

**MY LIFE,
MY DECISION.**



IT'S MY MOVE!

www.itsmymove.org

Transition to Independence

MY LIFE, MY DECISION. *IT'S MY MOVE!*

It's My Move is a program about getting what you want for your life. You are about to become an adult now. The past is behind you and your future is in your hands. But how do you know if you are making the right choices about school, work and home life?

It's My Move gives you a chance to try new things without doing it alone. It's a step by step journey into adulthood.

Acknowledgements

Thank you to the Youth Advisory Council for assisting in the content and design of this book.



Your future is in your hands!

April 2009

IT'S MY MOVE!

Stepping Stones, Inc.

P.O. Box 539

Lavalette, WV 25535

(304) 429-2297

b4kids@steppingstonesinc.org

www.itsmymove.org

This program is being presented with financial assistance as a grant from the West Virginia Department of Health and Human Resources.

MY LIFE, MY DECISION.

You are approaching independence. You might be feeling many different things.

It's ok to be scared.

It's ok not to know everything.

It's ok to ask questions.

It's ok to be you!



Transition Choices

As you transition to independence you will have a very important choice to make. Do you want to be on your own or go into a transition program? It's your responsibility to be informed and make good choices. Below are some transition programs:



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It's My Move gives you a chance to try new things without doing it alone. It's a step by step journey into adulthood with caring people at your side.

- Learn about people and places that can help you.
- Connect with people who can help you think about your future career, get a job and do well at work.
- Step up into your own apartment gradually, with a 3-step program that teaches you what you need to know along the way.
- Learn important skills for taking care of your home, your life and your world.

You make your dreams come true by making good choices. *It's My Move* gives you the time, support and advice you need to get it right.

For more information about our program, go to pages 15 through 18.

Youth Services System

87-15th Street
P. O. Box 6041
Wheeling, WV 26003
(304) 233-9627
www.youthservicessystem.org

Youth Services System (YSS) Inc. is a West Virginia non-profit organization that has served over 16,000 young people in the last 34 years. YSS began in 1974 to offer new and innovative options to West Virginia's at-risk youth. We offer a range of services, all aimed at resolving crisis and building skills and social connections for youth.

Burlington United Methodist Family Services

Pathways - Transitional Living Program
145 Southern Drive
Keyser, WV 26710
(304) 788-5241
www.bumfs.org/home

Pathways is a transitional living program designed to prepare youth 16 to 21 with the skills needed for independence. We utilize



a three phase program with a group home, supported apartments and independent living, using a holistic approach that promotes emotional, spiritual and behavioral stability required for successful community reintegration. All youth participate in education, employment and life skills components to achieve their goals.

Daymark

1592 Washington Street, East
Charleston, WV 25311
(304) 340-3690
www.daymark.org

The New Connections Independent Living program is for older youth (16-21) who are in the custody of the state, or who are homeless. Five on-site apartments are rented to youth who are working and attending school. Residents maintain their own apartments, buy groceries, prepare their own meals, and manage their own money. New Connections staff provides help in setting up the apartment, support, and twenty-four hour a day supervision.



It's Your Move! Making a Good Choice About Your Transition

- Consider calling the Transitional Living Programs yourself and asking questions about the program.
- Visit the program websites listed in this Guidebook.
- Talk to your social worker.
- Talk to people who have had experience with the program.
- Think about your plans for the future. What transition choice will best prepare you for the life you want?

*"I am independent and
It's My Move gives me
the freedom to make my
own choices."*

— Brad

*I want to show other youth
that you can do whatever
you set your mind to.
Trust me, I've done it so I
know it's possible."*

— Troy



MY LIFE, MY DECISION.



Education Opportunities

Foster Care Tuition Waiver

In 2000, the West Virginia Legislature enacted a law called HB-4784. It allows eligible youth in foster care to receive free tuition if attending a West Virginia public college or university.

Who is eligible?

With some limitations, the tuition waiver program is available to ANY youth who:

- graduated from high school or passed the GED examination while in the legal custody of the State DHHR;
- was in family foster care or residential care for at least one year immediately before graduation;
- applies for the free tuition within two years of graduating from high school or passing the GED;
- has been accepted to a West Virginia public college or university;
- applies for other student financial aid, not student loans, following federal financial aid rules, including the Pell Grant.

