



National Edition 4

New Year New Goals!

January Edition 2023

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It's a new year.. let's help make a better you! Welcome to iFoster's January newsletter. Let's jump-start 2023 with resources to help you through the new year, find a career that matches who you are and who you want to be, and hear from our Peer Navigators, who are energized to help you along your journey.

Resources for you

FREE Goal Setting Guide



Goal setting made easy—we have an app for that! Start 2023 off by watching this short video to

FREE Career Planning Tool



Do you want a job that is you? Try out Career Cruising! It is a tool designed to help you discover

iFoster's Life Coach Support



Are daily life issues getting in the way of you achieving your best SELF? Talk it over with our MSW

learn about SMART goals, and then use this handout to write down the goals you want to accomplish for the year to put you on the path to success. [Download your own SMART Goals Worksheet.](#)

your career interests while developing an educational plan to achieve your career goals. Click below to contact iFoster to set up your Career Cruising account.

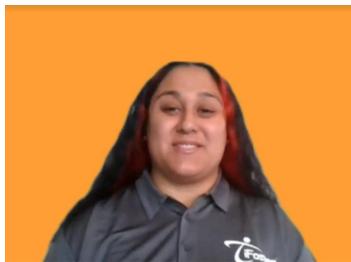
Life Coach, Shania. She is available by phone, text or email to help any iFoster member break through the daily grind to achieve their goals. If you are looking for a mental health therapist, she can also assist you in finding resources near you.

Watch: SMART Goal Tips

Start exploring careers today

Sign up to meet with Shania

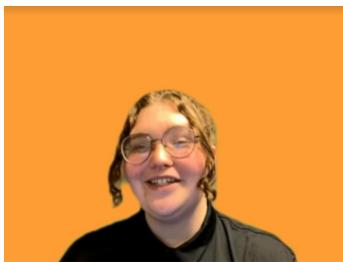
Self-Care Tips and Tricks



STOP. PAUSE. BREATHE. Learn why it's essential to pause and identify when and why you need to take daily self-care steps. Hear from Stephanie, one of our Peer Navigators, on self-care steps you can take today.

Hear from Stefanie about Self-Care

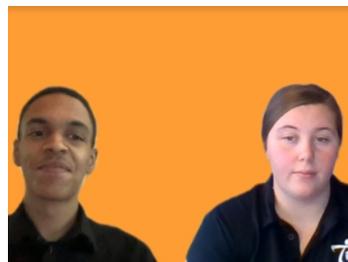
Healthy Food Guide



Did you know that YOU really ARE what you EAT?? Learn more about why eating healthy is vital as Gaia, our Peer Navigator, guides you through healthy eating choices, food portion importance, and how to read a nutrition facts table.

Hear from Gaia about Healthy Eating

Easy Money Management



Want more money? Using the Wise Pockets' method can help YOU pocket more change! Our Peer Navigators, Avante and Dymond, will guide you through this budgeting game designed to help you learn to budget and save more money.

Hear from Avante & Dymond on Budgets

4 Us By Us

Foster Youth Improve Lives

Our youth interns (Peer Navigators) made a huge difference this year— helping their peers as they transition out of foster care, stepping up to assist during disasters, and helping our most vulnerable residents get the healthcare they need.

- Over 75,000 CA's most vulnerable residents received daily life-saving and preventative medical appointments and vaccinations through our call center.
- 200+ new resources have been added to the iFoster resource portal to help youth and caregivers thrive.
- Connected more than 5,000 transition-age foster youth in CA, KY and WA to the resources they need to transition to independence successfully.
- Fielded over 500 calls for disaster relief in KY, MS, and FL to set families up to receive disaster clean-up after floods and hurricanes

Check out this video to see the positive differences; our Peer Navigators have been changing the narrative and breaking barriers in their communities!



Want to make a difference too? Join iFoster or become a Host Site:

iFoster is hiring over 200 interns in 2023. Our interns serve ten-month paid internships in our TAY AmeriCorps Peer Navigator program. This program is designed to develop interns professionally as they help their peers - other foster youth - obtain the resources they need to graduate high school, persist in college, get a job and become self-sufficient. If you live in CA, KY, NV, OH, New York City or WA and are a current/former youth in foster care ages 18-26 interested in helping your peers, [see the flyer and complete the interest form here.](#)

iFoster is looking for HOST sites in 2023. Are you an agency/organization looking to expand your capacity (at no cost to you!) while providing a meaningful work experience —for foster youth? If so, then apply to become a TAY AmeriCorps host site! iFoster trains over 200 TAY AmeriCorps Peer Navigators annually, but we need host sites for these internships. Since its launch in 2019, iFoster's TAY AmeriCorps has helped connect over 30,000 transitional-age foster youth to vital resources. During the pandemic, they helped over 65,000 low-income CA residents and foster youth get vaccinated. The program won [Best New AmeriCorps program](#) and is expanding to 6 states in 2023.

[Complete this interest form](#) if you are a program or agency serving foster youth and are interested in having interns help connect your clients to resources.

Did You Know?

Tax Credit Info

Here is a tip to put some extra \$\$ in your pocket this year.

Did you know...if you file taxes, you could be given \$\$ through a refund?? Filing your taxes is an excellent way to meet your financial goals in 2023.

Most young people qualify for tax credits even if they haven't earned the minimum income required to file taxes. Don't lose out on FREE \$\$; file your taxes! You've earned it!

LET US HELP YOU get your documents ready now to file your taxes! Our partners at John Burton Advocates for Youth created this [checklist](#) to help you have everything prepared to file your taxes.

Coming soon, iFoster will be able to assist you with Free Tax Filing.



iFoster is Hiring!

iFoster is growing, and we are looking for passionate community members to join our team! We are hiring Regional Leads in OH, NYC and WA and a Government Benefits Counselor with a focus in CA. [Please read our job descriptions](#), download, share and or APPLY!



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For more information, please contact: iFoster Support at
855-936-7837 / text 530-550-8001/ support@ifoster.org
Must be an iFoster Member/ Register at www.ifoster.org, it's free!

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