

## Financial Support

If you're 18 years old, you may have access to financial supports of \$810-1810 per month until the day before you turn 22. Below are some examples of a typical monthly budget:



**Utilities**  
\$150/month



**Food & toiletries**  
\$350/month



**Communications**  
\$100/month



**Transportation**  
\$110/month



**Personal expenses**  
\$75/month



**Rental insurance**  
\$110/year



**Housing**  
up to \$1,000/month



**Web:**

<https://www.alberta.ca/transition-to-adulthood-program.aspx>

**Advancing Futures:**

<https://www.alberta.ca/advancing-futures-prospective-students.aspx>

High School Completion and Upgrading if you're 19 or younger:

<https://www.alberta.ca/academic-upgrading-if-you-are-under-20.aspx>

High School Completion and Upgrading if you're 20 or older:

<https://www.alberta.ca/academic-upgrading-if-you-are-20-or-older.aspx>

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Alberta



# Transition to Adulthood Program (TAP)

Alberta

\* Note: additional funding is available for young adults with dependants. Speak to your TAP Practitioner for more information.

# Becoming an adult can be challenging...but you're not alone.

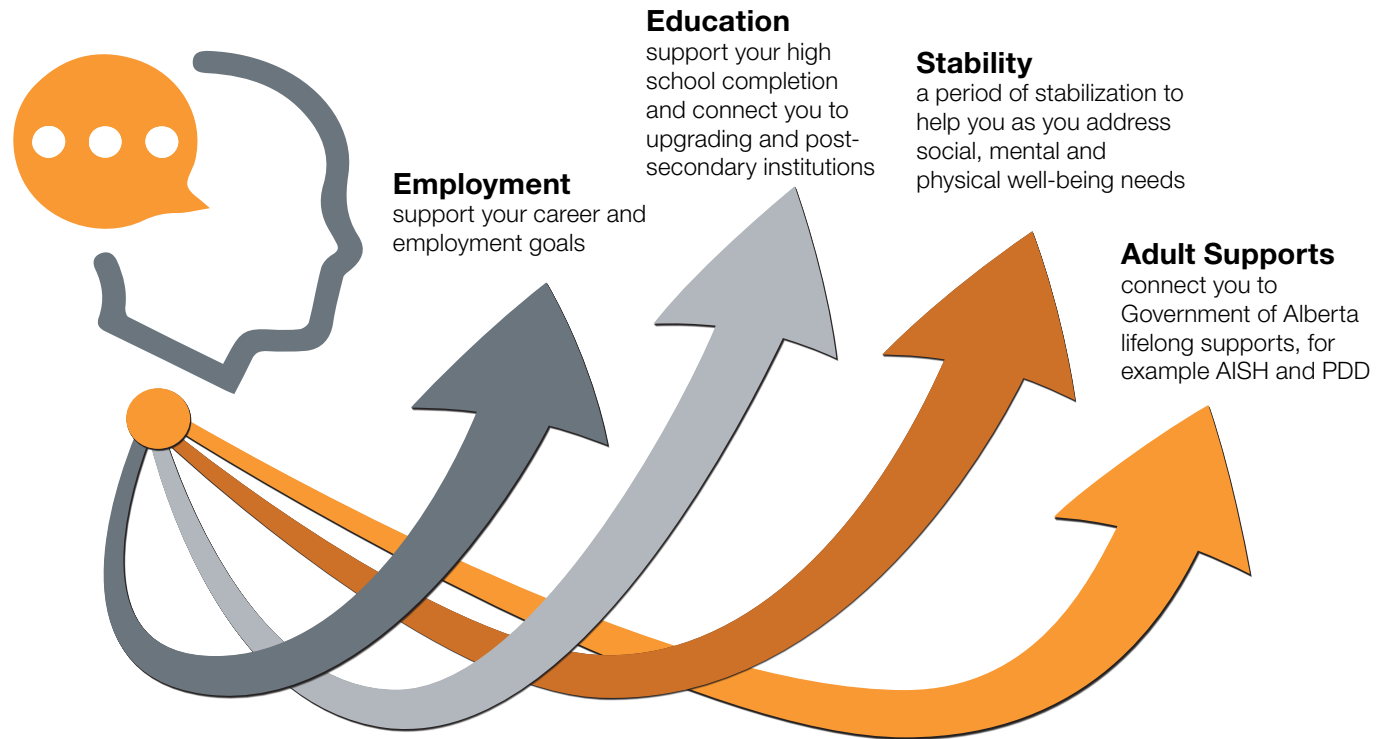
## Transition to Adulthood Program

The Transition to Adulthood Program, known as TAP, is designed to foster lifelong supports as you become an adult. This includes helping you build connections to your community, culture, heritage and spirituality.

That means you'll have access to mentors and people who can provide advice and answer your questions about finding a job, going to college or university, and living on your own. They will help guide you on your path to becoming an adult.



You can choose services from any of the following four areas:



**Employment**  
support your career and employment goals

**Education**  
support your high school completion and connect you to upgrading and post-secondary institutions

**Stability**  
a period of stabilization to help you as you address social, mental and physical well-being needs

**Adult Supports**  
connect you to Government of Alberta lifelong supports, for example AISH and PDD

### Benefits

Available from the age of 18 until the day before you turn 24, TAP will connect you with important social and emotional supports, mentoring opportunities, life skills, mental health and addiction supports, and support your employment and career goals. Supports include:

- Connection to housing/housing search
- Advocacy accessing adult supports (for example AISH and PDD)
- Connection to community resources
- Help and support you as you search for family connections
- Health & wellness (mental/physical/sexual health)
- Cultural connection
- Addiction support
- Mental health support
- Connection to employment/training
- Connection to mentorship
- Life skills training

### Other support

If you're under 25, you can also apply to the Advancing Futures program for financial support in going to college or university for up to five years, or until the day before you turn 31.

### For more information

Learn more by talking with your TAP Practitioner. If you're under 24 and used to be in care, you can also find more information about how you can transition into the TAP program at <https://www.alberta.ca/transition-to-adulthood-program>.