Are you a foster or kinship parent?
TAKE PART IN VIRTUAL KEEP

Participate from the comfort of your home!
Learn highly effective skills for managing behaviors, reducing caregiver stress and building on youth strengths. Connect with other foster and kin families.

What is a Virtual KEEP group?
• Support group & skill enhancement program
• EARN UP TO $400 Receive $25/per session, per household
• EARN UP TO 24 TRAINING HOURS
• 5 - 7 foster/kinship parents per group
• Groups led by 2 coaches
• 16 weekly, 90-minute virtual sessions
• ALL YOU NEED IS A SMARTPHONE, TABLET OR COMPUTER AND INTERNET ACCESS

Which KEEP group is right for you?
• KEEP STANDARD: For foster or kinship parents with a child age 4-12 in the home
• KEEP SAFE: For foster or kinship parents with a youth age 13-18 in the home

STANDARD Curriculum:
• Discipline strategies
• Setting limits
• Avoiding Power Struggles
• Promoting school success
• Balancing & managing stress
• Encouraging positive peer relations
• Tough behaviors

SAFE Curriculum:
• Power struggles and teens
• Super tough behaviors
• Health risk and sexual behaviors
• Substance use & your teen
• Technology & your Teen
• Promoting school success
• Balancing & managing stress

Benefits for Foster / Kin Parents:
• Lasting connections between foster parents, leading to respite sharing, emotional support and community building
• A positive, non-judgemental safe space for foster parents to share their struggles and find REAL solutions today

Click here to register for Virtual KEEP today!

“The KEEP model is easy to get behind and understand. I have been able to implement what I have learned and my kids feel the success.”

“I like the casual atmosphere where we are allowed to share and give encouragement.”

“I like being in a group with other grown-ups and not having to worry about the children who are using the day care.”