What is not covered?

Room and board and the cost of books are not covered.

Do you have to apply?

Yes. You must continue to meet academic goals set by the West Virginia college or university you are attending to keep your free tuition.

Where do you apply?

Apply at the financial aid office of the college or university. A letter on DHHR letterhead signed by the DHRR Regional Director will be required.

This program is possible because of a partnership between the West Virginia Department of Health and Human Resources Bureau for Children and Families and the Center for Excellence in Disabilities.

Chafee Education & Training Vouchers

Chafee Education and Training Vouchers for *It's My Move* can help with expenses connected to going to a college, university or vocational school.

Who is eligible?

- Youth adopted from foster care after age 16 years old
- Former foster care youth age 18 thru 20 years old
- Youth placed in legal guardianship

What does it pay for?

- Tuition – college or vocational school
- Room and board
- Books
- Fees
- Supplies
- Transportation

Do you have to apply each year?

Yes. You must continue to meet the goals of the school you attend. Costs are covered until age 23 if you are enrolled and making satisfactory progress on your 21st birthday.

Where do you apply?

- The State Subsidy Specialist for young adults who were adopted from foster care after age 16 years should call 304-558-7980.
- Talk to your DHHR caseworker if you are in legal guardianship.
- Talk to your Chafee Program Manager if you are a former foster care recipient age 18-20: Chafee@hsc.wvu.edu, (304) 558-6067 or Toll Free (866) 720-3605.

Community Support



Community Support Services

The Community Support Services program makes certain that older youth aging out of foster care have the supports for independence in the community.

