



Change a lifetime—get *involved*

MAY IS NATIONAL FOSTER CARE MONTH

if you only have a few *minutes*...

- Learn the facts about foster care and gain a better understanding of the needs of those touched by this issue.

About Foster Care www.fostercaremonth.org

- Make a financial contribution to support the personal enrichment or education of a young person in foster care.

Rowell Foster Children's Positive Plan www.rowellfosterchildren.org

Orphan Foundation of America www.orphan.org/donateonline.html

National Foster Youth Advisory Council www.cwla.org/programs/positivelyouth/nfyac.htm

Send a "Shout Out of Encouragement" to a foster youth or foster care alumni.

FosterClub www.fosterclub.org

Orphan Foundation of America www.orphan.org/getinvolved.html

- Be inspired to make a difference! Read more about former foster children from all walks of life who are enjoying positive, accomplished adult lives thanks to the relationships they shared with caring adults.

Success Stories www.fostercaremonth.org

FosterClub All Stars www.allstars.fosterclub.com/advocacy/about-fosterclub-all-stars

- Send a care package to a foster care alumni attending college.

Orphan Foundation of America www.orphan.org

- 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.

NFPA Blue Ribbon Campaign www.nfpainc.org

NFCM Online Store and Featured Events and Promotions www.fostercaremonth.org

- Donate goods such as suitcases, books, games, computers, sports equipment, musical instruments, clothing, and school supplies to young people in foster care.

National Foster Parent Association www.nfpainc.org

- Spread the word! Feature the National Foster Care Month logo and Web site link on your personal and/or organizational Web sites. Help raise awareness and encourage others to get involved on behalf of the 496,000 American children in foster care.

Link to us at www.fostercaremonth.org

if you only have a few *hours*...

- Volunteer to 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.

CWLA member agencies www.cwla.org/members/members.htm

- Recognize a person or organization helping foster youth 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.

National Foster Care Month Toolkit www.fostercaremonth.org

- Help young people in foster care (and their caregivers) improve their financial literacy and gain practical money management skills.

Foster Youth Money Guides www.aecf.org/orderpublications.aspx

- Are you a young person who wants to support other kids? Join a youth-led effort to raise funds and public awareness in your community to benefit kids in foster care and to fight child abuse and neglect.

Advocacy Club www.advocacy.fosterclub.com

- Make presentations to your faith-based congregation, civic group, Parent Teacher Association (PTA), and other neighborhood associations. Encourage your community to come together to find families and resources that help young people in foster care thrive.

National Foster Care Month Toolkit www.fostercaremonth.org

- Become a virtual mentor for a young person in college. Expand the circle of support for a youth in foster care as an e-mail/online pen pal.

Orphan Foundation of America www.vmentor.com

- Are you a mental health professional? Youth in foster care are more likely to require developmental and mental health services than many other children. Open your practice to help young people in foster care and learn more about how to respond to typical mental health needs in this population.

Georgetown University Center for Child and Human Development
www.gucchd.georgetown.edu/programs/meeting_health_needs

if you have a few *weeks*...

- Become a licensed respite care provider as a way of providing support to foster families in your neighborhood.

National Foster Parent Association www.nfpainc.org

- Tutor a child. Because they must change schools frequently (or sometimes have social/behavioral challenges to overcome), youth in foster care may benefit greatly from extra academic support. Contact local foster care agencies, Boys and Girls Clubs, and YMCAs and YWCAs to ask about how to become a volunteer tutor.

- Help young people in foster care organize a youth leadership or support group.

FosterClub www.fosterclub.org

- Encourage business leaders in your community to support young people in foster care. Ask your company to distribute this *Change a Lifetime* menu of ways to get involved (available for download at www.fostercaremonth.org) to educate and involve employees and customers. Collaborate with the National Foster Care Month Partners and local child welfare agencies to develop cause-marketing promotions for the month of May and throughout the year.

Change a Lifetime Menu
www.fostercaremonth.org/GetInvolved/ChangeALifeTimeMenu/Pages/default.aspx

National Foster Care Month Partners
www.fostercaremonth.org/TheCampaign/Partners/Pages/default.aspx

- Learn how to help a youth in foster care explore career options, acquire new job skills, and find employment or a résumé-building internship. Contact the Independent Living Program in your area or visit any of the links below to find more information and how to get involved.

Locate a State Independent Living Coordinator
www.nrcys.ou.edu/yd/resources/ilcoords.php

It's My Life www.casey.org/Resources/Publications/ItsMyLifeEmployment.htm

Jim Casey Youth Opportunities Initiative www.jimcaseyyouth.org

Youthrules! www.youthrules.dol.gov

CareerVoyages www.careervoyages.gov

America's Job Bank www.ajb.dni.us

America's Career Infonet www.acient.org/acinet

America's Service Locator www.servicelocator.org

Occupational Information Network www.online.onetcenter.org

Career One Stop www.careeronestop.org

WorkforceUSA.net www.workforce.usa.net

if you have more *time*...

- Become a Foster or Adoptive Parent. Caring families are especially needed for older youth, siblings, and children with special needs.

National Foster Parent Association www.nfpainc.org

North American Council on Adoptable Children
www.nacac.org/howtoadopt/AAgencies.html

AdoptUsKids www.adoptuskids.org

- Mentor a young person. Research shows that children and youth with mentors earn higher grades and improve their relationships with friends and families.

National Mentoring Partnership www.mentoring.org

- Make a Permanency Pact. Supportive relationships with caring adults make all the difference in the world especially for older youth leaving the foster care system.

FosterClub www.fosterclub.org

- Become a Court Appointed Special Advocate (CASA). CASA volunteers are trained citizens appointed by judges to represent the best interests of abused and neglected children.

National CASA www.nationalcasa.org

- Dedicate yourself to a career that helps children and families by becoming a professional social worker. If you're right for the job... it's the best job in the world!

National Association of Social Workers www.socialworkers.org

- Stay informed year-round. Be a change agent. Become a member of the National Foster Care Coalition and join leading child welfare agencies and individuals across the country in improving the lives of youth in foster care.

National Foster Care Coalition www.nationalfostercare.org/membership/index.php