



Foster (Resource) Parent Community Resources

Welcome! Along your foster (resource) parenting journey, you will encounter both joy and unexpected challenges. This guide is designed to be a starting point for resources for foster (resource) families.

If you know of any community resources that should be added to this list, please email info@everychildcentraloregon.org.

**The 2025 Resource Guide is sponsored
by:**



Many organizations offer a variety of programs from advocacy, to mentorship, to family-based services. We have done our best to categorize an organization by a primary focus, but we would like you to read around the guide to learn about the breadth of resources offered.


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Key

Central Oregon - 

State - 

Nationwide - 

Daycare and School Support

Child Care Assistance

The Employment-Related Day Care program (ERDC) helps eligible low-income families pay for childcare while they are working. ERDC is a subsidy program, meaning eligible families still pay part of the childcare cost. Contact ODHS to determine if you are eligible.

oregon.gov/dhs/ASSISTANCE/CHILD-CARE/Pages/index.aspx

Early Learning Hub

The Early Learning Hub of Central Oregon is a regional cross-sector partnership working collectively to support parents and to establish a solid foundation for children's long-term success. The Hub serves Crook, Deschutes, and Jefferson Counties and for mutually agreed upon strategies, The Confederated Tribes of Warm Springs (Tribes).

Our Mission is to create an efficient and effective early learning system to ensure all children in Central Oregon, prenatal through eight, receive the opportunities and supports they need to enter school healthy, prepared and ready for success.

earlylearninghubco.org/

Grow! Central Oregon Kids

A community resource hub for all of Central Oregon's children and families. Find local programs and events to support the healthy growth and engagement of your family.

growcentraloregonkids.org/free-preschool-programs/

Head Start

Children in foster care ages 3-4 are prioritized for Head Start. Head Start is a federal program that promotes school readiness of young children by enhancing their cognitive, social and emotional development.

oregonearlylearning.com/head-start-opk

Inclusive Partners

Inclusive Partners is a statewide program of the Oregon Council on Developmental Disabilities. They work directly with families of children with higher needs by offering resources that help families choose childcare, understand subsidies, high need rates, and their rights. They support children from birth through age 17, with no cost for the assistance. There may be financial supplement depending on ODHS eligibility requirements for childcare.

Call (866) 837-0250 or email inclusivepartners@dhsosha.state.or.us

inclusivepartners.org

Daycare and School Support

Whoopsy Daisy Day Care (Redmond)

At Whoopsy Daisy Child Care in Redmond we are “Bridging the Gap between Young and Old”. As an intergenerational community, Whoopsy Daisy Child Care, along with our partners, Country Side Living Memory Care and Thelma’s Place Day Respite provide for interaction between our children and seniors. We strive to strengthen your child’s awareness of the aging process. Teaching them to accept the sight of medical equipment, and the appearances of the aging population. Children learn to respect older adults and become more compassionate for their physical limitations. Your child will have enhanced social skills and academically flourish with our staff and seniors attention and encouragement.

whoopsydaisychildcare.com/

Discounted Activities

Angels in the Outfield

Angels in the Outfield serve children of all ages up to 18 years old who have been victims of crime or abuse. Children may be from all socio-economic levels.

This non-profit supports each child by providing the means for items like tutoring, camp tuition, sporting fees, lessons, equipment, school trips, technology, and experiences such as museum visits, recreation, parties, attending a sporting event, or anything else that will help a child on his or her long journey of recovery.

theangelsintheoutfield.org

Every Kid Sports

Every Kid Sports never wants finances to be a barrier to participation for children who want to participate in sports. Youth in foster care qualify for financial help with sports registration fees. Local office in Bend, OR.

everykidsports.org/every-kid-sports-pass/

Fishing License for children 15 years and older

Free fishing licenses for foster children in foster care who are 15 years and older can be obtained by contacting your certifier or the child’s caseworker. They are not required for younger children if they are with an adult who has a fishing license.

