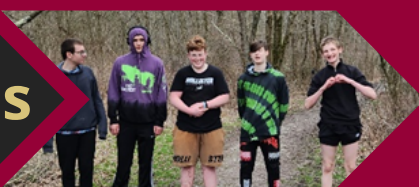


# About us



## Serving Youth and Young Adults in Clearfield County

Independent Living (IL) services are open to youth and young adults ages 14 to 23 who:

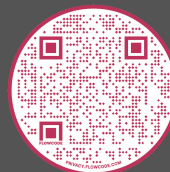
- Are, or have been, involved with CYS, on or after their 14th birthday.
- Are, or have been, in Foster Care, on or after their 14th birthday.
- Are, or were, adopted, on or after their 14th birthday.
- Are, or have been, placed through CYS or Juvenile Probation in a Residential Treatment Facility (RTF), group home, or other congregate care setting, on or after their 14th birthday.
- Are truant.
- Are involved with Juvenile Probation.

**"My time in IL has been the best opportunity anyone could ask for. If you have the opportunity to join Independent Living, I strongly suggest you should accept the offer. You will appreciate it and never forget it." – Jaden F.**

Headquartered in Bigler, PA, CenClear is dedicated to providing early childhood, preschool, mental health and drug and alcohol services to children, teens, adults, and families from locations in Blair, Cambria, Cameron, Clarion, Clearfield, Centre, Elk, Huntingdon, Jefferson and Mifflin Counties as well as some select programs in adjoining counties.



For additional information about services, or to make a referral, please contact us at (814) 342-5678 Ext. 2681 or visit [www.cenclear.org](http://www.cenclear.org)



CenClear is an equal opportunity employer and service provider that does not discriminate on any basis including a person's age, sex, color, race, disability, religious creed, lifestyle, or source of payment.



## Independent Living (IL)

[www.cenclear.org](http://www.cenclear.org)

## Friendly, Knowledgeable Staff



With over 35 combined years of experience working with youth, our staff is prepared and eager to help guide and support you through your teen and young adult years to have a firm foundation entering adulthood.

Though we have a part to play, success in IL is dependent on your level of participation and putting learned skills into practice.

## Independent Living (IL) Offers Many Supports

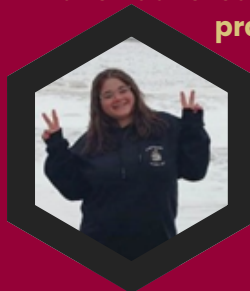
For those who qualify, IL is a great support program that can help you grow in knowledge and skill of many aspects of life, as well as aid in your transition to adulthood.

## Life Skills

Life skills are necessary for a successful life. Whether you need to learn, or need reminders of, basic skills, or are prepared for advanced skills – we are ready to assist you. Cooking, cleaning, housekeeping, hygiene, time management, job seeking, job maintenance, health, money management, consumer awareness, emergency safety, driving and transportation, housing, community resources or planning for college. We have experience in all these areas, and we are ready to share our knowledge with you.

## Relationship Skills

Relationship skills are just as necessary to achieve a successful life. Many teens, and adults alike, lack good relationship skills and their lives suffer. Skills such as: active listening, accountability, building and maintaining trust, forgiveness, healthy communication, grieving, stress management, respect, emotional intelligence, anger management, and responsibility are just some of the skills that build and maintain healthy relationships. We have had to learn and put these skills into practice as well.



## Money Management

Money is a requirement in life, you cannot get very far without it. Unfortunately, Many people, young and old, do not have the skills needed to manage their money well. Keeping track of your purchases, budgeting, wants vs needs, savings, investments, and credit – we can assist and guide you in all these things, so you own your money, and it doesn't own you.

## IL Groups and Trips

Periodically through the year, IL participants and staff get together and do fun activities. This builds youth up in a group setting. We focus on at least one skill during the group or trip.

Past groups and trips include: Thanksgiving/Christmas dinner, Pittsburgh Zoo, hiking, Tussey Mountain Fun Park, learner's permit group, baseball games, corn maze and more.

## Independent Living is Here for You!

An additional support to you is our Stipends. Once you start participating in IL services through CenClear, these stipends (allotments of money) become available to you. More information about these will be shared with prospective IL clients during the intake process. They include: Housing, Employment, Education, Clothing, Hygiene, Driving, Savings Match, and IL Group Outings.