If you are 16 to 21 years of age and have experienced family disruptions, face additional challenges and are at a greater risk for experiencing disappointment or failure when first attempting independent living, the Support and Advocacy for Independent Living (SAIL) program may be the right choice for you.

*Working with you to help shape a positive and productive future.*



## Move Toward Independence

As a SAIL participant, you'll attend 13 weekly group sessions focusing on specific topics that provide training and education to help you successfully live independently.

### Many ways to learn

Topics are presented through discussions, guest speakers, handouts, brainstorming, sharing of personal experiences, role playing, and experiential activities. Weekly sessions incorporate aspects of self-esteem and relationship-building skills. Groups go on outings in the community on a regular basis in order to become more familiar with the resources available within a particular topic area.

### Curriculum topics include:

- Apartment Living
- Banking
- Budgeting
- Buying a car
- High School Education
- Continuing Education
- Career / Employment Planning
- Healthy Decision Making
- Household Management
- Legal Rights
- Meal / Nutrition Preparation
- Parenting
- Recreation and Leisure
- Respectful Relationships
- Self Esteem
- Substance Abuse
- Time Management
- Values
- Volunteering

## Valuable Feedback Aids Progress

We use the Ansell-Casey Lifeskills Assessment™ module and surveys to give you feedback about your progress in each of these important areas:

- Career Planning
- Communication
- Daily Living
- Housing and Money Management
- Self Care
- Social Relationships
- Work Life
- Work and Study Skills

### Receive high school credit!

Youth who complete the SAIL program can receive High School credit. Letters detailing students participation and curriculum are sent to their schools. The schools then determine what credits will be awarded.

