

How to Help Youth in Foster Care



Become a Foster+ Parent

In addition to specialized training, Foster Plus means that you receive extra support from Family Solutions' team of mental health professionals 24/7. [Apply today](#) to get the process started!



Provide Respite Care to a Foster Parent

Interested in providing part-time foster care support? [Respite Care](#) means you take care of a foster youth overnight or for a weekend to provide much needed respite for full-time foster parents!



Sponsor a Foster Youth

Your financial gift will ensure access to extracurricular activities and enrichment opportunities for youth in foster care served by Family Solutions. A [monthly donation](#) of \$25 can pay for sports activities for an entire year!



Increase Awareness in our Community

Follow us on [social media](#), invite us to speak to your civic group, and support events that benefit Family Solutions. When you help us to reach more people, we are able to connect with even more people who may benefit from Family Solutions programs!

More questions? [Connect with our staff directly](#) to learn about Family Solutions Proctor Foster Care Program!