Free State Park Camping and Day Use Pass for foster and adoptive families

Access state parks with this pass for foster, guardian, and adoptive families.

stateparks.oregon.gov/index.cfm?do=v.page&id=20 or [email special.access@oregon.gov](mailto:special.access@oregon.gov)

Discounted Activities Continued

Mama Sing My Song

Partners with foster parents to provide discounted custom songs and singing stuffed animals to kids in foster care.

mamasingmysong.com/foster-care/

Mountain Air Birthday Party Discount

Mountain Air is offering foster families the option of one of two exclusive birthday discounts: 25% off Open Jump Parties (Monday–Thursday, excluding Toddler Time)

OR 6 extra jumpers FREE for parties booked Friday–Sunday

To book, email Shiann at s.schmidt@everychildcentraloregon.org with your preferred date, time, and which discount you'd like.

mountainairbend.com/

One Simple Wish

One Simple Wish spreads love, hope, and joy by granting wishes to kids and young adults impacted by foster care and crisis.

onesimplewish.org/site/about

ORPARC Lending Library

Choose conveniently from how-to parenting guides, children's & teen books, information packets, digital downloads, videos, or deep dives into tough topics like trauma. Materials mailed FREE of charge.

orparc.org/lending-library

Foster Parent Support

A Family Guide to the Child Welfare System (by Youth Rights & Justice)

This guide is intended to help families understand how the child welfare system works, and how to work in partnership with a lawyer through the stages of a child welfare case. This booklet is intended to provide general information and may answer questions. It is not legal advice.

youthrightsjustice.org/youth-family-resources/foster-care

Central Oregon Foster Parents Association

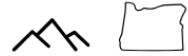
At Central Oregon Foster Parents Association, well-being is at the forefront of what we're working together towards. Our programs and activities are designed to be a catalyst that helps Foster Parents and families reach their goals and help provide stability. Learn more about the positive impact we are continuously working towards and join us in bringing about positive change.

centraloregonfosterparentsassociation.org

Join their Facebook group: facebook.com/groups/402942279856740. Central Oregon Foster Parents

Foster Parent Support Continued

Court Appointed Special Advocates – Oregon CASA Network



Oregon has 22 local CASA programs, with chapters serving regions across the state. A CASA is a volunteer who comes alongside a youth and works as a third-party advocate. CASAs have permission to visit the children regularly, talk to a child's parents, teachers, caseworkers, doctors, and therapists in order to hear all perspectives and give an unbiased portrayal of the case to the judge. CASA advocates help kids through the system safely, quickly, and more effectively.

Crook, Deschutes, and Jefferson Counties: <https://casaofcentraloregon.org/>

Every Child Peer Mentorship Program



Every Child believes in the relational power of one-on-one connection pairing experienced foster parents with brand new providers in a concentrated, one-on-one pairing for a set amount of time. While this is a new initiative, we encourage you to talk with your certifier if participating is something of interest to you.

everychildoregon.org/peer-mentoring/

FACSETS



Fetal Alcohol Spectrum Consultation Education and Training Services offers resources, workshops, and training that support caregivers of youth with brain-based conditions, such as FASD. All materials and consultations take a brain-based approach through a Neuro-behavioral Model.

fascets.org

FACT Oregon: Empowering Families Experiencing Disability



Do you have a child with a developmental delay, disability or who is receiving special education services? Get the support you need through FACT's support line, email, and through training modules. FACT Oregon helps thousands of families each year navigate raising a child experiencing disability.

factoregon.org

Family Resource Center



FRC offers a variety of programming, information, and resources for families raising children of all ages. Our programs also offer opportunities to connect with others and lean into the understanding, encouragement, and grace we can offer each other.

<https://frconline.org/who-we-are/>

Find Help (formerly called Aunt Bertha)



Find food assistance, help paying bills, and other free or reduced cost programs, including new programs for the Covid-19 pandemic. Services are curated based on your zip code.

findhelp.org

Foster Parent Support Continued

Foster Parent Support Line



2-1-1 is a foster parent support line that provides personalized service to foster providers with a focus on after-hours needs for foster parents. Foster providers can receive assistance with information, support, and referrals from an ODHS employee between 6pm–8am on Monday through Friday, and 24/7 on weekends.

To access the Foster Parent Support Line, simply dial 2-1-1

Foster Care Ombudsman



The Office of the Foster Care Ombudsman is an independent resource to investigate complaints, concerns or violation of rights for children in the custody of ODHS Foster Care. The Ombudsman position was created in 2013 with the passage of Senate Bill 123. This position is the result of legislation developed and passed by current and former foster youth.

The Ombudsman receives, investigates and helps resolve complaints and concerns from a wide range of people, including foster youth, parents, relatives, CASAs, attorneys, social workers, and many other interested parties.

