



YOU COULD WIN \$100! ENTER FOSTERCLUB'S CONTEST:

How can foster parents help you stay healthy?

ENTER BY: Monday, March 15, 2018.

Are you a writer, artist, or performing artist who has been in foster care? Submit a short essay, poem, artwork, or a video (or any other creative work) and share your story, your opinion, or your recommendations - and you could win \$100! Your story could be published on FosterClub.com and inspire other young people or used to educate child welfare professionals and politicians!

THE TOPIC: How can foster parents help you stay healthy?

As a young person in foster care, your foster family or caregiver may help you stay healthy.... or maybe you wished they would have helped you with your health care. For example, maybe you have an ongoing health issue or mental health issue that you've had support with (or wish you would have had better support with). Or maybe a foster parent or caregiver has helped you connect to health care providers or other health resources in your community. Or perhaps you have an idea about how foster parents could be educated to support foster youth with staying healthy or mental health. We want your creative expressions about your own health care experiences with your foster family, what you wish you had, and what it means to you!

PRIZE(S):

- First prize: \$100 Visa gift card
- Second prize: \$25 Visa gift card
- Runners-up: FosterClub gear
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Winner and chosen entries may be featured on the FosterClub website and in FosterClub publications. All entrants agree to have their work shared on the FosterClub Website, social media, and other locations. FosterClub will protect the identity of entrants by only showing first name (if name is completely unique and identifies the entrant, initials may be used), age, state, and non-identifying portions of biographical information submitted with entry. Parents or workers with questions about how FosterClub protects youth identity and/or contest rules, please contact our staff at 503-717-1552 or contest@fosterclub.com.

Enter the contest at www.fosterclub.org!



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