



# ALDEA

## Children & Family Services

### HOW TO HELP

Aldea Children & Family Services relies on YOU—organizations, businesses and community members—to ensure we can help more than **5,300** people every year get healthy and reach their goals. In addition to donating financially to Aldea, there are many ways to help:

- **Become a foster or prospective adoptive parent** to provide a nurturing home for children removed from their birth families. Aldea foster parents are supported through training, activities, support groups and 24-hour assistance. Call 707-557-4560 to learn more.
- **Help spread the word about mental health, foster care and adoption issues and resources** by hosting a “**friendraiser**” at your home, group meeting, or business, or invite Aldea to provide a brief **presentation** to your club or other community group
- **Conduct a drive** by collecting essentials and/or toiletries for children placed in emergency foster care or by collecting holiday gifts for children and teens
- **Help with office tasks**, like filing and organizing
- **Supervise children** while their parents or foster parents attend Aldea’s foster parent training
- **Donate boxed and canned foods to be used for holiday meals** for adults with developmental disabilities as well as teenagers receiving day-treatment services so they can succeed in high school

If you are interested in these opportunities or in supporting Aldea in another way, please contact Marci Atkison, Director of Development, at 707-224-8266, ext. 637 or [matkison@aldeainc.org](mailto:matkison@aldeainc.org).

