



# “Help break the cycle of poverty”

A Home Within is the only national nonprofit organization focused exclusively on meeting the emotional needs of foster kids.

**A Home Within** provides mental health services to current and former foster youth, free of charge, and for as long as it takes. We achieve this by building networks of volunteer mental health professionals who provide direct, pro bono services and professional training. Our work also promotes public awareness and advocates for the emotional needs of foster youth.



A HOME WITHIN



“Help us help foster children”

At A Home Within we know that lasting relationships are essential to a child's healthy growth.

Every day, we provide free long-term mental health support for current and former foster youth, because having one healthy, stable relationship is physically, emotionally, and socially transformative.

**Help us help foster children.** Can you, or do you know anyone who would:

**CONNECT** - Can you connect us to newspapers, magazines, bloggers, or journalists who might be interested in our work?  
Email Jonas Heineman [jonas@AHomeWithin.org](mailto:jonas@AHomeWithin.org)

**VOLUNTEER** - Can you join our growing national network of mental health professionals who volunteer to take one current or former foster youth into weekly psychotherapy?  
Email Julia Baron [jbaron@AHomeWithin.org](mailto:jbaron@AHomeWithin.org)

**SUPPORT** - We rely on local funding. Are there foundations, donor pools, groups and organizations that could support our Local Chapter in your area?  
Email Jonas Heineman [jonas@AHomeWithin.org](mailto:jonas@AHomeWithin.org)

**MORE WAYS TO SUPPORT A HOME WITHIN:**

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- Follow us on Twitter: @AHomeWithin
- Sign up for our newsletter: [newsletter@AHomeWithin.org](mailto:newsletter@AHomeWithin.org)
- Learn more about us at [www.AHomeWithin.org](http://www.AHomeWithin.org)
- Listen to someone we've helped [youtube.com/AHomeWithinUSA](http://youtube.com/AHomeWithinUSA)
- Donate \$10: [www.AHomeWithin.org/donate](http://www.AHomeWithin.org/donate)