



# Working with Foster Youth in Transition? Bring FLUX Training to Your Community!

Are you ever concerned that youth who are transitioning from your care have not been adequately prepared for the emotional journey ahead of them?

Do you ever feel that you may not be the right person to advise them on the harsh realities of the journey they will navigate in their relationships, their identity formation or their support networks?

If you talk to most alumni, they will say they were ill-prepared to anticipate and strategize for the precarious phase between being a dependent foster youth and a healthy, independent adult.

Alumni looked back and asked themselves, "What do I wish I had known?"

The result is the book, FLUX: Life after Foster Care that many states and localities are securing as a new resource for their young people.

More than 100 alumni created this thoughtful and heartfelt guide to help their younger brothers and sisters in care. We hope you have bought it for your youth in transition! (See below for more information on how to order FLUX.)

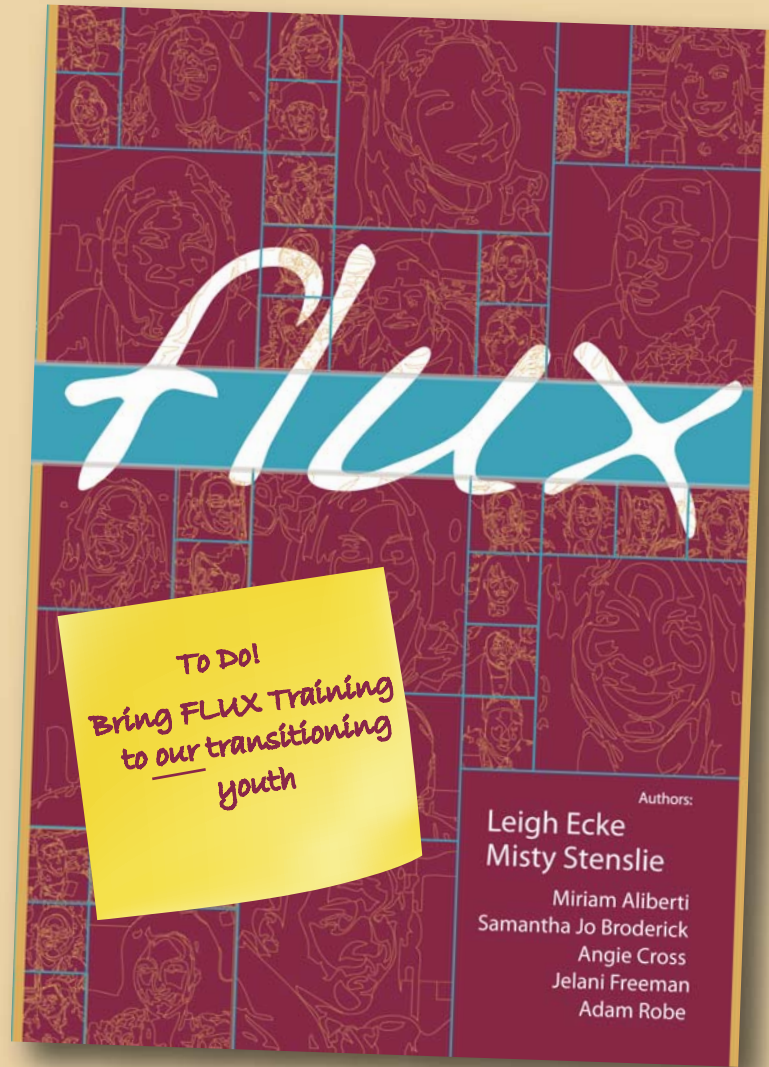
**Now you can bring the ideas of FLUX to your youth in transition by bringing the new FLUX Training directly to your site.**

FLUX Training is a customized, one-day, interactive program that is:

- Delivered at your site,
- Led by alumni as session facilitators, and
- Ideally suited for foster youth ages 16-24.

FLUX Training guides youth to better address real-life issues, including:

- Navigating biological family,
- Building support networks,
- Developing healthy boundaries in relationships, and
- Developing a healthy identity.



*"Being able to meet everyone and hear their stories and situations [let me know] I'm not the only one dealing with this. I learned a lot about myself and it opened my mind."*  
– FLUX Training participant from Washington state.

**For more information on scheduling FLUX Training for your youth, contact:**

Foster Care Alumni of America  
703-299-6767  
admin@fostercarealumni.org  
www.fostercarealumni.org

To read a sample chapter of FLUX: Life After Foster Care, visit:  
[http://www.fostercarealumni.org/userfiles/file/flux\\_excerpt\\_bio\\_family.pdf](http://www.fostercarealumni.org/userfiles/file/flux_excerpt_bio_family.pdf)

To order a copy of FLUX, visit: <http://www.fostercarealumni.org/store> and order securely online,  
or call the FCAA office at 703-299-6767.

If you are ordering 10 or more, call for a volume discount.