



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 hours...

- > Volunteer to help a foster care program in your state. Your contribution to these agencies will mean brighter and safer futures for children and youth in your state and across America.

### **CWLA member agencies**

[www.cwla.org/members/members.htm](http://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](http://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](http://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](http://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.

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- > 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](http://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/](http://www.gucchd.georgetown.edu/programs/meeting_health_needs/)

- > Learn how public policy affects young people in foster care. Understand the issues, learn about new foster care legislation, and help make children and youth in foster care a national priority.

### **National Foster Care Coalition**

[www.nationalfostercare.org/policy/index.php](http://www.nationalfostercare.org/policy/index.php)

- > Research shows that creative expression promotes healing and trauma resolution for youth in foster care. Learn more by visiting Art with Heart's Web site and online store, which features therapeutic books and innovative artistic tools that help parents, teachers and child welfare professionals empower children in crisis.

### **Art with Heart** [www.artwithheart.org/books/](http://www.artwithheart.org/books/)

