

Are you a young person
between the ages of
15-30?

Feeling stuck?



is a career readiness program that supports
you to move in a way that feels good, tap into
your full potential and create the life you
want to live.

1

In Motion

Focus on who you are - your strengths and skills
Take charge and create a vision for your future

2

Momentum

Continue to build on your vision for the future
and take steps to make it a reality
Contribute meaningfully to your community in
collaboration with others

3

Momentum+

Continue to build momentum toward achieving
your goals
Move from planning the life you want to live to
starting to live it

Financial
Support
Available!

Ready to make a change?
Reach out and learn more
about IM&M+ today!

Contact Louise at
604.232.2404
Email: louise@rcdrichmond.org



**Maximize
Independence**
#968-5300 No.3 Rd
Lansdowne Centre
Richmond, BC V6X 2X9
Tel: 604-232-2404
www.rcdrichmond.org



Created and Powered by the Canadian
Career Development Foundation (ccdf.ca)