Email: fco.info@state.or.us

oregon.gov/dhs/ABOUTDHS/Pages/Fostercare-Ombudsman.aspx

Foster Club



Trauma-informed online training that leads with the voice of youth. Courses include content on how to navigate the foster care system, medication, well-being, introducing a youth to your home, promoting normalcy, and more.

fosterclub.com/foster-parent-training

Foster Parent Champions



In the state of Oregon, there are many Resource Family Retention and Recruitment Champions. One primary function of this individual is to support and equip local foster families. Reach out to your caseworker and ask to be connected to your district's Champion.

Foster Parent College



Foster Parent College provides innovative, research-based, interactive online courses for foster, adoptive, and kinship parents. The self-paced training is accessible 24/7. The content is developed by nationally recognized experts in the fields of parenting, social work, pediatrics, psychology, psychiatry, and education.

fosterparentcollege.com/index.jsp

Foster Parent Support Continued

KEEP

KEEP facilitates small support groups of foster parents who are committed to creating a calmer, more nurturing home environment for their families for 16-week sessions. These groups are led by trained facilitators and focus on lessening the stress associated with foster parenting by providing support, interventions, and behavior management techniques. To learn more, visit www.keepfostering.org/keep-in-oregon and use the interactive map to find contact information in your county.

Oregon Foster Parent Association

OFPA is a statewide association operating within the foster, relative, and adoption community in Oregon. Through the OFPA you can find resources, referrals to training, updates on system reform, and legislative advocacy.
ofpa.com

Oregon Kinship Navigator

OKN is a statewide resource and referral service for grandparents raising grandchildren and other relative caregivers. Their team can provide support groups, resources, and an empathic ear to the unique challenges of being a kinship caregiver.
oregonkinshipnavigator.org

Oregon Post Adoption Resource Center

A place of support for foster and adoptive families. They host free training ODHS foster, kinship, adoptive & assisted guardianship families.
orparc.org

Refresh Conference

Popular foster/adoption Christian conference with many breakout sessions. Held at the end of February/ March every year in Overlake, Washington with approximately 1,500 attending.
therefreshconference.org

Shoulder to Shoulder Conference

Statewide conference for anyone involved with Oregon's child welfare system (CASAs, caseworkers, attorneys, foster/adoptive parents), traditionally held at the end of October in Portland metro area.
stsconference.com

The Foster Points Podcast

This is a podcast brought to you by the Oregon Department of Human Service, Child Welfare program. In this podcast, we will be talking about a variety of different topics all related to the Oregon Child Welfare system. This podcast is designed to help those who are current resource parents and also provide information to those who are interested in learning more about the journey through foster care.
open.spotify.com/show/25eglsBXeDmULwXBdPoRHf?si=7d918547282c4004

Health Resources

Health Care for Former Foster Youth



Learn more about how to gain health coverage until age 26 through Medicare. Find answers to common questions, next steps, and details specific to Oregon by visiting the site below.

healthcareffy.org/

Oregon Family-to-Family Health Information Center



The Oregon Family-to-Family Health Information Center supports families and caregivers of children with special health needs to navigate the complex health care systems. Staffed entirely by parents of children and youth with a variety of health conditions, they provide free one-to-one support, training, and printed materials to families and the professionals who serve them.

ohsu.edu/oregon-family-to-family-health-information-center

Pacific Source



Pacific Source has a guide to help Oregon foster (resource) families navigate healthcare for children in their care. It includes:

- Help with Oregon Health Plan benefits and finding providers: 800-431-4135
- Support with appointments and essentials: 888-970-2507
- 24/7 Nurse advice line: 855-834-6150
- Free rides to appointments: Contact ModivCare or RideSource (area-dependent)
- Required assessments within 60 days: Physical (all), Mental (4+), Dental (1+)

Translation and accessibility help is free.

pacificsource.com/

Mental Health and Counseling

Native American Rehabilitation Association



The mission of NARA is to provide education, physical and mental health services and substance abuse treatment that is culturally appropriate to American Indians, Alaska Natives and anyone in need. In addition to wellness services, there are also family-focused youth programs, addiction treatment, and cultural services.

naranorthwest.org

Portland State University State-Wide Directory



PSU has a counseling program in which mental health professionals may get an extra certificate for Foster Care and Adoption. PSU has compiled a statewide directory of providers. This is a great resource for foster parents to learn about providers who “get” the complexities of what and who they are engaging.

