



## Need encouragement? A meal? Care packages?

Foster Well wants to expand your support system by connecting you to some trained and vetted volunteers (Care Team) who can come alongside you with encouragement and practical help.

The Care Team leader connects with your family at least once a month either virtually or in-person. Depending on your family's needs and comfort level, it could look like:

- A fresh or frozen meal delivered
- Care packages for a new child
- Clothes/household items
- Calls/texts for encouragement
- Meet ups at a park / fun outings

If you have questions please reach out to Christine at:

**[christine@fosterwell.org](mailto:christine@fosterwell.org)**

You can also fill out a request for a Care Team on our website here:

**[fosterwell.org/care-team-referral](https://fosterwell.org/care-team-referral)**



**[fosterwell.org](https://fosterwell.org)**