

FOCUS on Foster Families

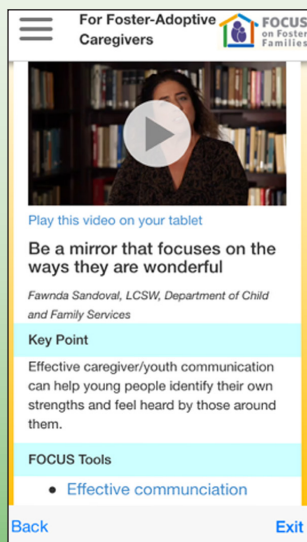
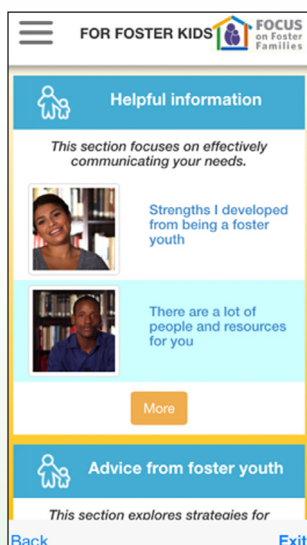


A new mobile application to help foster families, youth, and caregivers solve problems, set goals, and communicate effectively!

FOCUS on Foster Families features:

- > **Video interviews** of foster youth and parents sharing their experiences.
- > **FOCUS tools** and resources to help youth and parents learn new skills that support their resilience.
- > **Games** that teach youth about problem-solving, communication, and managing emotions.

Available **FREE** for mobile phones and tablets!
www.focusfoster.org



Use a reader app to scan the code above with your mobile phone and download the app today!

FOCUS (Families OverComing Under Stress) is a program that teaches families to use five related skills to build on strengths and overcome challenges. These skills are problem-solving, goal setting, communication, emotional regulation, and managing trauma and stress reminders.

FOCUS on Foster Families was designed by the UCLA Nathanson Family Resilience Center with support from the Anthony and Jeanne Pritzker Family Foundation.

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