sites.google.com/pdx.edu/therapistdirectory/home

OSU Cascades Counseling Clinic

Our graduate students provide in-person and virtual counseling services to individuals who reside in Oregon.

hosucascades.edu/counseling-clinic

Youth Villages

With a focus on community-based services, Youth Villages Oregon is committed to providing the most effective and cost-efficient treatment options to help build successful lives for children with emotional and behavioral issues, their families and youth aging out of state custody.

youthvillages.org/about-us/

Mentoring

After School Buddies (Bend) - During School Year Only

After School Buddies (ASB) has offered leadership development opportunities for college and high school female students by serving as mentors for younger girls since 2003.

afterschoolbuddies.org/

Big Brothers Big Sisters of America - Central Oregon

For children facing adversity, Big Brothers Big Sisters builds bonds to change lives, enabling kids to reach their greatest potential through strong and enduring, professionally supported, one-to-one relationships and a network of support.

bbbsco.org/

Central Oregon Disability Support Network (CODSN)

codsn.org/

Friends of the Children

Friends of the Children provides vulnerable children with nurturing and sustained relationships with a professional mentor who teaches positive values and has attainable expectations for each child to become a healthy, productive member of the community. Mentorship takes place over years and focused on youth who have faced adversity.

friendsofthechildren.org/locations

I love Hue (Bend)

Hearts Unknown Education (HÚE) is a dynamic nonprofit organization that helps guide and support young people who are struggling emotionally with a unique offering of what we call “creative wellness” -art, free expression, meditation, somatic breath work, music, dance (future), theatre (future) - all valuable experiences offered in a safe and caring environment

ilovehue.org/about-1

Mayfly Project

Our mission is to support children in foster care through fly fishing and introduce them to their local water ecosystems, with a hope that connecting them to a rewarding hobby will provide an opportunity for foster children to have fun, feel supported, and develop a meaningful connection with the outdoors.

themayflyproject.com/bend-oregon-project/

Pawsitive Choices

PAWsitive Choices is a trauma-informed social and emotional learning program that teaches children to make positive choices, solve problems collaboratively, learn from mistakes, and set goals.

pawsitivechoices.com/

The Father's Group

The Father's Group is dedicated to empowering our community through various impactful programs. Our Ujima Youth Program offers an enriching afterschool experience for students aged 11-18. The Bridge Program supports individuals navigating the probation and parole system, ensuring they have the resources and guidance needed for successful reintegration. The Deshaun Adderley Scholarship provides low-barrier financial aid, prioritizing Black and Brown students. Lastly, our Empowered initiative will offer personalized 1:1 youth mentorship, fostering growth and resilience.

thefathersgroup.org/programs/

Respite Care

Eastmont F.A.S.T. Night Out Event

Similar to Every Child FPNO, this is a faith-based organization that supports families.

eastmontchurch.com/dis-1

Foster Parents' Night Out (FPNO)



Foster Parents' Night Out (FPNO) is a monthly 3-4 hours of respite offered to foster families across the tri-counties. Most FPNOs run 7-8 months out of the year and are held at local churches or community spaces. For more information on FPNO and the closest location, contact your certifier at ODHS to see if there is a local FPNO where you can get connected and to get confirmation on your child's eligibility.

CODSN - Respite Night

Taking a moment to step away from your daily caregiving responsibilities is essential to being the best parent you can be. Let us help you recharge and nurture your other passions and relationships while your child enjoys a sense of community in a fun and safe environment. Jason's Run and Recharge Program was designed to offer parents and caregivers a safe place to drop off their child birth – 18 with a disability. Parents and families can then enjoy some free time for self-care or family bonding.

codsn.org/run-and-recharge/

Respite Care Continued

CODSN - Family Fun Days

Make friends, get support, break free from isolation and disconnection, and have loads of fun while you're doing it! Our quarterly family fun days are opportunities for organic and fun peer-networking and support. Watch your child make friends and experience the joy of being in community.

codsn.org/quarterly-family-fun-days/

Little Bug Play Hub - Redmond

Our space is best enjoyed by children aged 7 & under, but each child plays differently, and older children who may enjoy it are always welcome. ODHS has a 1/month event just for Central Oregon Resource Families. Reach out to Stacie at stacie.d.navarro@odhs.or.us for the code.

