

Foster Care Resources

Education Resources

Treehouse is a Washington state-wide organization that provides youth in foster care in Washington with academic & other essential support they need to graduate from high school & pursue their dreams.

Washington Passport Network is a statewide collective impact initiative committed to supporting students from foster care and the adult professionals they rely on. They empower professionals supporting students from foster care and unaccompanied homeless youth with information, knowledge, and tools to improve practices and student outcomes.

SchoolHouse Connection is a national non-profit organization working to overcome homelessness through education. We provide strategic advocacy and practical assistance in partnership with early childhood programs, schools, institutions of higher education, service providers, families, and youth.

Office of Education Ombuds (OEO) was put in place to reduce the opportunity gap by supporting families, students, educators, and communities in understanding the public K-12 education system and resolving concerns collaboratively.

Washington Association of Child Advocate Programs is a program to develop the capacity of local Child Advocate/GAL programs to advocate for abused and neglected children through training, networking and technical assistance.

The Multi-Tiered System of Support (MTSS) helps to ensure students benefit from nurturing environments and equitable access to instruction and supports that are differentiated to meet their unique needs

Local/National Crisis Resources

HearMeWA is a free, 24/7 helpline for Washington youth up to the age of 25 with a problem that is big or small or if they are not sure it is a problem at all, they can get help and support with. They connect youth anonymously to train counselors and local resources.

211 Washington is a free confidential community service and a one-stop connection to local services like utility assistance, food, housing, health, childcare, after school programs, elder care, crisis intervention and much more.

988 is a nationwide phone service where people can call for themselves or others experiencing a mental or behavioral health crisis.

The Washington State Health Care Authority website contains a directory of local crisis lines for each county in the state.



General Family and Youth Resources

Family Reconciliation Services (FRS) is a voluntary Washington State program that serves runaway adolescents and youth in conflict with their families.

Washington Recovery Help Line 1-866-789-1511 is an anonymous and confidential helpline (24/7) if you or a family members have substance abuse disorders.

The Strengthening Families Program for parents and youth (aged 10-14), is an evidence-based parent, youth, and family skills-building curriculum.

Family Alliance Foundation Network is an organization focused on supporting families in every stage of life. They offer a comprehensive range of services that extend beyond parenting. Their work is especially impactful for parents of at-risk youth with challenging behaviors.

Route 21 is young adults with lived experience in foster care who are paid to mentor youth currently in foster care from ages 13 to 21. They have weekly meals and monthly fun outings.

Violence Intervention & Prevention Resources

Local Domestic Violence / Sexual Assault Centers: Each county in Washington has a community sexual assault and/or domestic violence program that provides community-specific resources and support to young people and adults.

The National Human Trafficking Hotline connects victims and survivors of sex and labor trafficking with services and supports to get help and stay safe.

National Sexual Assault Hotline is a 24/7 hotline for survivors and victims of domestic violence and sexual assault.

The King County Sexual Assault Resource Center includes a wealth of helpful resources for people all over Washington State, including curriculum that helps educators teach about prevention.

Right to Be (formerly Hollaback) is an organization that offers online bystander intervention training that helps the community understand when and how to step in.

She Safe, We Safe: Transformative movement to put an end to the different forms of gender violence that Black women, girls, femmes and gender non-conforming people face everyday.

Mental Health Community Practices

[Kids Mental Health Pierce County](#) is a group of agencies and professionals dedicated to improving child and adolescent mental health treatment and prevention in Pierce County.

[Teen Link](#) is a hotline available to teens throughout Washington State. Teenage volunteers are available to discuss a wide range of topics (bullying, drug and alcohol abuse, relationship issues etc.)

[Charlie Health](#) offers personalized, intensive online therapy for those looking for support. Especially good to know for youth in rural areas.

[The Partnership Access Line \(PAL\)](#) (from Seattle Children's) is a state-funded program providing mental health consultation for questions such as diagnostic clarification, medication adjustment or treatment planning.

