
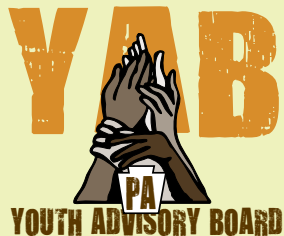


Welcome





The Pennsylvania Youth Advisory Board (YAB) who are current or former foster care youth created this book for you.

A thick, dark grey road with a dashed white center line winds from the bottom left towards the top right of the page. The background is a solid light green color.

Welcome...

To the recipient of
this very special book,

We have traveled this road before you. We know what it's like to experience foster care. We want you to know that you are not alone, and many of us share your story. Don't give up; the beginning is always the hardest. Good things come to those who believe, better things come to those who are patient, and the best thing comes to those who don't give up.

Sincerely,

The Pennsylvania Youth Advisory Board

WELCOME



You

Matter!

Rules For Entering

- Ask about the Do's & Don't's about DHS.
- Always think positive about the situation that your in.
- Own your actions.
- Be active, Join every programs if you can.
P.S Y A B join Now
- First job is to ask questions about everything.
- Ask DHS about YOUR RIGHTS!!!
- Make sure that your voice is heard. Attend all of your courts.
- Be mindful and take advantage of everything in the system.

Often it's the
deepest pain which
empowers you to
grow into your
highest self.



you
are loved!
you are cared
about!

you are
not alone!
you are important!
you do matter! your voice
will be heard!
Stay positive! You are
worthy!
You are not
different!



It may be hard, But
it is worth every
sleepless night and
every shed tear.

STALE

Adresse

M

POST CARD

Carte Postale

POSTKART

BRIEFKAART — POSTKAART

CARTOLINA POSTALE — ОТКРЫТОЕ ПИСЬМО — TARJETA

As you begin
this Journey...

STAL

POSTKA

TARJET

... Remember that
the power to change
your path lies with

you!



Every
Thing will



be
okay





Dream Big,
say please and Thank you,
Try your Best,
Be Greatful,
choose to be 'happy,
smile, Hug often, offer
to help, sing, laugh, Dance
and Remember you
are loved



The difference in
winning and losing
is most often not
quitting



Positive



We must be willing to
let go of the life
we have planned so
as to accept the
life that is waiting
for us.





It's hard to realize
that the people we
love are the ones who
can hurt us the most.
But forgiving is half
the healing.



I DIDNT KNOW
WHERE I WAS
GOING, UNTIL
I GOT THERE



If you're brave enough
to say goodbye, life
will reward you
with a new hello

It's never too late
never too late to
start over, never
too late to be
Happy!





We



Love



you!

Keep your

Chin up,

You are not

alone.



