

Kinship care in New Brunswick

1st Edition



Information and support
for people caring for, or
considering caring for, a
child or youth they have a
close relationship with.

WE WANT TO HEAR FROM YOU!

This guide is designed to support kinship care providers, and your feedback helps us make it better.

Please share your thoughts, suggestions, or questions anytime by visiting socialsupportsnb.ca/feedback or scanning the QR code below.



This guide was last updated March 2026



Supporting youth transitioning into adulthood

Guidance for helping young adults prepare for independence and achieve their goals.

The transition to adulthood can be a challenging time for any young person, especially those who did not grow up living with their parents. As a kinship care provider, you play an important role in making that transition easier. You don't have to have all the answers; your support already means so much! Every milestone, whether big or small, becomes a meaningful step toward their future success.

With your guidance and encouragement, youth can:

- Learn new skills.
- Take charge of their own lives.
- Build confidence in their abilities.
- Prepare for independence while still knowing they can rely on you for support.



Stories and experiences from our kinship community:

A young adult who went on to university shared that they felt unsure about whether they could return to their kinship care provider's home during Christmas and summer breaks. **Clear communication and reassurance can make a big difference in helping young adults know they still belong.**

Did you know?

In New Brunswick, kinship care providers can continue supporting youth as they enter adulthood. **Social Development offers financial and other supports for young adults up to the age of 26.** During this time, the focus shifts from daily caregiving to helping youth build skills and confidence for independent living.

Supports and services for youth transitioning to adulthood

The following tools and resources can help young people build new skills, explore opportunities, and take on the challenges of adulthood with confidence.



Learning new skills

- **Life skills checklist:** With so many life skills to learn, it can feel overwhelming to know where to start. The **Life skills checklist** is a practical, step-by-step tool designed to help you support youth as they build confidence, and the skills needed for adulthood. This detailed checklist covers key areas of adulthood, including financial literacy, healthy living, housing, personal safety, educational planning, and more! You can explore the tool online at socialsupportsnb.ca/lifeskills.



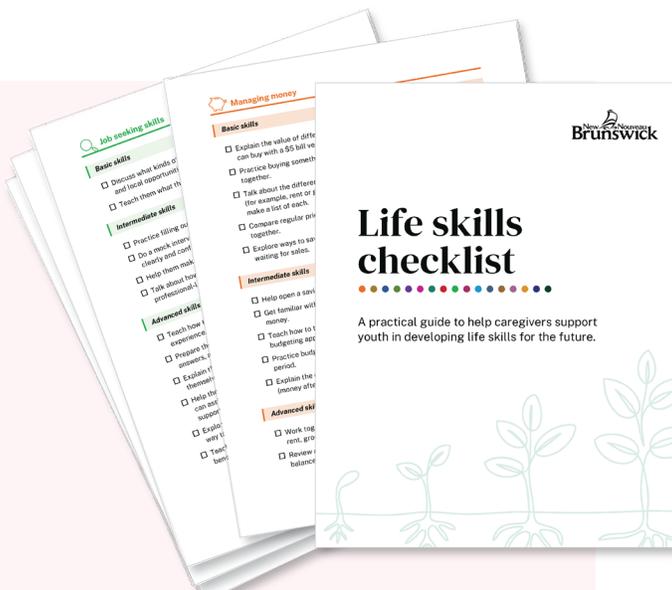
Education and training

- **Help paying for tuition, training programs, or other educational opportunities:** The New Brunswick Youth in Care Scholarship covers the full cost of tuition and mandatory fees for youth and young adults who were/are not able to live with their parent(s). For more information including who qualifies, visit the [NBCC Foundation Inc. website](https://www.nbccfoundationinc.ca) (theNBCCfoundationInc.ca).
- **Employment or skills training programs:** Youth can join workshops, mentorships, and programs designed to build job skills or prepare for the workforce. Visit the Government of New Brunswick website [jobs and workplaces page](#) (or search online for 'Jobs and workplaces GNB').



Housing and living supports

- **Housing or rent subsidies:** Financial help is available for youth/young adults looking for help finding or paying for a place to live. Visit the Government of New Brunswick website [Housing and property page](https://www.gnb.ca/housing) (www.gnb.ca/housing) for information on supports available for renters and homeowners.
- **Transportation assistance:** As part of their support plan with the Department of Social Development, youth are eligible for help with transportation to school, work, or other important appointments.





Emotional well-being and advocacy

- **New Brunswick Youth in Care Network (NBYICN):** This network connects youth and young adults from across New Brunswick who are or were in care. It's a place to build a sense of belonging with others who understand the experience of being in care. For more details, visit the [NBYICN website](#) (or search online for 'New Brunswick Youth in Care Network').
- **Partners for Youth CONNECT (PFY):** This initiative helps youth aged 14 to 24 access counselling therapy. Youth can begin with a simple referral process by completing the [referral form](#) (or search online for 'Partners for Youth Connect referral form').
- **Child and youth advocate):** The Office of the Child and Youth Advocate provides independent support for young people, ensuring their voices are heard and their rights are respected. They can help youth navigate challenges related to housing, education, health, or other services, and offer guidance if a young adult feels their needs or concerns are not being addressed. For more information, visit the [Office of the Child and Youth Advocate website](#) (www.defenseur-nb-advocate.ca), call (506) 453-8653, or email advocate-defenseur@gnb.ca.



More ways to help youth find support

- **Visit the Social Supports NB website [Supports for children and youth who have been in care page](#)** (www.socialsupportsnb.ca/supports). To access resources for youth who live or who have previously lived in care.
- **Call 2-1-1** anytime to speak with trained navigators about available programs in New Brunswick. You can also browse the [211 website](#) (nb.211.ca) to explore available supports on your own.
- **Speak with your social worker** for personalized guidance and support.

