



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 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](http://www.nfpainc.org)

**North American Council on Adoptable Children**  
[www.nacac.org/howtoadopt/howtoadopt.html](http://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](http://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](http://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](http://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](http://www.socialworkers.org)

[www.helpstartshere.org/Kids\\_And\\_Family/Default\\_Page.html](http://www.helpstartshere.org/Kids_And_Family/Default_Page.html)

- > 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 life for kids in foster care.

**National Foster Care Coalition**

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

