



## Parents!

### Do you have something to say?

If you are getting services from Children and Youth (called DHS in Philadelphia and Children, Youth and Families in some counties), or have children in foster care, or have gotten your children back from foster care – we are interested in your story.

Your voice is important and you can help other parents by telling your story. Your experience and insight means a lot to other families. You can write your story no matter where you live, no matter how well you did in school, no matter if you can type or spell. We'll help you; you'll work with our staff, experienced in helping parents write their stories. We have training sessions and information on how to say just what you want to say.

Every story is a commitment. It can be difficult to write about your personal experiences. It can be emotional and can take a long time. But writing is a very good way to think about what you have been through, celebrate your successes and help other parents. What you have to say can even change the system!

Pennsylvania Family Support Alliance is printing a book of stories by parents just like you, who have been involved with child welfare and have something to say.

**If you'd like to write a story, or just get more information, contact Beth at 1-800-448-4906 or by email at [bbitler@pa-fsa.org](mailto:bbitler@pa-fsa.org).**