littlebugplayhub.com/

Seasonal Events

Candy Cane Lane

Candy Cane Lane, put on by the Central Oregon Foster Parents Association, is an annual Christmas event intended to bring extra Christmas joy for Central Oregon children in care. At this event, families are able to shop for gifts, stocking stuffers, and a family game for each child (foster child or child adopted through foster care) in their home, free of charge. Wrapping paper and tape are provided for families to wrap these gifts. And, our volunteers assist with shopping and the loading of vehicles with gifts selected by parents.

centraloregonfosterparentsassociation.org/candy-cane-lane-store

Breakfast with Santa

For 30 years, Assistance League of Bend has partnered with the historic Pine Tavern Restaurant in downtown Bend to provide a complimentary holiday breakfast event for foster families within Deschutes County. Over the years, the event has included special gifts for the children, face painting, cookie decorating and so much more. The public is also invited to attend.

assistanceleague.org/bend/philanthropic-programs/breakfast-with-santa/

ODHS Trunk or Treat - October - check with your caseworker for details 

Pregnancy Resource Center - Fall Free Clothing Give Away (September)

If you need baby supplies, stop by our office and we can show you around the boutique and will explain our Learn 2 Earn program. If it's easier, make an appointment online and we can get you signed up that way.

prcco.org/about/locations/bend-pregnancy-resource-center/

Activities, Camps, and Sports

Boys and Girls Club



The Club is a support system you can count on. Clubs offer affordable membership rates and are open when parents and caregivers need them most: during after-school hours and in the summer. At the Club, young people are met by caring, trained staff ready to ignite their interests, build their confidence and champion their great future.

bgca.org/get-involved/find-a-club/?lat=44.1137409&lng=-121.263026&address=97701#

Campfire Camps



Young people want to shape the world. Camp Fire provides the opportunity to find their spark, lift their voice, and discover who they are. In Camp Fire, it begins now. Camp Fire creates safe spaces where young people can have fun and be themselves.

We do this through a variety of powerful youth experiences and programs customized to meet the needs of youth, their families, and their local community. The common thread woven through all our programs is relationships. This is how we support young people as they navigate the challenges of growing up in the world today and learn the life skills they need to thrive.

campfireco.org/about/

Camp Eagle Cap



We are a faith-based organization offering a one-week wilderness camp in the summer for at risk kids ages 10-12. Our vision is to touch the hearts of these kids giving them hope and strength before they get to middle school.

campeaglecap.com/

Camp Erin



Camp Erin is the largest network of free bereavement camps in the country designed for children and teens ages 6-17 who have experienced the death of someone close to them. It is a weekend-long experience filled with traditional, fun camp activities combined with grief education and emotional support - led by grief professionals and trained volunteers. Camp Erin is offered free to all families.

oregon.providence.org/our-services/c/camp-erin

Activities, Camps, and Sports Continued

Camp to Belong

Camp to Belong exists to reunite brothers and sisters in a safe, neutral, weeklong camp environment that they would not have otherwise due to living in separate homes. If you are an adult that is interested in having siblings attend Camp to Belong next camp season, please send an email to Elizabeth Parker

elizabeth@kindredmatters.org

Please know that if the children you have in mind for camp are in ODHS custody, the application process includes the assigned ODHS caseworker.

camptobelongoregon.org

CODSN - Bike for Life

There's a sense of freedom in learning how to ride a bicycle. The wind in your hair, the ability to go farther than you could on foot. Through our annual Bike for Life Camp, your child can learn to ride in a safe, controlled environment. Our volunteers will walk them step-by-step into the joy, freedom, and great accomplishment of learning how to ride a bicycle.

codsn.org/bike-camp/

Every Kids Sport

At Every Kid Sports, we believe that every kid deserves the chance to play sports, regardless of their financial situation. Unfortunately, many kids miss out on the physical, social, and developmental benefits sports provide due to financial barriers.

Our program, the Every Kid Sports Pass, provides qualifying families financial support to pay their child's youth sports registration fees, up to three seasons, per year. And, it's kid's choice—every sport is 'in play.'

everykidsports.org/

Project Lemonade - WISH

WISH provides grants up to \$400 to offset the cost of activities associated with educational and enrichment goals. The WISH program serves youth ages 5 & up who have an open ODHS/DCYF Child Welfare case, receiving ILP services, or finalized Guardianship status within the last 3 years.

