

# ADULTING IS HARD. HELP IS AVAILABLE!



The **Department of Children and Families** recognizes that the transition into adulthood can be tough for young people. For current and former foster youth, it can be even more difficult without an existing support system.

The **Office of Continuing Care**, part of **Hope Florida - A Pathway to Prosperity**, offers free one-on-one help for young people who are about to or have recently transitioned out of foster care, aiming to make the leap into adulthood a positive experience.

*If you are between the ages of 18 and 26 and you have (or will) age out of foster care in Florida (including extended foster care), give us a call! The **Office of Continuing Care**, part of **Hope Florida - A Pathway to Prosperity**, provides the following services:*

- ▶ Connects you to existing resources in your area to help you thrive as an independent young adult
- ▶ Guides you in accessing special services available to former foster youth
- ▶ Gives you a support system to help you with the next steps on your path to adulthood

## WE CAN HELP.

When you call the **Hope Line**, you'll speak with a **Care Navigator** who will walk with you on the path to independence.

# 850-300-HOPE (4673)

WEEKDAYS • 8a.m. – 5p.m. • EST

Access local resources online by visiting [HopeFlorida.com](https://www.HopeFlorida.com) and choosing "I Need Help."

