

Change a Lifetime Menu of Ways to Get Involved

No matter how much time you have to give, you can do something positive that will change a lifetime for a young person in foster care.

IF YOU 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/positiveyouth/nfyac.htm
- > Send a "Shout Out of Encouragement" to a foster youth or foster care alum.
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.fosterclub.org/grownups/allstars.cfm
- > 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 & Featured Events and Promotions www.fostercaremonth.org
- > Send a care package to foster care alum attending college.
Orphan Foundation of America www.orphan.org/carepackages_main.xhtml
- > 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 organization web sites. Help raise awareness and encourage others to get involved on behalf of the 513,000 American children in foster care. **Link to Us** www.fostercaremonth.org

IF YOU 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/honor 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/KnowledgeCenter/PublicationsSeries/FosterYouthMoneyGuides.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. **Band Together** www.bandtogether.org
- > Make presentations to your faith-based congregation, civic group, school 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 email/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 their typical mental health needs.

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No matter how much time you have to give, you can do something positive that will change a lifetime for a young person in foster care.

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 often must change schools or have social/behavioral challenges to overcome, youth in foster care frequently require extra academic support. Contact local foster care agencies, Boys and Girls Clubs, libraries, YMCA and YWCAs to inquire about how to become a volunteer tutor to a child in foster care.
- > Help young people in foster care organize a youth leadership or support group.
FosterClub www.fosterclub.org
- > Learn how to help a youth in foster care explore career options, acquire new job skills, find employment or a résumé-building internship. Contact the Independent Living Program in your area or click any of the links below to find more information and how to get involved.
Locate a State Independent Living Coordinator www.nrcys.ou.edu/yc/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
Career Voyages www.careervoyages.gov
America's Job Bank www.ajb.dni.us
America's Career Infonet www.acinet.org/acinet
America's Service Locator www.servicelocator.org
Occupational Information Network <http://online.onetcenter.org>
Career One Stop www.careeronestop.org
WorkforceUSA.net www.workforceusa.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/howtoadopt.html
AdoptUsKids <http://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 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
www.helpstartshere.org/Kids_And_Family/Default_Page.html