



# Second Stage Housing Program

**Are you between 16 and 21 and unable to live at home?**

Second Stage Housing offers **safe, supportive housing and life-skills programs for youth** currently involved in a full time combination of school, training, treatment or employment.

## Program Provides

- A private and secure single occupancy room with bed and closet
- A telephone line with voicemail
- A resource room with computer
- Shared kitchen, TV lounge, laundry, and bathroom facilities
- Free access to on-site wellness facilities including a gymnasium, pool, and fitness equipment
- Access to crisis counselling and 24/7 on-site assistance
- On-site employment and newcomer information services

## To Participate

- You must be able to pay the program fee (maximum social assistance - shelter allowance rate) and cover the cost of personal needs such as food, transportation, bedding, and toiletries
- Must be motivated to work with Second Stage Housing staff on an individual goal plan
- Must be in school, working, volunteering or participating in a program

## Contact Information:

613-237-1320 x 2578

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**BE UNITED**



[ymcaywca.ca](http://ymcaywca.ca)

**YMCA-YWCA of the  
National Capital Region**