WISH request categories

1. Education: tutoring, laptops, learning tools, college needs, etc.
2. Enrichment: camps, extra-curricular activities, sports, music or art lessons, etc.
3. Overall self-esteem: cultural connection, specialty clothing, therapeutic needs, self-expression, etc.

projectlemonadepdx.org/programs/wish-what-inspires-students-hearts

Activities, Camps, and Sports Continued

Sparks of Hope Healing Camp



Sparks of Hope Healing Camps (sparksofhope.org) assist children and teens to overcome the barriers they face as survivors of abuse to become successful young adults. Without early intervention, child survivors have a high probability to tank their life because they feel broken, worthless, and unlovable.

You can reach out to [Lee Ann Mead](mailto:leeann@sparksofhope.org) by email at leeann@sparksofhope.org and let her know that you are interested in your child attending Sparks of Hope Healing Camp.

Wake the World - August



Each Foster Family gets their own boat and boat driver for the entire day. When the kids see this for the first time, "This is our boat all day? Yes, yes it is." Serious joy comes on their face. They get on the boat mid-morning, we serve them lunch and dinner (or dessert ;). WTW gives them an opportunity to learn how to wakeboard, wake surf, tube, try zip boards, and it goes on. WTW provides a day of fun doing whatever they want. WTW wants them to give them a day that brings joy, tons of smiles, and to let them know they are loved by so many.

waketheworld.org/central-oregon

Tangible Support (Clothing, Household, Food)

Cinderella's Closet - Assistance League of Bend

The Cinderella's Closet boutique offers Deschutes County high school students the opportunity to borrow from a large selection of hundreds of new and gently used long and short formal dresses, shoes, and accessories for school events.

assistanceleague.org/bend/philanthropic-programs/cinderellas-closet/

FAN (Tri-County)

To offer assistance, possibility and hope to Central Oregon families in need by connecting them with crucial resources that will help children flourish in school and in life. FAN is unique to Central Oregon, located in nearly all public schools across Deschutes, Crook, and Jefferson counties. Working through a dedicated FAN advocate, a child or parent is connected to essential services such as food, shelter, heating, health care, clothing and more.

familyaccessnetwork.org/project/advocates/

High Desert Food and Farm Alliance

HDFFA is invested in a just and equitable food system where people have access to quality fresh food regardless of their income level. We support a sustainable food system where our food is produced in ways that protect the health of the land, those who work it, and the families and communities who consume its bounty, and where anyone can access this food.

hdffa.org/

My NeighbOR

My NeighbOR is designed to connect goods and services from community members to families and youth impacted by child welfare. Supports available include educational supports, furniture, grocery assistance, and many other tangible goods.

Submit a request for support at everychildoregon.org/need

NeighborImpact SUN Bucks Summer EBT \$120 Grocery Benefit

School-age children may be eligible to receive \$120/child in grocery benefits during the summer months.

neighborimpact.org/get-help/get-food/

NeighborImpact Energy Assistance

We serve residents of Crook, Deschutes, Jefferson counties and the Confederated Tribes of Warm Springs. What energy types does the utility-sponsored program cover?

Electricity, Propane, Wood, Natural Gas, Oil, Pellets

neighborimpact.org/get-help/help-with-bills/energy-assistance/

Tangible Support (Clothing, Household, Food) Continued

ODHS Community Resource Fair and Clothing Swap



councilonaging.org/events/odhs-community-resource-fair-and-clothing-swap/

ODHS Temporary Assistance for Domestic Violence Survivors program



This program helps families experiencing domestic violence with moving costs and items to stay safe. We can help you and your children with temporary cash assistance so you can leave to stay safe from abuse.

oregon.gov/odhs/dv/pages/tadv.aspx?

