Post Majority Services

Program Overview

Post Majority Services supports young people who are transitioning out of the care of PBCFS and into adult life. Young people can access these services from the age of 18 up to their 25th birthday. The program provides a comprehensive range of supports — from housing and financial assistance to life skills, education, employment, mental wellness, and cultural connection — recognizing that the journey to independence is not a single moment, but a process that takes time, support, and community.

PBCFS is committed to ensuring that young people who have grown up in the care system are not left to navigate adulthood alone. Post Majority Services is a bridge — between the structure of care and the freedom of adult life, between who these young people have been and who they are becoming.

Program Philosophy

No young person should leave care and fall off a cliff. PBCFS believes that the relationships, support, and cultural connections built during a young person's time in care should not simply end when they turn 18. Post Majority Services is grounded in the understanding that young adults who have experienced the care system often face unique challenges and barriers — and that they deserve the same kind of sustained investment that other young people receive from their families. The program honours each young person's autonomy, resilience, and right to build a life on their own terms, with Cree cultural identity as a source of strength and grounding.

Program Goals

- Support young people in making a successful and sustainable transition from care to independent adult life.
- Provide practical support with housing, finances, education, employment, and daily living.
- Connect young people to mental health and wellness supports that address the legacy of their experiences in care.
- Strengthen young people's relationships with their culture, community, Elders, and traditional practices.
- Ensure young people leaving care know they are not alone — that PBCFS remains a source of support, not just a system they have aged out of.
- Build on each young person's unique strengths, goals, and aspirations.

Operational Information

Population Served	Young people aged 18–25 who are former youth in care of PBCFS and are transitioning to independence. Eligibility is open to those who were in the care of PBCFS at or near the time they turned 18 and who wish to access support.
Settings	Community settings, offices, young people's own homes, educational institutions, employment sites, and wherever is most useful and accessible. Services are available in Prince Albert and across PBCN communities.
Hours of Service	Available 24 hours a day, 7 days a week. Workers are accessible for crisis support at all times; planned supports are scheduled based on individual need and worker availability.
Days of Service	Every day of the year.
Frequency of Service	Frequency of contact is individualized based on each young person's needs, goals, and stage of transition. Some young people require intensive support; others need occasional check-ins and access to resources. The program is flexible and responsive.
Payers / Funding	Indigenous Services Canada (ISC).
Fees	No fees.
Referral Sources	Young people can be referred by their former CFS worker or self-refer. PBCFS proactively reaches out to young people approaching the age of majority to introduce Post Majority Services and encourage uptake.

Services Offered

Housing Support

Workers assist young people in finding, securing, and maintaining safe and suitable housing. This includes help with applications, understanding tenancy rights and responsibilities, setting up a home, and navigating housing challenges. Where required, financial assistance for housing is provided in accordance with program guidelines.

Provided directly by PBCFS Post Majority staff; referrals to housing providers and landlords as needed.

Financial Support and Life Management

The program provides financial assistance and support to help young people meet basic needs and build financial stability. Workers assist with budgeting, understanding banking, accessing government benefits, managing expenses, and developing financial literacy.

Provided directly by PBCFS Post Majority staff.

Education Support

Workers support young people in accessing and succeeding in post-secondary education, trades training, upgrading, or other learning opportunities. This includes help with applications, funding, scheduling, and navigating educational institutions.

Provided directly; referrals to educational institutions and support programs as needed.

Employment Support

Post Majority workers assist young people in developing job-readiness skills, preparing resumes, accessing training programs, and finding employment. Workers build connections with employers and training organizations that are supportive of youth from care.

Provided directly; referrals to employment programs and training providers as needed.

Life Skills Development

Workers provide ongoing coaching and support in practical life skills including cooking, cleaning, grocery shopping, managing a home, using public systems (health care, banking, government services), and navigating adulthood generally. Support is hands-on and responsive to what each young person actually needs.

Provided directly by PBCFS Post Majority staff.

Mental Health and Wellness Support

Post Majority workers provide emotional support and connect young people to mental health services within PBCFS and in the community. Young people transitioning from care often carry significant trauma and grief, and the program responds to wellness needs as an integral part of its work — not as a separate stream.

Provided directly for general wellness support; clinical mental health support accessed through PBCFS Mental Health Services or by referral to community providers.

Cultural Connection

Post Majority Services actively supports young people in (re)connecting with Cree culture, Elders, traditional practices, and their PBCN community. For many young people who have spent years in care, cultural reconnection is both a personal priority and a source of healing and identity. Workers facilitate access to land-based activities, ceremonies, Elder relationships, and community events.

Provided directly and through referral to Elders, cultural practitioners, and community programs.

Mentorship and Relationship

Above all else, Post Majority Services is built on relationship. Workers get to know the young people they support as whole people — their dreams, their fears, their histories, and their potential. The consistent, caring presence of a Post Majority worker who believes in them can make a profound difference in a young person’s trajectory.

Provided directly by PBCFS Post Majority staff.

Service Modalities and Personnel

Primary Modality	Holistic, strengths-based, and relationship-centred case management and direct support for young adults transitioning from care.
Additional Modalities	Life skills coaching; financial mentorship; housing navigation; education and employment support; cultural reconnection; Elder engagement; mental wellness support; crisis response.
Personnel	Post Majority Workers (BSW or relevant human services training; lived experience of the care system is considered a meaningful asset). Supervised by a qualified supervisor (BSW/MSW or equivalent). Cultural knowledge and community connection are valued competencies. All staff are trained in trauma-informed practice and youth-centred approaches.