

## Josh's Story: ICAN can help!

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In 2015, because of the lack of work and a housing crisis, 33-year-old Josh found himself in a difficult situation: without a job, no stable housing, and few resources.

So he applied for and received 3SquaresVT — a federal program that provides everyone who is eligible with money they can use to buy food. Getting this benefit every single month helped make sure he had healthy foods to eat.

While getting this benefit, he was introduced to the Individual Career Advancement Network (ICAN) — a program that provides free employment and training supports to people getting 3Squares VT.

“If you're in a good space and ready to move forward, ICAN can really empower and support you. This is fundamental, especially if you don't have any support.”

“I had a vision of what I wanted and went over that with ICAN. They are supportive of who you are and what you want to do. That is how this program really stands out.”

Taylor was Josh's point of contact at ICAN. She helped Josh to:

- Write his cover letter and resume
- Land the job he still has today
- Find stable, affordable housing

“Taylor was incredibly helpful and kind. She is a really amazing person to work with. She helped guide me through the process with empathy and understanding. I wish everyone could use this program. It was a great experience.”

If you get 3SquaresVT, you are eligible for ICAN! They can help you develop a plan that meets your goals as they did with Josh.

If you are ready to further your career, don't wait. Reach out now!

Learn more at:

- <https://dcf.vermont.gov/benefits/ican>
- <https://dcf.vermont.gov/benefits/3SquaresVT>