[The UW CoLAB Navigator Program](#), which has a pretty comprehensive training, the navigator is responsible for developing and maintaining a list, one of the first things they do is a bunch of outreach to confirm who/what the local resources are.

[Psychology Today Directory](#): This is one of the largest online directories for therapists, psychologists and mental health providers.

[Ditch the Label](#) is a group that provides digital safe spaces, direct support, and education for young people with issues such as bullying, mental health, relationships, identity etc.

[National Alliance of Mental Illness \(NAMI\)](#) is a nonprofit organization that provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.

LGBTQ+ Youth Resources

[Washington State LGBTQ Commission](#) works to improve the state's interface with the lesbian, gay, bisexual, transgender, queer, two-spirit, and intersex community, identify the needs of its members, and ensuring that there is an effective means of advocating for LGBTQ equity in all aspects of state government.

[PFLAG](#) is a nationwide organization dedicated to supporting, educating, and advocating for LGBTQ+ people and their families.

[Gender Spectrum](#) is a national organization committed to the health and well-being of gender-diverse children and teens through education and support for families, and training and guidance for educators, medical and mental health providers, and other professionals.

[Lambert House](#) is a community center for lesbian, gay, bisexual, transgender, and questioning youth in the greater Seattle Washington area.

GLSEN Washington State helps create LGBTQ+ student-led clubs and GSAs (Gender and Sexuality Alliances) are leading the work to create safe and LGBTQ-inclusive schools, and student organizers are the nation's most powerful base for creating change.

Gay City: Seattle's LGBTQ Center is Seattle's LGBTQ Center that creates access and connections to LGBTQ affirming resources wellness and community.

Rainbow Center is a center in Tacoma that expands resources and a safe space for lesbian, gay, bisexual, transgender, queer, questioning, two-spirit, and allied (LGBTQ2SA) community.

Ingersoll Gender Center is an organization in Seattle by, and for transgender and gender nonconforming people that provides mutual support through peer led support groups, advocacy in navigating resources, community organizing, and education all in the pursuit of collective self-determination.

Palouse Inland Oasis is a volunteer organization in Pullman providing support to the LGBTQ+ Community and our Allies on the Palouse.

RAINS (Rainbow Advocacy Inclusion & Networking Services) seeks to empower, educate, and advocate for the RAINBOW (LGBTQ+) community and its allies in Cowlitz County and surrounding areas.

Odyssey Youth Movement is a youth-led, adult-supported organization committed to creating, sustaining, and advocating for affirming LGBTQ youth communities in Spokane.

Stonewall Youth is a youth-led organization that empowers LGBTQ+ youth to speak for themselves, support each other, educate our communities, and work for social justice in Olympia.

Queer Youth Resource Center is a non-profit organization committed to the mission of serving lesbian, gay, bi, pan, trans, nonbinary, intersex, asexual/aromantic, queer, and questioning (LGBTQ+) youth ages 12-24 and their allies in Vancouver and the greater Southwest Washington area.

GLOBE Youth is a welcoming, diverse, and open-minded place youth - ages 14 to 20 years - who identify along the LGBTQIA+ spectrum in Everett.

The Space is a special gathering place for Yakima-area Lesbian, Gay, Bisexual, Trans, Queer, Questioning, and allied youth between the ages of 13 and 23. Here, youth can feel safe and connect with peers and resources.

Harbor Include is a weekly social gathering program for LGBTQ+ teens and their friends ages 13 - 18 in Grays Harbor.

BGLAD is a weekly drop-in social support group for youth in Bellevue, established as a welcoming and affirming space for people exploring or seeking support for their identities.

Triple Point Youth [Walla Walla](#), [Vancouver](#) is a local program for LGBTQ+ (lesbian, gay, bisexual, transgender, questioning, intersex) youth and youth allies, 13-18 years old in Walla Walla and 11-18 years old in Vancouver.

[Kent Youth and Family Services OKAY!](#) is an open support group for youth ages 13–19 who identify as LGBTQ+. Allies of LGBTQ+ youth are welcome too.

