

Referrals to the SAIL Program

Potential clients may be referred directly to the SAIL Program by child and family services agencies or through the Provincial Placement Desk. An updated social history and any assessments provided by the agency assist in determining if the SAIL Program is appropriate to the client's needs.

Prior to admission, youth will participate in a meeting, along with SAIL staff, the current caregiver and social worker, to ensure the program will meet their needs.

Helping Young People Find Success

The goal of the SAIL Program is to assist youth to become self-sufficient and empowered members of our community.

Together with a Support Worker, clients develop the skills needed to live successfully on their own. This flexible program allows for more time to be spent on areas where additional practice is needed and to advance quickly through skills where clients already have some competence.

Learning is progressive. New skills are built on the foundation of past successes until a client reaches a level of competence and confidence.

Decision-making is reinforced by providing real options. Clients will explore their alternatives and decide what is right for them.

With support from Knowles Centre's SAIL Program, the transition from care to independence can be an exciting and rewarding time.

About Knowles Centre Inc.

Knowles Centre is a community-based, non-profit social service agency for children, adolescents and young adults facing difficult times in their lives. It began as a home for boys in 1907, and today, provides group care treatment, treatment foster care, independent living, day treatment and sexual abuse treatment programs plus a range of support services to young people from Manitoba and other communities throughout Canada.

We offer a range of therapeutic and skills-based programs that help young people and their families to address past struggles, to develop healthier relationships and ways of life, and to reach their full potential in the future.

Knowles Centre is a registered, non-profit, charitable organization and is governed by an elected Board of Directors. Knowles Centre is accredited by the Council on Accreditation.

For more information on the Supported Advancement to Independent Living (SAIL) Program at Knowles Centre, contact us at:

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KNOWLES CENTRE INC.
Helping Individuals Find Their Path:
Yesterday, Today and Tomorrow



SAIL Program

Supported Advancement
to Independent Living

Supported Advancement to Independent Living (SAIL) Program

For young people living in long-term care within the child welfare system, the idea of having a place of their own is often a distant dream.

Yet, as these youth reach the age of majority and leave care, they are often unprepared for the challenges that lie ahead. Many lack basic independent living skills, or the confidence and ability to make decisions about day-to-day living in the community or about their future life.

Knowles Centre's SAIL Program helps those living in care to gain the skills and competencies needed to gradually transition to living independently in the community as young adults.

The SAIL Program focuses on these key areas:

- Time management and organizational skills
- Money management and consumer awareness
- Food management
- Self care
- Housekeeping
- Housing
- Transportation
- Education and employment
- Emergency and safety skills
- Community resources
- Legal issues
- Pregnancy, parenting and child care
- Interpersonal skills

The Young People We Serve

The SAIL Program welcomes young people (both male and female) ages 16 and over who are living in care as a permanent or temporary ward, or under voluntary placement.



They may be from Winnipeg or other Manitoba or Northwest Ontario communities, and have no plans to live at their family home upon discharge.

The SAIL Program focuses on helping its clients living in the Winnipeg area to settle within the city.

The SAIL Program is able to help those who have emotional or behavioural needs; however, the program may not be suitable for those with long-term special needs or who struggle with violent or other unsafe behaviours.

Clients may continue to be involved in the SAIL Program until they graduate from the program or are discharged from care.



How SAIL Works

The SAIL Program is presented in three stages:

Stage 1

Clients begin to receive support from the SAIL Program as they prepare to leave their current group home, foster home, shelter, or treatment setting. With the help of a SAIL support worker, the client begins to accumulate household needs in anticipation of moving into a SAIL apartment. This time also helps to establish a positive relationship between the client and support worker that will contribute to the client's success during their journey to independence.

Stage 2

A safe and clean apartment suite is ready for SAIL clients as they move to the next stage. The program operates two buildings in southeast Winnipeg; both are supervised 24-hours per day. Typically, clients may live in the supported apartment for up to one year.

Here, clients work regularly with a SAIL support worker. Together they assess the client's strengths, and identify and build on the client's skills needed for independent living. Learning takes place both in the apartment setting and in the community as clients explore available resources and services alongside their support worker.

Over time, as clients gain confidence and ability, they are able to take on more responsibility and independence. The role of the support worker gradually shifts from a leader to a resource.

Stage 3

SAIL is committed to a smooth transition for clients at every stage. Clients continue to receive support and guidance for a few months once they graduate from their SAIL apartment and move into their own long-term place in the broader community.

Support is never far away. A 24-hour help line is available to clients who need assistance with unexpected problems, as well as emotional support and guidance.