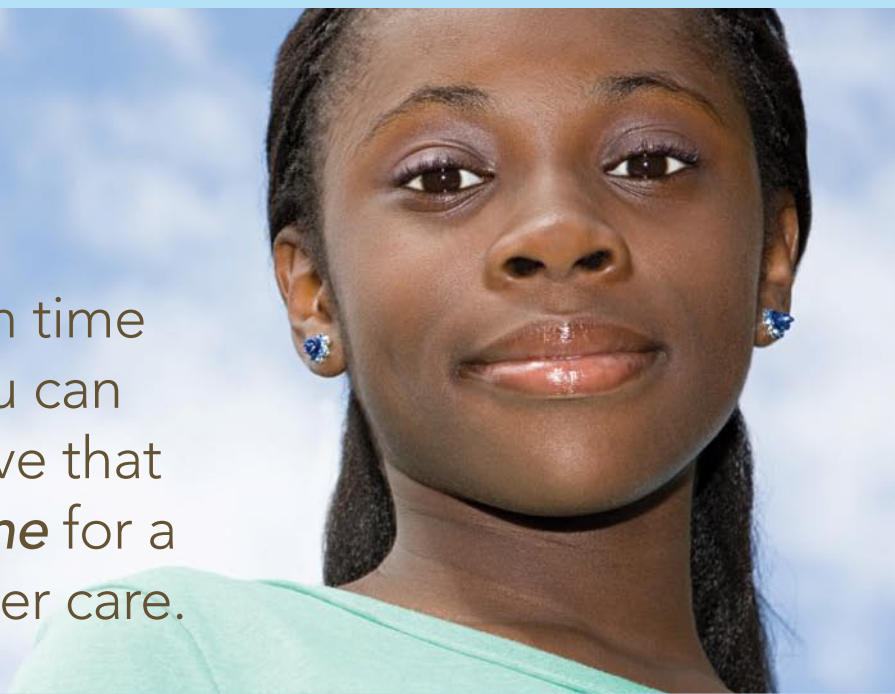


No matter how much time you have to give, you can do something positive that will *Change a Lifetime* for a young person in foster care.



If you have a few minutes...

- > Learn the facts about foster care and get 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

- > Send a care package to a foster care alum attending college.

Orphan Foundation of America
www.orphan.org/carepackages_main.xhtml

- > 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

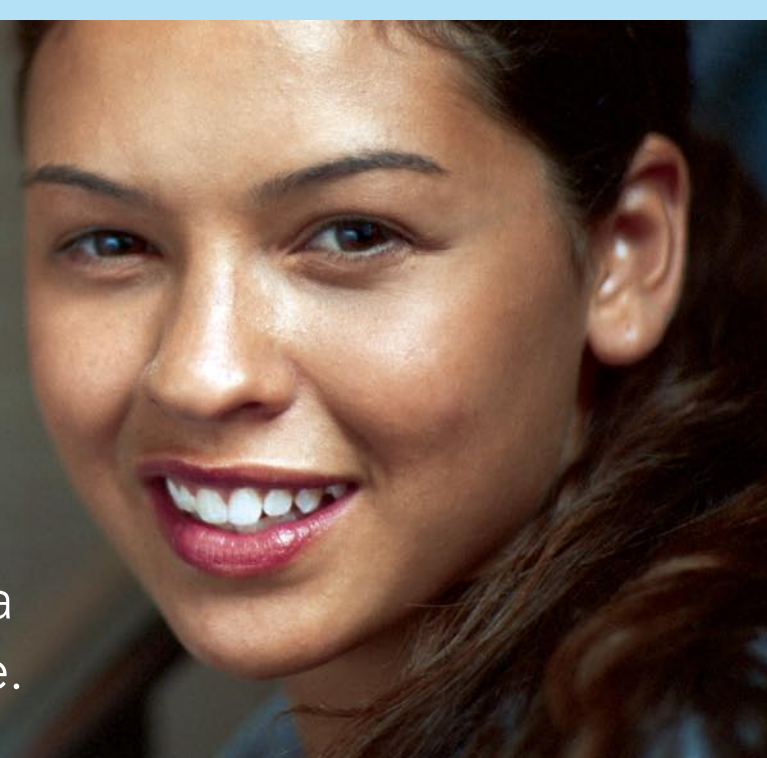
- > Spread the word! Feature the **National Foster Care Month** logo and Web link on your personal and/or organization Web sites. Help raise awareness and encourage others to get involved on behalf of the 513,000 American children in foster care. Link to us at www.fostercaremonth.org.

