



embrella®  
Embracing & Empowering Families

We Are Here **For You**

SERVICE REMINDER



www.embrella.org



support@embrella.org



Information Line: 800.222.0047

# HELLO FROM YOUR FRIENDS AT EMBRELLA

We're a New Jersey foster care nonprofit 501(c)3 organization that provides services, support, and training opportunities for you and your family. We help children who are, or were, in care by offering programs to support them from childhood to young adulthood. Our mission is to provide advocacy and enriching programs and services to empower families and youth to thrive. Please take a moment to browse through our free offerings and be sure to reach out to us if we can be of help. We are here for you!

¿Se necesita apoyo o servicios en español? ¡embrella está aquí para ayudarle! ¡Contáctenos hoy a 800-222-0047!



## Community Education + In-Service Training Hours

As a caregiver, you need to meet the state's in-service training requirements in order to stay licensed, but you don't want to waste time on courses that aren't relevant to your needs. embrella offers numerous training opportunities, so you can choose the topics that will be most helpful to you and your family. By attending our community workshops, or taking our webinars, e-learning courses, or home correspondence courses, you'll gain valuable information that will help you become a more confident and skilled caregiver, even in the most stressful situations. Some of our most popular courses are:

### COMMUNITY WORKSHOPS/WEBINARS ▶

**Resource Parents and Youth Can Attend Court:** Secure an understanding of New Jersey legislation and how it affects resource caregivers and youth attending court hearings such as the family's permanency hearing.

**Understanding and Supporting Adolescents in Care:** Discuss issues that arise for adolescents in care as they relate to education, employment, housing stability, culture and community life, transportation, health care and life skills as well as gain strategies to help you support and mentor the adolescent in your care.

**Visitation: A Path to Healing:** Gain skills to assist in preparing, aiding, and addressing concerns while also gaining techniques for handling concerns that may arise when a child has their family time.

### E-LEARNING COURSES ▶

**Child Safety Essentials I & II:** Learn how to keep children safe whether indoors or outdoors by learning risk factors that children may face in and outside of the home.

**Affirming & Inclusive Love: Embracing LGBTQI+:** Gain an enhanced understanding of the LGBTQI+ community and our youth who identify in one or more of these groups.

**The Multicultural Family I & II:** Know how to handle challenges that arise when caring for a child or youth of a different race or culture while also gaining skills to manage awkward or intrusive questions.

“ This training was powerful and right on point. It should be mandatory for all resource parents...The format of presenting hypothetical scenarios and asking the participant to respond to open ended questions about how they would respond in such a situation was really great! Keep up the good work!

### HOME CORRESPONDENCE COURSES ▶

**Balancing Love and Loyalty:** Learn about the connection between boundaries and kinship care and identify strategies to help set and maintain healthy boundaries as you adjust to your new role as a kinship caregiver.

**Teaming with Birth Families for Success:** Gain skills in building positive working relationships with families and learn tips for working with reluctant families and helping children transition home.

**Understanding Trauma & Resilience I & II:** Increase your awareness of trauma by learning its themes, while obtaining strength-driven approaches that are geared to support children and youth in building a resilient mindset.

For a full course listing and in-service training hours requirements, please visit <https://www.embrella.org/free-foster-adoptive-kinship-parent-training-nj/> or call 800.222.0047.

\*Unless otherwise noted, all programs are offered to families throughout the entire state of New Jersey. embrella's programs for caregivers, the NJFC Scholars program, and the PACES program are funded through contracts with the state of New Jersey. All other embrella programs are offered through the generosity of our donors. Some offerings may be subject to change throughout the year; please visit [www.embrella.org](http://www.embrella.org) for the latest information.



## Family Support

Children and youth in care are innocent victims of unfortunate circumstances. But they are not alone. You provide the care and support needed at a critical time in their lives, which is why we believe in supporting you as you help them overcome difficult beginnings to lead happy and productive lives.

### CONNECTING FAMILIES MEETINGS ►

Connecting Families meetings give you the chance to share your experiences, challenges, and successes as a caregiver in a safe and supportive environment. Join our welcoming community where you can connect with other caregivers who understand your situation. Visit <https://www.embrella.org/foster-parent-support-group-meetings-nj/> for an up-to-date meeting schedule.

### HEART TO HEART MENTORING ►

Prefer to talk to another caregiver one-on-one? embrella's Mentors provide extra support, encouragement, friendship, and guidance. They understand the concerns, issues, and daily challenges of being a caregiver because they're one too. If you would like a Mentor, or if you'd like to volunteer as a Mentor, please visit <https://www.embrella.org/heart-to-heart-mentoring-program/>.

### FAMILY SUPPORT ADVOCATES ►

Sometimes you just need someone to listen. Other times, you need someone to accurately answer your questions, give you good advice, and direct you to useful resources for you and your family. embrella's Family Support Advocates do all of this and more. From explaining CP&P policy or telling you what to expect during an IAIU investigation, to comforting you when a child leaves your home or celebrating with you on adoption day, they are there for you. Visit <https://www.embrella.org/family-support/> to get to know your Family Support Advocate.

“ I found them to be very knowledgeable, caring, sensitive to the situation with my baby granddaughter. I think they did a great job!

“ embrella is empathetic to the needs of the resource family. They are an excellent source of information and support.