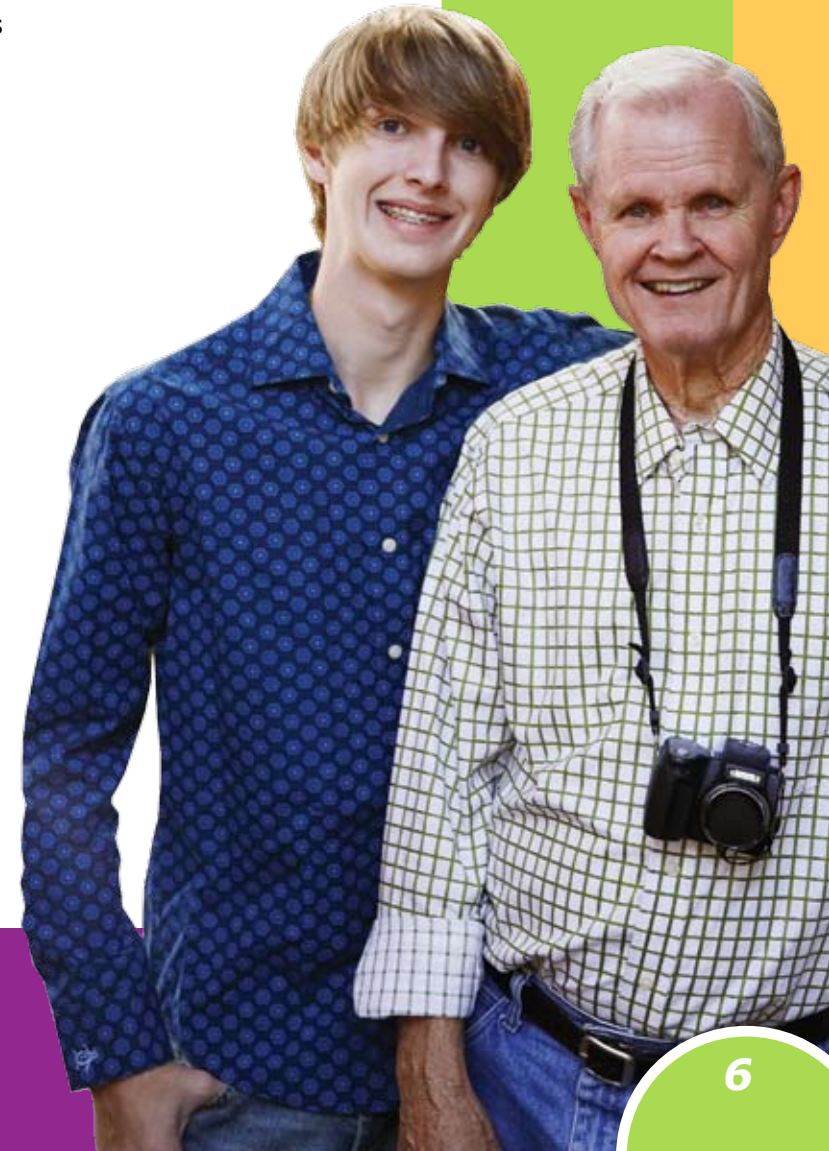
Project Services

- Short-Term financial assistance
- Linkages with needed community supports and resources
- Transportation
- Housing Support
- Educational Support
- Employment Skills

Project Eligibility

Youth ages 18-20 exiting the foster care system or who have left foster care and have not yet reached age 21.

You can also request services yourself by calling 1-866-720-3605 or by contacting wvchafee@hsc.wvu.edu or by telephone at (304)558-6067.





What are the things that need to be done to take care of a home? They include cooking, doing laundry, housekeeping, staying safe, and paying rent after choosing where to live.



Housekeeping

- Keep the refrigerator clean – check it weekly and throw out old food.
- Don't throw mail on the counter, sort between junk mail and bills and toss out what's not needed.
- Wash clothes weekly. Sort between dark clothes, jeans, light clothes and socks. Don't mix colors because they'll bleed.
- Store clean laundry right away to avoid mixing it with the dirty clothes.
- Keep dishes clean. Don't let them pile up.
- Dust and vacuum weekly.
- Change sheets weekly.
- Empty the garbage can when it's full and mark trash day on the calendar.
- Keep the bathroom toilet, shower and sink clean.
- Do not leave dirty items, old food, and garbage in any place other than the garbage can.

Fast & Easy Recipe Creamy Ramen Noodles

Ingredients

*1 package of ramen noodles, any flavor, with seasoning packet
2 cups of water
2 tablespoons butter
¼ cup of milk*



- Boil water on high heat.
- Add dried noodles and cook 3 minutes at medium heat or until noodles are tender. Stir occasionally.
- Drain away water. Return noodles to sauce pan.
- Add butter, milk and contents of seasoning packet, stir all together.
- Heat on low heat and stir until noodles are coated with sauce.
- Turn off stove and serve.

Housing questions to ask as I am making my decision:

- Is it in a safe neighborhood?
- Is there public transportation near?
- What utilities are my responsibility?
- Is it furnished? If not, how much will it cost to get a bed set, table and chairs, etc.?
- How long is the lease?
- Can I really afford this place on my own?
- Should I get Renter's Insurance?

In-Home Safety

Safety

- Make sure doors and windows are always locked, even when you're home.
- Don't answer the door without knowing who's there.
- Don't let strangers in your house.
- Don't tell strangers you are home alone or that you live alone.
- Never leave the house dark at night; leave a porch or night light on.

Fire

- Don't block doors and windows with anything; you might need to get out of the house quickly.
- Don't leave a candle or cigarette burning unattended.
- Don't leave kitchen stove or appliances on when not in use.
- Do not use space heaters.
- Don't reach across the stove when cooking or wear long loose sleeves because they could catch on fire.
- Never keep anything that can catch on fire, such as towels, pot holders or bags too close to the stove or heat source.
- If you have a grease fire, don't pour water on it. Use a lid or flour.
- Don't cook on high if you are cooking with grease.

Other

- Always make sure water is turned off in sinks to avoid water damage and high water bills.
- Try not to use extension cords. If you need to plug in several items, find a surge cord.
- Do not place things in front of doorways or other areas you could bump into at night.

IT'S YOUR MOVE

FURNISHED APARTMENT

- >>> Apartment is move in ready
- >>> No heavy lifting
- >>> Probably better stuff than I can afford right away
- >>> Easy to move my stuff when leaving

UNFURNISHED APARTMENT

- >>> *Have to look for furniture*
- >>> *Will need help moving stuff in*
- >>> *My furniture reflects my tastes*
- >>> *I have furniture to start another home with*

Always have emergency numbers posted within reach such as fire, police and ambulance.