[Gender Justice League](#) is a civil and human rights organization that focuses on elevating the rights of trans & gender diverse communities in Washington State and beyond.

[Diversity Alliance of Puget Sound](#) serves the trans and gender diverse community of Washington State through direct service and financial and material assistance programs. We work to provide resources, education, a safe space for our community to be their authentic selves, as well as, financial support.

[Pizza Klatch](#) is a support group for LGBTQ+ youth and their allies that is held in classrooms during lunchtime at [participating high schools](#).

[Reel Queer Youth](#) is a video production and media literacy program for LGBTQ+ youth and allies grades 9-12 in Seattle.

[Diverse Harmony](#) is a choir for 10 to 18 and identify as LGBTQIA+, queer, or BIPOC along with their parents, friends and allies.

[Camp Ten Trees](#) is Pacific Northwest's only residential summer camp programming for lesbian, gay, bisexual, transgender, queer, and questioning (LGBTQ) youth and their allies and for children/youth of LGBTQ or non-traditional families.

Foster Family Support Resources

[Amara](#) is a nonprofit committed to positive long-term outcomes for children and families. They drive systemic change, promote healing, and advance racial and LGBTQIA+ equity, by offering programs and services to families engaged in foster care, and to adoptees and families, post-adoption.

[Community Youth Services](#) is a non-profit that provides an array of services to help a wide range of youth: those in foster care, those who need help finishing their educations or getting a job or finding a safe place to live, and those seeking meaningful ways to connect with society in a positive way.

[Alliance for Child Welfare Excellence](#) is an organization that works to increase the capacity of Washington's social workers, partners and foster caregivers to support community wellness.

[**DSHS Kinship Care Support and Services**](#) is a resources page for kinship caregivers. This page includes information on support groups, benefits and services, health care and legal assistance.

[**Family Education & Support Services**](#) is an organization that inspires healthy child development through provision of quality family support services.

[**South Sound Parent to Parent**](#) is an organization that provides services to assist families in adjusting to extra demands of parenting a child with a disability or chronic illness.

[**Embrace Washington**](#) is committed to providing, caring and supporting children in foster care within our community. They do this by raising awareness of vulnerable children's needs, identify how to meet those needs by connecting individuals and organizations with a heart to serve the foster care community. They have programs such as the wish program, duffels for darlings and welcome boxes.

Clothing and Supplies Resources

[**The Wishing Well Foundation**](#) provides the clothing, supplies, and experiences unavailable to most foster kids and to retain quality foster homes in Pierce County by addressing financial barriers to accepting foster placements. They have a clothing store and a back to school and Christmas gift event that is available for foster care youth.

[**Ali's Prom Project**](#) ensures the opportunity for every teen to attend prom and other memorable events feeling confident, empowered and beautiful regardless of financial and personal circumstances. They provide formal wear for prom.

[**Teen & Kid Closet**](#) is an organization that helps boost the self-esteem of kids and teens in need by providing fashionable clothing and accessories of their choice.

[**The Treehouse Store**](#) is a free store where youth in foster care can shop for clothing, backpacks, toys, and more.

[**Ruby Room**](#) is a non-profit organization dedicated to instilling confidence and a powerful sense of self in children and teenagers with diverse backgrounds in the state of Washington. They offer Fashion Workshops and a Formal Wear Program.

[**Clothes for Kids**](#) is a non-profit organization that provides clothing needs of all eligible children in a friendly, pleasant and responsive environment that nurtures the self-esteem and enhances the learning and social experience of both parent and child.

Foster Hearts is a charity that is committed to providing underprivileged children with support they need to create a brighter future. They provide programs for foster care students including Care Kits, Fun 4 Fosters, Foster Closet and Food 4 Fosters.

Foster Love is national nonprofit created to address the most urgent needs facing foster youth by providing birthday boxes, stem boxes, superhero boxes, sweet cases, family fellowship scholarship, rapid response program and the American industries scholarship.

A Sense of Home is an organization that strives to prevent homelessness by creating first-ever homes for youth aging out of foster care with donated furniture and home goods.