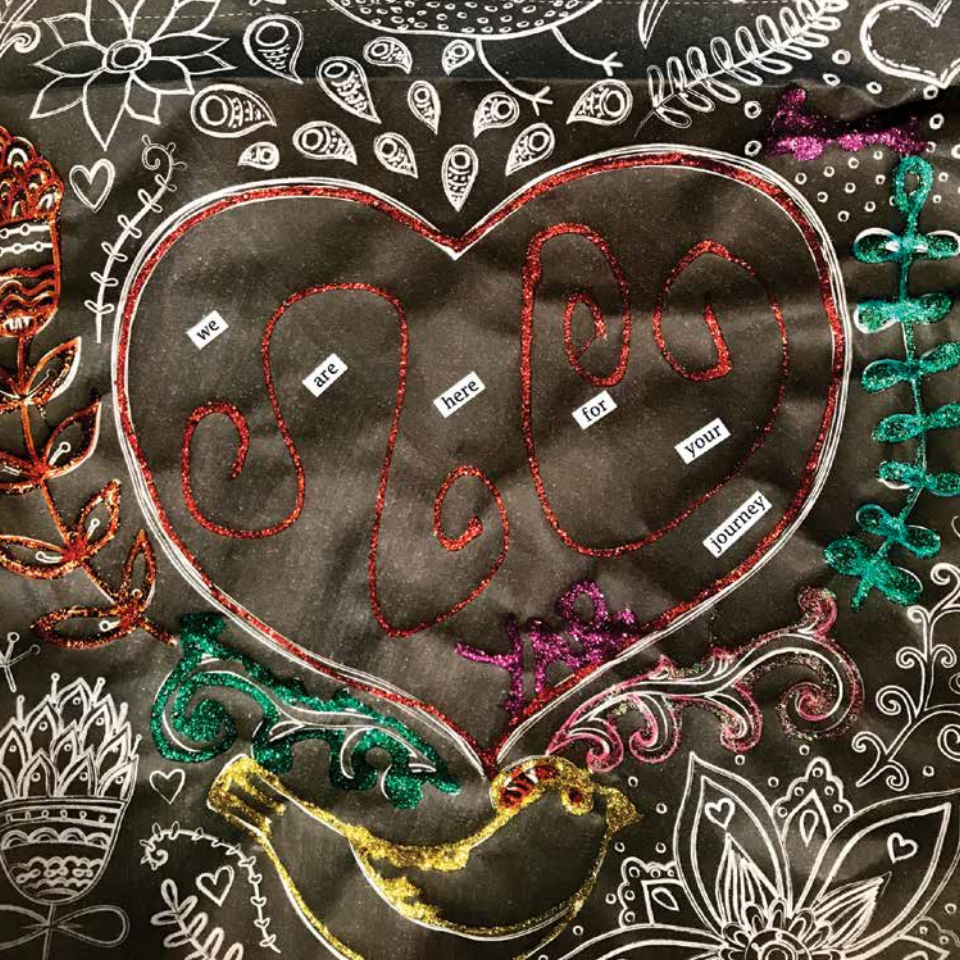
I know you might be scared

and worried right now, but it's going

to be ok. There are good people who

want to help you!





we

are

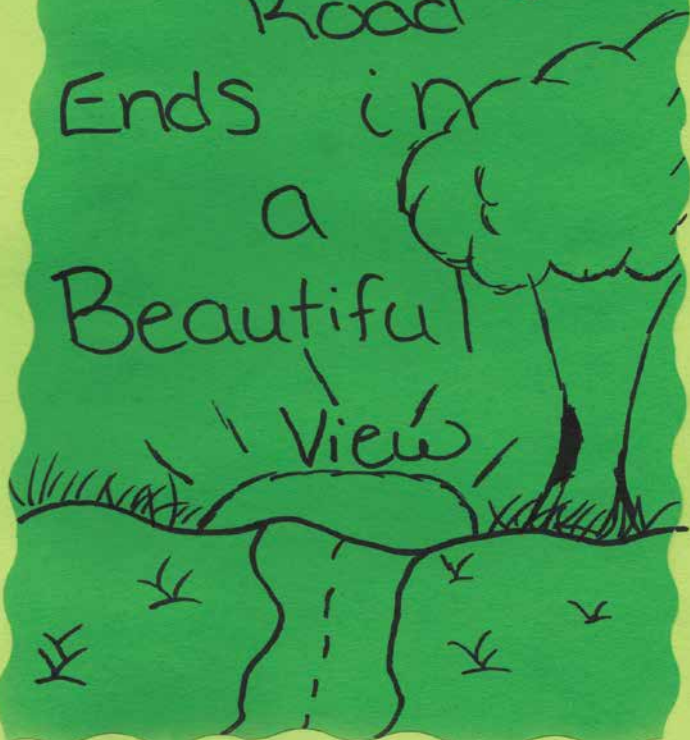
here

for

your

journey

Every Rough
Road
Ends in
a
Beautiful
View



Life is a windy road of unforeseen events. Ones that you think will tear you down. In the end all terrible events turn to something beautiful and valuable. At the end of your journey your story is one you can use to change the future of the foster system. Your struggles will become your triumph. Just know through the journey ahead you are never alone.

Sincerely,
The Pennsylvania
Youth
Advisory
Board

Today you start a new
chapter in your life...

Make the most of it.





YOUR HEART
IS A MUSCLE
THE SIZE OF
YOUR FIST. KEEP
ON LOVING
KEEP ON FIGHTING
AND HOLD ON.

You

are

Special



You are probably
feeling scared,
worried and sad
right now but
just remember,
you are special
and you are loved

I know this might seem


sorry, but it's going to be

OK. Keep your chin up!



This is your new beginning, a fresh slate. You will make new friends to have fun with and make memories. You can play sports & join after school activities. People always think care is all bad but there are good to it. Remember to stay positive and find the fun in all situations.



Good luck - 

Someone who was in your shoes.



A New

Part

Of Life

is

Starting

Things will get rough, but
they won't stay rough. You may
feel like you have no voice, but
You do. You may feel completely
alone but we are here!

