



# 10 WAYS

to support foster  
and vulnerable  
families in your  
community

# 1

- Get to know them  
(Learn their names, invite them over,  
hear their story)

- Be Family  
(Invite them for holidays, call to check  
in, step in when support is needed)

# 4

- Pray for them  
(General or specifics)

- Give rides  
(Drive kids to school, appointments,  
work etc.)

- Bring a meal during tough times  
(When someone gets sick, when a new  
child arrives, start/end of school year)

# 7

- Help with the home  
(Offer to mow the lawn, weed the garden,  
put up Christmas lights, shovel snow,  
wash dishes, fold laundry)

- Grab groceries  
(Call when you're heading to the store and  
ask if they need anything picked up)

- Provide respite/relief  
(Take the kids for an hour, an afternoon, a  
day or a weekend to let parents recharge)

- Be a listening ear  
(Be a safe listener who isn't judgmental.  
Support, encourage)

# 10

- Build community  
(Bring others alongside to build a  
community of support)