Foster Youth Organization Resources

Center for Children & Youth Justice is an organization they are changing the way young people experience child welfare and juvenile systems for the better.

Eileen's and Callie's Place is an organization that empowers, educates and coaches young women who have aged out of foster care to utilize life skills and community resources to support their ability to sustain an independent lifestyle. They host a Celebrate 18 event for foster care youth that did not have a birthday party when they turned 18.

Embrace Washington is committed to providing, caring and supporting children in foster care within our community. They do this by raising awareness of vulnerable children's needs, identify how to meet those needs by connecting individuals and organizations with a heart to serve the foster care community. They have programs such as the wish program, duffels for darlings and welcome boxes.

Secret Harbor helps troubled youth cope with their trauma, regain some trust in adults – and surrounds them with supports that empower them and eventually help them rebuild their lives. They provide case management, mental health care, crisis response, case aide support, educational support, respite care for foster care youth.

National Angels walks alongside children, youth, and families in the foster care community by offering consistent support through intentional giving, relationship building, and mentorship. They have programs such as Love Box and Dare to Dream.

Ticket to Dream is a non-profit dedicated to providing hope and opportunity for foster children across the nation, so they can just be kids. They provide and fund fun enriching like experiences like a trip to the zoo, joining the soccer team, music lessons, help in school, tickets to fun events, even reuniting with a sibling at summer camp.

Blue Skies for Children is a program was offered to homeless, low-income and foster children by providing school supplies to children such as new shoes, socks and backpacks for the school

year. They provide programs for foster care youth including Little Wishes, Back-to-School and Backpack Distribution, Winter Warm-Up Distribution and Driver's Education Scholarship.

Skookum Kids is a nonprofit with 4 major priorities, the landing, foster parents, respite and visitation. They also provide a program with 1:1 mentoring for foster care children.

Kitsap Foster Care Association is a non-profit organization that is dedicated to the foster care system, foster parents and foster children living in Kitsap County. The services they provide to foster care students are a clothing closet, low cost dinners with daycare, free training, low cost fun family activities, high school graduation celebration and DREAM Project.

Believe in Me is a nonprofit to solicit and manage charitable gifts in a permanent fund to benefit youth.

Mockingbird Society is a non-profit organization that's mission is to transform foster care and end youth homelessness.

Foster Care to Success is a nonprofit organization that works with college bound foster youth through scholarships and grants, education training vouchers, academic success coaching, student care packages and Reach USA.

Think of Us is an organization that is committed to transforming the child welfare system by giving the power back to those who have lived through it.

Children's Defense Fund is a national child advocacy organization that works to uplift all children. They provide K-12 scholars teaching materials and books to help them excel and develop a love for reading through their program, Freedom Schools Initiative.

National Foster Youth Institute is a youth development organization that lifts up foster youth voices to transform the child welfare system.

Children's Foundation of America is an organization that provides an opportunity for every person to help children, heal, learn and thrive. They support multiple charities by providing care packages and support to children placed in foster care.

Children's Home Society of Washington is a non-profit organization that helps create a solid foundation for today's children that will lead to prosperity for all of us in the future.

Friends of Youth is an organization that partners with youth and families to provide the relationships, resources, and skills they need to attain personal growth and success.

Celebrate You is a non-profit organization that offers free birthday parties for foster youth in Pierce County.

Youthnet is a nonprofit agency that offers programs around foster care services for children and youth, including a therapeutic foster care network. They also partner with and support families in need.

Pierce County Alliance provides services for youth including transitional services, independent youth housing program, and education transition planning (SETuP).

Girl Scouts Beyond Bars – Girl Scouts of Western Washington program serves youth, ages 5-17, who have a justice involved family member engaged with a Washington Department of Corrections (DOC) facility or who are under DOC community supervision. The program aims to empower and engage youth in opportunities that promotes self-exploration, leadership, and a broader understanding of how they can change your world.

Is there a resource that we might have accidentally missed? Email us at **fostercare@k12.wa.us** to get it added to the list.