

# Free counseling services for foster youth and families...



## Everyone needs a little help from time to time...and that's OK.

Whether you're a foster parent, or current or previous foster youth, you can take part in this special program designed to support you. Meet online for 50 minutes per week with a dedicated professional counselor that is focused on helping you grow and achieve your potential.

Have you experienced something really hard in life and want to overcome it? We can help. Want to have a more peaceful life at home? We can help. Our services are caring, private, and confidential. Best of all you can do it from home. No driving to appointments!

Using your computer, laptop, tablet, or iPad, you'll meet live face-to-face with a dedicated counselor each week. **Absolutely free.** These services normally cost \$2,000 or more per person, but are available free through a generous donation from Lynne Scholnick, a former foster youth and lifelong advocate.

## Why not give it a try?

*Services are available  
Monday - Friday, 8 am - 6 pm*

**USC Telehealth**  
**(866) 740-6502**