**Youth supports**

Supporting youth leaving care is important because they get anxious just like anybody else. When they are about to transition into adulthood their anxieties are over the roof.

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Having my worker be there for me emotionally was definitely one of the biggest supports I could rely on when I was transitioning. In starting my education, it was just great to be able to have someone to rely on and to be able to have that safe space to talk about some of the worries I had or some other the feeling I was having.