## Programs for Children + Youth

Our programs for children and youth who are, or were, in care promote feelings of belonging and boost their self-esteem, allowing them to grow into happier, more self-sufficient adults.

“ As a result of having this wonderful opportunity for riding camp, she has become a volunteer at the farm 5 days a week. She has an amazing gift with the horses and has become confident and in control when she is with them... She was told that she has made more progress than anyone in that amount of time...It is absolutely amazing, and I love watching her ride. Thank you so much for the opportunity.

“ She loved the recital the most! She enjoyed everyone cheering her on, dressing up in her pretty colorful costume, and the positive attention she received for performing and doing well...other people have come to know her in the community from the dance recitals! This helps motivate her to be a little more sociable and build up her self-esteem.

### FOSTERING WISHES ►

Fostering Wishes helps caregivers pay for the little extras that are a big deal to their kids. Funds are used to pay for school yearbooks, senior class rings, prom tickets, art or music lessons, camp registrations, scouting expenses, and much more. Please visit <https://www.embrella.org/wishes-grants-foster-children-nj/> to apply.

### DREAMERS AND BELIEVERS ►

Dreamers and Believers provides enrichment experiences for children and youth (up to age 21), who are, or were, in care. Young people can choose to pursue their dream based on exceptional skill, ability, or interest. Dreams granted include horseback riding camp, dance lessons, sports training, and more. To learn more, please visit <https://www.embrella.org/enrichment-for-foster-children/>.

### CAMP SCHOLARSHIPS ►

embrella's summer camp scholarships give children in care the chance to attend a week of overnight camp where they can have fun, build confidence, and make memories that will last a lifetime. Visit <https://www.embrella.org/summer-camp-scholarships-nj-foster-children/> to find out more.



# Private Scholarship + Opportunity Grants

It's a common misconception that young people who are, or were, in care attend college for free. Unfortunately, this is not the case, so it's best to prepare early. embrella's programs for adolescents can help.

embrella offers academic scholarships & opportunity grants for high school seniors who are, or were, in care. These awards help these students with expenses associated with attending college or technical school or living on their own. For a list of scholarships and grants offered and to apply, visit <https://www.embrella.org/nj-private-foster-scholarship/>.

**“ As a first-generation student, education is extremely valuable to me. Thanks to generous scholarships like yours, my dreams are becoming plans. I plan to become a teacher to share my passion and commitment to...helping others.**

**“ I feel as though there's a stigma about children who are like me. That we won't amount to anything in life, or that we don't have what it takes to go to college, due to personal family backgrounds, or just history. But it's very heartwarming to know you see us, and you see right through the challenges and obstacles we had to take on to get where we are now.**

Other programs embrella offers for adolescents include:

## NEW JERSEY FOSTER CARE (NJFC) SCHOLARS PROGRAM ▶

NJFC provides funding for eligible youth who have experienced a CP&P out-of-home placement, CP&P independent living arrangement or transitional living program and are seeking a post-secondary degree at an accredited two-year or four-year college, university, or a career/technical school. Visit <https://www.embrella.org/njfc-scholars-program/> to find out if your youth is eligible.

## PATHWAYS TO ACADEMIC + CAREER EXPLORATION TO SUCCESS (PACES) ▶

PACES serves NJFC Scholar-eligible adolescents between the ages of 16-21 as they transition out of high school in the following counties: Hunterdon, Middlesex, Somerset, Mercer, Monmouth, and Ocean. This referral-based program offers coaching in soft skill development and decision-making processes, researching and utilizing community resources, applying for jobs and colleges, completing the Free Application for Federal Student Aid (FAFSA) and much more. For details, please visit <https://www.embrella.org/foster-youth-coaching/>.



# The Life Book

Every child deserves to write their own story. embrella's Life Book is the perfect way to capture memories with the child or youth you care for, while creating new ones together that they can take with them as they go. Life Books help young people remember important people and events in their lives, giving them a sense of identity and belonging. Visit <https://www.embrella.org/life-books/> or call 800.222.0047 to request a Life Book or to learn more.

We hope you've found this information useful and that we see or hear from you soon. Remember, we're here for you in both challenging and happy times. Please don't hesitate to reach out to us with your caregiver questions or concerns. We look forward to helping you and your family!

P.S. Caregivers and their friends often ask us what we need, as a nonprofit, to keep our privately funded programs for children and youth in care going strong. If you, or someone you know, would like to help, here are a few things you can do that cost nothing but can mean everything:

### Follow us on social media and share our posts!

 [www.facebook.com/embrella.nj](http://www.facebook.com/embrella.nj)

 [www.instagram.com/embrella.nj/](http://www.instagram.com/embrella.nj/)

 [www.youtube.com/embrella](http://www.youtube.com/embrella)

Create a birthday fundraiser for embrella on Facebook. Here's how to get started: <https://www.facebook.com/fundraisers?birthday>.

Select embrella as your charity of choice on AmazonSmile: <https://smile.amazon.com/>. Amazon will make a monetary donation to us for every item you purchase.

**Had a great experience with us?** Tell your friend, your boss, your cousin, etc.-even if they're not a kinship or resource parent - or review us on Google, Facebook, or <https://greatnonprofits.org/>. The more people who know about the work we do, the better!



*Best Wishes,  
your friends at embrella*



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