Oregon Food Bank



Oregon Food Bank helps you and your family find food assistance. Search for a food pantry or pick-up site near you.

foodfinder.oregonfoodbank.org

Project Lemonade - Clothing



The Project Lemonade Store in Portland is open year-round to serve the needs of foster youth. The store provides a welcoming retail environment for youth ages 5-24 to shop, free of charge, for new and on-trend clothing, shoes, and accessories. Virtual shopping is available.

projectlemonadepdx.org/programs/project-lemonade-store

Summer Lunch Programs



Summer Meal Programs include the Summer Food Service Program (SFSP) and the Seamless Summer Option (SSO). Children and teens between the ages of 1 and 18 are eligible to receive meals at no charge under both of these programs. This link contains information that applies to both the SFSP and the SSO.

oregon.gov/ode/students-and-family/childnutrition/sfsp/Pages/default.aspx

Westside School Supplies - August



Join us for a fun-filled event with backpacks, school supplies, books, a hot dog lunch, bounce houses, haircuts, balloons, and face painting! Everything is free, with no registration required. Connect with community partners to access even more resources to start the school year right.

westsidechurch.org/all-church-updates/backtoschool/

WIC



Children in foster care ages 0-5 automatically qualify for WIC, regardless of the foster (resource) family's income levels. WIC provides foods to supplement the diets of pregnant & breastfeeding women, and infants & children under 5 years of age.

oregon.gov/oha/ph/healthypeoplefamilies/wic/Pages/index.aspx

Youth and Family Support

Foster Club



Foster Club is a nationwide resource for youth. Their organization offers peer support, training, resources, conferences, toolkits, health care support, and more for youth. A big part of Foster Club is bringing the youth perspective front and center in policy conversations. With this posture, Foster Club's Council develops policy priorities that will impact children and families nationwide.

fosterclub.com

Oregon Foster Youth Bill of Rights



Did you know that Oregon Department of Human Services has defined what every child as the right to?

"When I need to, I can contact my attorney or CASA advocate to help me and talk to them privately. If I ever need to do so, I can contact the Foster Care Ombudsman at Youth, Empowerment and Safety (Y.E.S.) 1-855-840-6036 or FCO.Info@state.or.us and talk to them about my problem."

sharedsystems.dhsoha.state.or.us/DHSForms/Served/de9014a.pdf

Oregon Foster Youth Connection (OFYC)



OFYC empowers current and former foster youth to share their voice and to be heard in key decisions affecting children and youth in foster care. With peer support, leadership skills, and civic engagement (policy change advocacy), these inspiring youth take the lead in improving their own lives and the lives of thousands of kids in Oregon's foster care system.

ofyc.org

Oregon Student Aid for Higher Education



The Chafee Education and Training Grant, Tuition and Fee Waivers, and other financial aid at the state and federal level ensure that foster youth will have access to higher education.

oregonstudentaid.gov/chafee-etg.aspx

oregon.gov/dhs/CHILDREN/FOSTERCARE/ILP/Documents/Financial-Aid-Foster-Youth.pdf

Youth and Family Support Continued

Oregon's Developmental Disability (DD) Services



For youth in foster care who are diagnosed with an intellectual disability, Autism, or Fetal Alcohol Syndrome, (alongside many other disabilities), a child may qualify for a one-on-one support person called a Personal Support Worker via Oregon's Developmental Disability (DD) Services. You can check out this program to get more information.

sharedsystems.dhsoha.state.or.us/DHSForms/Served/de0338.pdf

Project Lemonade - Fill the Gap Scholarship



While youth in foster care may have their tuition covered, costs outside of tuition like housing, transportation and books can be a financial barrier to success.

The Fill the Gap Scholarship is here to support youth with foster care experience in reaching their educational goals.

projectlemonadepdx.org/programs/fill-the-gap-scholarship

Windee Rose Foundation



Windee Rose Molnar, a former foster child. Inspired by her journey, her two sons created the Windee Rose Foundation to support foster children. Windee's emphasis on education drove them to give back, honoring her legacy and aiming to make a meaningful impact on foster care.

We are currently offering senior pictures to high school seniors in foster care through an application process. Our goal is to ensure that every senior in foster care has the opportunity to receive beautiful, professional photos they can cherish and be proud of.

windeerose.com/

Your Rights in Foster Care (by Youth Rights & Justice)



This guide is intended to answer some of the questions foster youth might have about legal rights, foster care, and about going to court. This booklet is intended to provide general information and may answer questions. It is not legal advice.

youthrightsjustice.org/youth-family-resources/foster-care

Youth Era



Youth Era works to provide accessible support services to all young people. They focus on direct service, training, and advocacy—the building blocks for creating lasting change for young people in communities across the country. Featured programs include drop-in centers, a crisis line, training, and virtual support.

youthera.org