Check out these websites:

www.searchKOW.com

An innovative center to find out about businesses in a 32 county area of West Virginia, Ohio and Kentucky.

www.herald-dispatch.com

A local website for local news, sports, movies and so much more.

http://wv.thebeehive.org

WV Beehive makes it easy to find the best available tools and information to manage the challenges in your everyday life.

Check out more sites on the web
www.itsmymove.org/myhome



There is an American Proverb that says, **"Today Is The First Day Of The Rest Of Your Life."**

Your future starts today so every move you make, every decision you make, matters. Put some time and thought into each.

Education Options

- **University:** Offers a 4-year Bachelors degree in a certain field of study.
- **Community College:** A local college usually offering a two-year Associate degree.
- **Technical College:** A two-year training program in a variety of subject areas.
- **Vocational School:** Providing vocational education, in a school where students are taught the skills needed to perform a particular job.
- **On-line College or University:** Two year or four year program with classes on the internet.
- **AmeriCorps:** A year of national service that will help you pay for your education when you complete it.
- **Job Corps:** A free Department of Labor program offering young adults age 16-24 the chance to get training and job skills.
- **General Educational Development (or GED)** are tests which (when passed) certify that the taker has high school-level academic skills.
- **Apprenticeship:** An Employer's formal training program that combines on-the-job learning with instruction for a specific trade or vocation.
- **Internship:** Hands on, real work experience for a good company.

<http://www.wv.gov/education/students/Pages/default.aspx>

Getting & Keeping a Job

Prepare. Prepare an answer to the question, "What do you know about our company?"

Get Ready. Make sure you are dressed well. Bring your resume and a pen to take notes.

Be On Time. On time means five to ten minutes early. Know how to get there so you don't get lost.

Stay Calm. Listen to the entire question before you answer and pay attention - you will be embarrassed if you forget the question!

Do Your Best. Don't slack off. Be confident and don't complain. Try to maintain the attitude, "I'm happy to have a job" and be willing to help and take on more responsibility.

Show What You Know. When discussing your career accomplishments, match them to what the company is looking for.

Watch Your Times: During final interviews, make sure to communicate your available times so you don't short-change school.

Follow Up. Always follow-up with a thank you note.

Ways to Find a Job

If you aren't employed yet:

- Read the local newspapers
- Go to Job Fairs
- Ask your employed friends if their workplaces are hiring
- Visit your County Employment Office
www.cabellcounty.org/employment/Application1.htm
- Check out Work Force Investment Opportunities
www.workforcewv.org



Good Financial Habits

- Collect your change & cash in regularly
- Live within your actual wages
- Be wary of credit – consult with a trusted adult before applying for any credit, contracts or leases
- If you have to have a mobile phone, listen to the sales person as they explain the contract and consider if you really need (and can afford) all the options before adding them on
- Use coupons and read the sales papers
- Buy used at reputable dealers (Goodwill, Salvation Army, Resale Shops, etc.)

Study Skills

Pursuing education is a commitment so be prepared to:

- Make time daily to study
- Use the school's library for books and computers
- Explore tutoring opportunities and study groups
- Prepare to meet with your instructors on a regular basis
- Commit to school work first – then play and remember some times will be busier than others
- Organize major assignments and do work in advance so you don't get overwhelmed



IT'S YOUR MOVE

GET A JOB

- >>> money
- >>> you make adult decisions
- >>> confidence
- >>> independence

DON'T GET A JOB

- >>> broke
- >>> people decide for you
- >>> poor self-esteem
- >>> rely on others for help

When You Are Hired!

- Always show up to work 100% prepared and ON TIME!
- Never make or receive personal calls, texts, etc. on work time.
- When filling out a W-4, make sure you understand how to indicate the number of dependents that works for you.
- Know in advance if you want your paychecks "direct deposit" or if you prefer a printed check.
- Think about who you want to list as your emergency contacts.
- If you decide to quit, make sure to give a timely notice. This may help you get a good job reference when you are ready to transition to a different job.



