

CHANGE A LIFETIME

Share Your Heart

- ♥ Help a foster care program in your state. Your contribution to these agencies will mean brighter and safer tomorrows for children and youth in your state and across America.
- ♥ Mentor a young person. Research shows that children and youth with mentors earn higher grades and improve their relationships with friends and families.
- ♥ Learn more about how policy, legislative and budget priorities affect children and youth in foster care.
- ♥ Donate goods such as suitcases, books, games, computers, sports equipment, musical instruments, clothing, and school supplies to young people in foster care.
- ♥ Send care packages to foster care alumni attending college.
- ♥ Help young people in foster care organize a youth leadership or support group.
- ♥ Become a virtual mentor for a young person in college. Expand the circle of support for a youth in foster care as an email/online pen pal.

Open Your Home

- 🏠 Become a foster or adoptive parent. Caring families are especially needed for older youth, siblings, and children with special needs.
- 🏠 Open your business “home” to help find families for youth in foster care. Find out how your organization can encourage people in your community (and your own employees) to get involved.
- 🏠 Find out about affordable housing options for young people making the transition from foster care.
- 🏠 Learn more about becoming a licensed respite care provider as a way of providing support to foster parents in your neighborhood.
- 🏠 Youth in foster care are more likely to require developmental and mental health services than many other children. If you are a Mental Health Professional, open your practice to at-risk children and learn more about how to respond to their mental health needs.

Give Hope

- ☀️ Wear a Blue Ribbon during May in support of National Foster Care Month. Attend a local ribbon-tying ceremony to advocate on behalf of the children in foster care in your state.
- ☀️ Become a Court Appointed Special Advocate. CASA volunteers are trained citizens appointed by judges to represent the best interests of abused and neglected children.
- ☀️ Learn how to help a youth in foster care explore career options, acquire new job skills, find employment or a résumé-building internship.
- ☀️ Make a financial contribution to support the personal enrichment or education of a youth in foster care.
- ☀️ Dedicate yourself to a career that helps families by becoming a professional social worker.
- ☀️ Make presentations to your faith-based congregation, civic group, school PTA, and other neighborhood association. Encourage your community to come together to find families and resources that help young people in foster care thrive.
- ☀️ Help young people in foster care (and their caregivers) improve their financial literacy and gain practical money management skills.
- ☀️ Recognize/honor a foster parent in your community. Write a letter to the editor of your local newspaper in praise of someone making a difference in the life of a child in foster care.
- ☀️ Learn the facts about foster care and gain a better understanding of the needs of those touched by this issue.



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For more information:

www.fostercaremonth.org • 1-888-799-KIDS