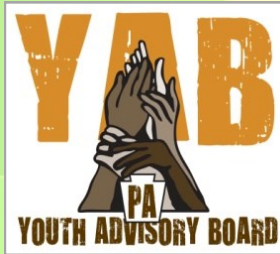


Happy Holidays
From:



Holiday Tips For Youth in Foster Care

The holidays can be difficult for everyone. This is especially true for children and youth who find themselves in foster or group homes during what is supposed to be a time with family and friends. *"Holidays were always hard for me, because I didn't know if I should spend more time with my real family or my foster family."* At PA YAB headquarters, we try to help our brothers and sisters in care through difficult times by giving advice from people who have been in their shoes. The next few weeks you can find articles and helpful tidbits by following us on our Facebook page. Here are our favorite tips!

You can send other holiday survival tips to Barbara Huggins at bmh75@pitt.edu to be posted for other Pennsylvania youth in foster care.

- Stay connected to family and friends by making phone calls, sending cards and making homemade gifts for them.
- Speak up for visits by letting your caseworker and foster family know how important visits are for you during the holidays.
- Now is a great time to plug into your place of worship or to find one.
- One of our favorites: Be yourself!
- Volunteer or visit others who may be having a hard holiday season.
- Talk to other foster youth. Set up a get together at your agency, or somewhere off sight. You can even do a homemade gift exchange.



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