Check out these websites:

www.careers.org

If it is about your career, it is here.

www.workforcewv.org

Allows you to search and apply on-line for a job, and find the training to help you meet your needs.

www.jobshadow.org

A site to provide a successful job shadowing effort.

Check out more sites on the web
www.itsmymove.org/myfuture



MY SELF



Every person is composed of body, mind, and spirit. But we usually just take care of the “body.” It is important to take care of your “whole” self. Here are a few tips.

Top Ten Things You Can Do To Keep Yourself Happy

- Spend time with people you like.
- Get outside in the sun everyday if possible.
- Get enough rest.
- Volunteer or join an organization.
- Don't worry too much.
- Don't smoke or use drugs.
- Exercise to relieve stress and improve your mood.
- Spend time with pets.
- Learn about good food and eat it.
- Balance work, study and play.
- “Know some joy in every day.” (Nicholas Hobbs – The Troubled and Troubling Child).

USDA Food Pyramid

- Eat 5 servings of fruit and vegetables per day.
- Drink water – up to 8 glasses a day.
- Snack wisely.
- Try cooking instead of eating out – it can be healthier and cheaper.
- Eat foods you like, but know serving sizes – be careful of “super-sized” portions.

Well-Being Resources

Most people do not think about finding a doctor until they need one. Usually they are in a big hurry like when you are hurt or suddenly feel ill. Finding a good doctor is very important so start now before you need one.

- If you are using the WV Medical Card, it is important that you know your community and list potential health care providers before you need them (for example, getting sick!)
- Contact the County WV Department of Health & Human Resources to find out which medical providers take the WV Medical Card (doctors, dentists, eye doctors, counselors, psychiatrists, etc.)
- Contact the County Health Department – they offer medical services and referrals.
- If you are covered under private insurance, contact the insurance agent to make sure you fully understand how your insurance works (how much coverage you have and what your financial responsibility may be, etc.)

When you find medical professionals you are comfortable with, keep a list of:

- Physician, Dentist (and other) names, numbers and locations.
- Any medications you take on a regular basis – prescription and over-the-counter.
- Mental Health Provider contact information.





The Dangers of Tobacco, Alcohol and Drug Abuse

Tobacco is harmful to you no matter how you use it. Cigarette smoke contains over 4,000 chemicals. These include nicotine, tar, and carbon monoxide, as well as formaldehyde, ammonia, hydrogen cyanide, arsenic, and DDT. Nicotine is highly addictive. Smoke containing nicotine is inhaled into the lungs, and the nicotine reaches your brain in just six seconds. In large doses, it's a lethal poison, affecting the heart, blood vessels, and hormones. Nicotine in the bloodstream acts to make the smoker feel calm.

As a cigarette is smoked, the amount of tar inhaled into the lungs increases, and the last puff contains more than twice as much tar as the first puff. Most of the chemicals inhaled in cigarette smoke stay in the lungs. The more you inhale, the better it feels—and the greater the damage to your lungs.

Tobacco

- Addictive
- 43 chemicals that can cause cancer
- A depressant

Alcohol and Drugs

- Highly addictive
- Waste of time and money
- Also a depressant

Drug Abuse Dangers

- Inability to sleep
- Feeling down, or hopeless
- Thoughts of death or suicide

IT'S YOUR MOVE

INSTEAD OF THIS:

- >>> Biscuits, white bread and rolls
- >>> Doughnuts and pastries
- >>> Sugar cereals
- >>> Snack crackers

TRY THIS:

- >>> Low-fat grain breads and rolls like wheat or rye
- >>> English muffins and small whole grain bagels
- >>> Oatmeal, low-fat granola and whole-grain cereal
- >>> Pretzels (unsalted) and popcorn (unbuttered)

Tips for Exercise Success

- Wear loose fitting clothes and comfortable shoes.
- Exercise the same time every day if you can.
- Record your workout and celebrate your success!
- Exercise with a friend.
- Play music while you exercise.
- Remember to stretch out first.
- Don't overdo it. Not too much at one time.



