

# Shifting gears: transitioning to adulthood

For youth with diverse needs (and their families), transitioning to adulthood services can feel like a big shift. They will be saying goodbye to the people and resources they have relied on during childhood and through their teen years. There are many decisions to make, forms to fill out, programs to apply for, and goals to set. This can be very exciting, but also it can feel overwhelming.

At Clements Centre, we offer a variety of programs that could be suitable for young adults who are CLBC (Community Living BC) eligible: Home share, Supported Independent Living, Supported Employment, various community inclusion programs, and our social enterprise employer The Mindful Mouthful. There are also a number of other program options in the Cowichan Region outside of Clements Centre.



The key to making a smooth transition to adulthood is planning. Because there are many crucial steps to complete before taking the step of registering for programs, it is important to start planning early (14 – 15 years-old). The Family Support Institute of BC has helpful and informative resources to help with planning. Families can also connect with their CYSN (Children and Youth with Support Needs) worker, and their resource teacher at school for support with this.



For anyone interested in learning more about transitioning to adulthood, Clements Centre (in partnership with CLBC) is hosting a transition fair. There, you will be able to talk directly to service providers and ask about programs, community resources, and anything else about the process of transitioning to adulthood. Join us on **January 22, 2026, any time between 3:00 PM and 6:00 PM at the Heritage Hall in the Cowichan Community Centre**. To RSVP and help us plan for refreshments, **please click the link found at the bottom of this page**. if you plan to attend (anyone is welcome whether or not they have responded to the survey).

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**Please join us. It is never too early to think about transition planning. Here are the organizations/programs that will be represented at the event:**

- Bonaventure Support Services
- CanAssist/CanWorkBC
- Career Exploration and Employment Counselling
- Clements Centre
- Community Living BC
- Community Living Nanaimo Community Council
- Cowichan Independent Living
- Cowichan Tribes Band Representatives
- Cowichan Valley School District – Career and Transitions
- enABell Health Inc.
- Family Support Institute of BC
- Glenora Farm
- InclusionBC – Mentorability Program
- Kardell Consulting
- MCFD Children and Youth with Support Needs
- Pivot Point Family Growth Centre
- Providence Farm
- South Island Partnership (Camosun College): Pathways for Life, Learning and Work, Life Skills for Work grant project
- Stsi'elh Stuhw Smun'eem
- Valley Integration to Active Living Society
- Vancouver Island University – Workplace Essential Skills and Training (WEST) Program
- WorkBC

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