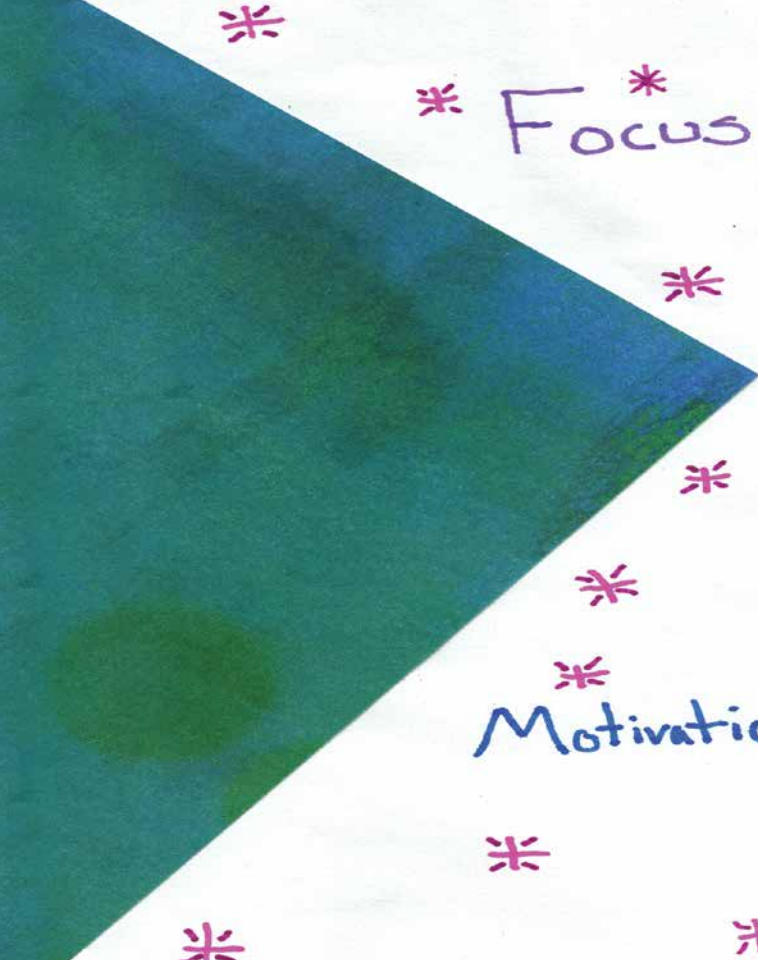
Love,
Pennsylvania Youth Advisory Board

It's not where you've
been, but it's where
you're going; it's not
who you were in the
Past, but it's who
you are today.




You might be
temporary in their lives.
They might be
temporary in yours.
But there is nothing
temporary about the
Love of the Lesson





Focus

Motivation



When you focus on problems,
You'll Have more problems,
When you focus on possibi-
lities, You'll have more
opportunities. Stop getting
distracted by things that
have nothing to do with
your goals. Prove to everyone
in the world that you can
do the Impossible 😊



Sometimes what we need is
not a push but rather a pull
to keep going.





I'm sad, hurt, angry, mad, and disappointed. But you know what? I'll put on a smile and move on. It will hurt, but I'll survive.



Here

Your

Journey



BEGINS!



Right now you have
the power to say
"I will Not Let
This Story End
Like This"

Welcome,

This isn't the best thing to happen in life. But I'm here to tell you that you can make it through these tough times. The people who work in this field are some of the nicest & caring people you will ever meet. I know it's scary but just trust me it gets better and you are not alone there are thousands of other youth in the same situation. Smile everything will be alright. 😊 Just take things day by day, slowly.

P.D.

you're never alone

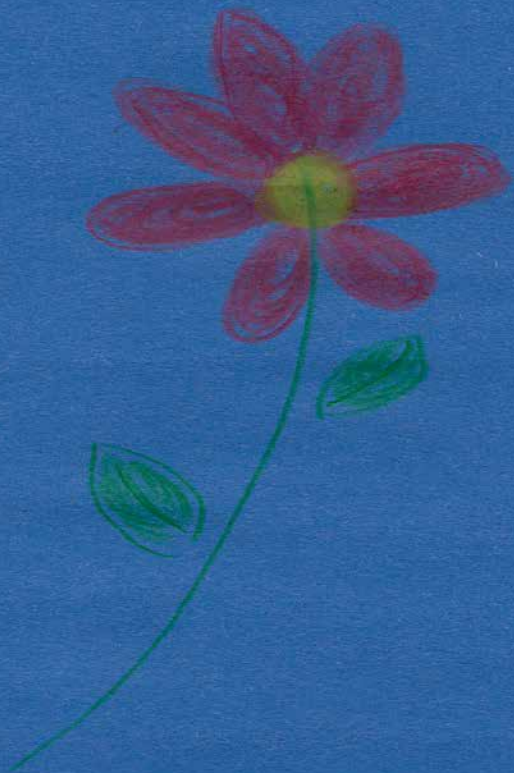




I walked
in your shoes
too.

There is nothing better
than the satisfaction of
being loved and accepted







It's all about quality
of life and finding
happiness



You are Special

And We Care about

you. Look for the

Positive in every

Situation!

Not only must we be
good but also be good
for something.



PCYA

Pennsylvania
Children and
Youth
Administrators



pennsylvania
DEPARTMENT OF HUMAN SERVICES



