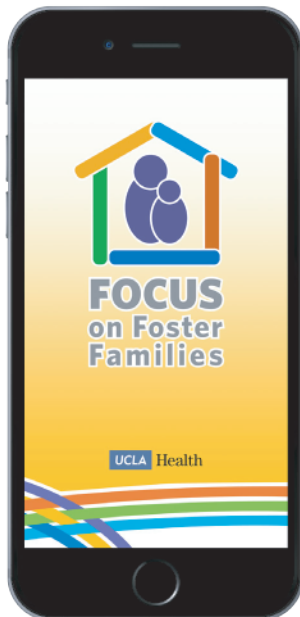


FOCUS on Foster Families



FOCUS on Foster Families is designed to support foster youth and their caregivers. This new app brings FOCUS Family Resilience Training skills to families where they live, work and play.

Our app features:

- > **Guidance** from experts.
- > **Insight** from real foster/adoptive youth, caregivers, and mentors.
- > **Examples** to help families overcome common challenges.
- > **Games** to help youth and families build skills that support resilience.

FOCUS 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.

**Available FREE for Mobile Phones and Tablets
from the iTunes App Store and Google Play Store!**



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