Check out these websites:

www.dare.com

The Drug Abuse Resistance Education (D.A.R.E.) Program gives kids the life skills they need to avoid involvement with drugs, gangs, and violence.

www.sadd.org

SADD (Students Against Destructive Decisions) offers materials and educational programs to help fight destructive decisions faced by teenagers.

www.prevlink.org

Drug and alcohol treatment programs.

Check out more sites on the web

www.itsmymove.org/myself



You are becoming a young adult and there are responsibilities you have in your community. When you turn 18 you will need to register to vote and if you are a male, you will need to sign up for selective service. This information will guide you to see the magic of volunteering, tips on how to be a good neighbor, and how to participate in local and state government.

Why do people volunteer?

As a young adult you may ask yourself, "Why do I want to volunteer?" One good reason is to develop and learn new skills. You can find a way to give back to others the same values that are given to you. Experiencing the importance of helping others will make you feel good. It is also a fun thing to do and a great way to make new friends.

We all find ourselves in need at one time or another. Volunteering provides help to those in their hour of need.

Consider that most people find themselves in need at some point in their lives. So today you may be the person with the ability to help, but tomorrow you may be the recipient of someone else's volunteer effort. Even now you might be on both sides of the services cycle; maybe you are a tutor for someone who can't



read, while last month the volunteer ambulance corps rushed you to the hospital. Volunteering also includes "self-help". So if you are active in your neighborhood crime watch, your home is protected while you protect your neighbors' homes too. Adding your effort to the work of others makes everyone's lives better.

There are many questions you should ask yourself before you decide where you would like to volunteer.

- ***What are my talents, abilities and skills?***
- ***What do I want to get out of it? Why am I volunteering?***
- ***What kind of work would I be good at and/or willing to learn?***
- ***How much time do I have to give? When am I available?***
- ***How far am I willing to travel? What are my transportation needs?***
- ***What don't I want to do as a volunteer?***
- ***Do I want an ongoing, regular or short term one-time assignment?***
- ***Do I want to work alone or with a group?***

Once you decide what kind of volunteer work you would like to do, you can contact several companies through email or call them directly.

Internet Issues

- Check to see if your Academic Program offers you a free account.
- Never share your password.
- Be careful to protect your on-line banking – guard against identity theft.
- If you do purchase items on-line, make sure you see the secure lock logo on the page.
- Be wary of online predators – please think twice before giving out personal info such as where you live, where you hang out, etc.
- Suggestion: Keep your MySpace, Facebook, etc. accounts private.
- Remember, be careful about what you post (language used, pictures posted, etc.) as you are leaving an electronic footprint; one that will live on forever and can be read by potential employers, family, friends, and even, perhaps your children in the future!
- Consider having an email address that is more professional that you can use when filling out on-line job applications, responding to professionals in the community, etc.

Participating in local and state government programs

As a young adult the decisions that are made in our city, county and state affect you. If you feel like you have no voice, what can you do?

- Keep informed of what local government laws affect you.
- Visit your local, city and state websites.
- Volunteer for local city services such as libraries, public safety or parks.
- Run for office.
- Attend city council and public meetings.
- Read the newspaper and don't forget that you can read it online too!

IT'S YOUR MOVE

VOTE

- >>> Part of the solution
- >>> My voice is heard
- >>> Be part of the action

NOT VOTE

- >>> Part of the problem
- >>> Just complain
- >>> Be by yourself



Check out these websites:

www.fosterclub.com

The national network for young people in foster care.

www.volunteerwv.org

Find opportunities to volunteer across the state.

www.whitehouse.gov

Stay up-to-date on policy issues.

Check out more sites on the web
www.itsmymove.org/myworld

IT'S MY MOVE PROGRAM EXPECTATIONS

Yours and Ours

If you are reading this Guidebook, then you are at an exciting point in your life! Though you probably feel you are ready to move on in your life, a part of you may also realize "Yikes! I can't do it all on my own!"

Transitional Living is both scary and full of opportunities. So while you are probably ready to take on more personal responsibility, you may not have had many opportunities to prove yourself capable yet.

Stepping Stones, Inc. "It's My Move" Program recognizes this and offers different starting points for you and the important people in your life to consider as you prepare to transition to independence.