- > Give young leaders from foster care a voice at the table. Your donation to the National Foster Care Coalition allows youth in foster care and young alumni to be present when decisions are made about how foster care works in America.

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



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 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 the *Change a Lifetime* menu of ways to get involved (available 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/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

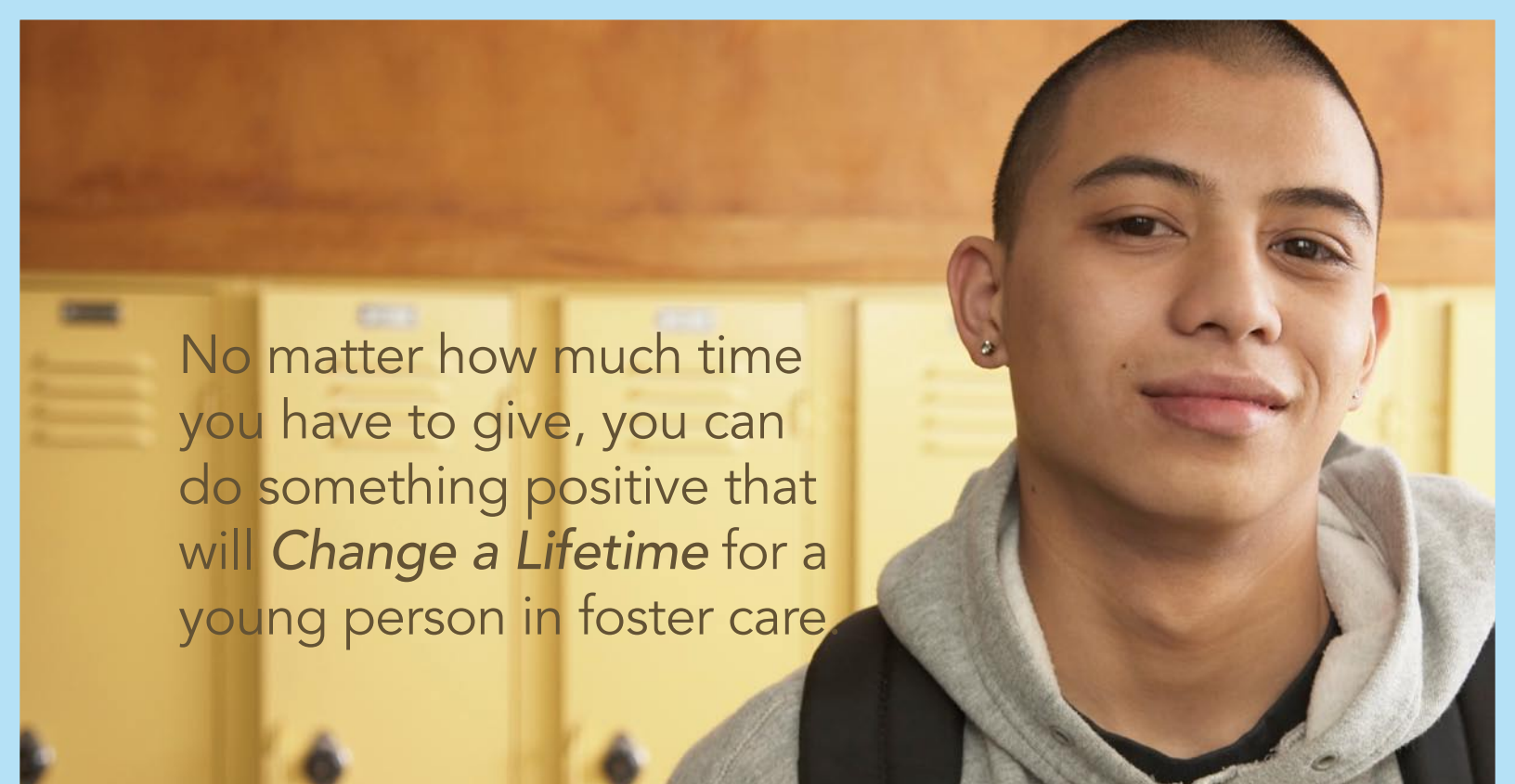
America's Service Locator www.servicelocator.org

Occupational Information Network
<http://online.onetcenter.org>

Career One Stop www.careeronestop.org

WorkforceUSA.net www.workforceusa.net





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

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

- > 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





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

- > 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/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 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/

- > 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

- > 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/