If you haven't had much opportunity to:

- practice living skills on your own
- do household tasks like laundry, light maintenance
- manage your personal time while taking care of school responsibilities
- learn how to cook, plan a menu and shop
- develop job skills and perhaps hold a job
- show responsibility by doing things on your own or with friends in the community

then you may need to Start in Phase I – Semi-Independent Living.

If you have begun taking responsibility but still need a support network to:

- job search
- organize household tasks
- look at real household budgets and try to figure the financial part of it out
- access services and make your own appointments, etc.
- plan, budget, shop and prepare healthy meals on your own
- manage personal banking
- demonstrate good time management – prioritizing school, work and play
- becoming a productive member of the community

then you may be ready for Phase II – Supervised Apartment Living.

If you have already experienced a level of independence, but still need support (financial and emotional) to:

- budget wisely
- cover living costs such as rent, transportation and groceries
- continue your education or start vocational school, college, etc.
- find an affordable & safe apartment
- attain employment that offers you a living wage

then you may be able to step right into Phase III – The Chafee Scattered Site Apartment Program.



IT'S MY MOVE PROGRAM EXPECTATIONS

Yours and Ours

General Expectations

We will:

- provide you with a living situation that changes as you meet your goals.
- take care of your basic needs.
- when healthy, re-connect with significant people in your life.
- explore what independence means for you.
- get a State Issued ID and copies of your social security card, birth certificate, etc.
- provide you with driving instruction to help you get your Driver's License.
- support hobbies and reading for fun.
- help you get involved in community events.
- explore multi-cultural events, the Arts, and local activities.
- get you connected to community service projects.
- support you when you are challenged and/or feeling discouraged.
- celebrate with you as you meet your personal achievement goals.
- say "no" to you when we are concerned about your choices and decision making.

From this you will be able to:

- step into less supervised living situations and understand what it is like to take on more responsibility.
- establish your personal style.
- reach your independence goals in a way and in a community of your choice.
- consider if you would like to explore ways to resolve issues of past relationships.
- empower you to use your community – for resources, recreation.
- start giving back – being generous with your time and your talents to help others.
- approach and work through issues with trusted adults – no matter how difficult.
- live a safe, healthy & legal lifestyle.



Reach your independence goals in a way and in a community of your choice

IT'S MY MOVE PROGRAM EXPECTATIONS

Yours and Ours

LIFE SKILLS

We will challenge you with Life Skills training to help you better understand how to:

- explore academic options.
- get a job.
- navigate housing options.
- take care of your medical/dental/counseling needs.
- budget, shop and prepare healthy meals, and take care of your basic needs.
- use public transportation.
- establish healthy relationships.
- connect to your community in meaningful ways.
- develop a support system.

From this you will be able to:

- enter into a college, vocational school or certification training program.
- develop and keep an updated professional resume.
- make good housing decisions.
- develop a healthy lifestyle and manage your own health appointments.
- know how to make simple and healthy meals that appeal to you.
- know the bus routes you will need for school, work and play.
- make and keep good friends that will support you as you mature.
- identify natural supports and mentors that you can turn to in time of need.

ACADEMICS

We will support you as you:

- finish High School or get your G.E.D.
- prepare for entrance exams.
- explore what academic path will be right for you.
- connect you with financial aid.
- walk with you as you visit campuses.
- connect you with tutors.
- help you establish study skills.
- find out what else your school can offer you.

From this you will be able to:

- move into post-secondary education.
- figure out what will be best for you: certification programs, 2 or 4 year college programs, etc.
- establish good study habits.
- access your school's resources.

IT'S MY MOVE PROGRAM EXPECTATIONS

Yours and Ours

FINANCIAL

We will help you:

- start a savings plan.
- monitor your banking online.
- develop a budget and learn to live within it.
- carefully consider credit and major purchases before you make them.

You will then be able to:

- watch your savings grow.
- live within your means.
- prepare for life on your own.
- protect your credit score.



EMPLOYMENT

We will help you to:

- find and maintain a job.
- practice interviewing techniques and do mock interviews so you will know what to expect.
- fill out job applications.
- get ready for your first day on the job (with uniforms, clothing, etc.).

From this you will:

- gain interviewing skills.
- establish a work history.
- gain work references.



*Prepare for life
on your own.*





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