



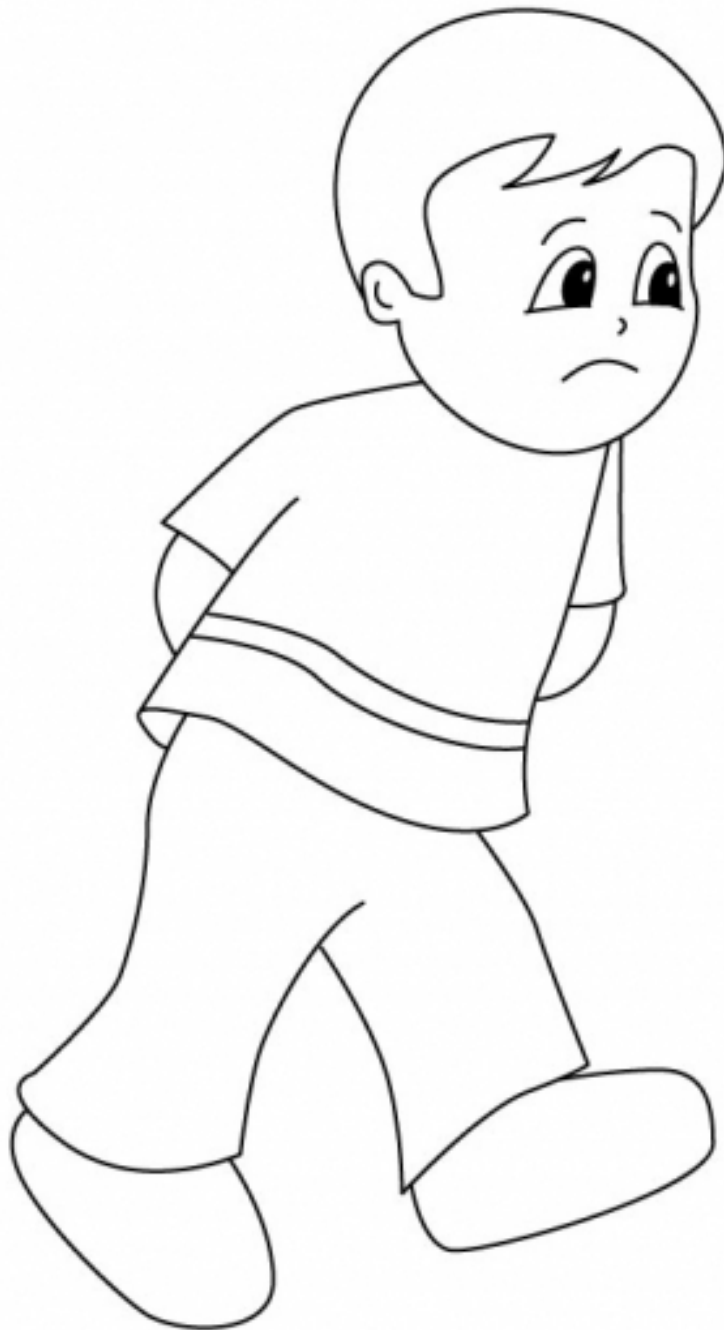
CENTERSTONE

My Centerstone Coloring Book

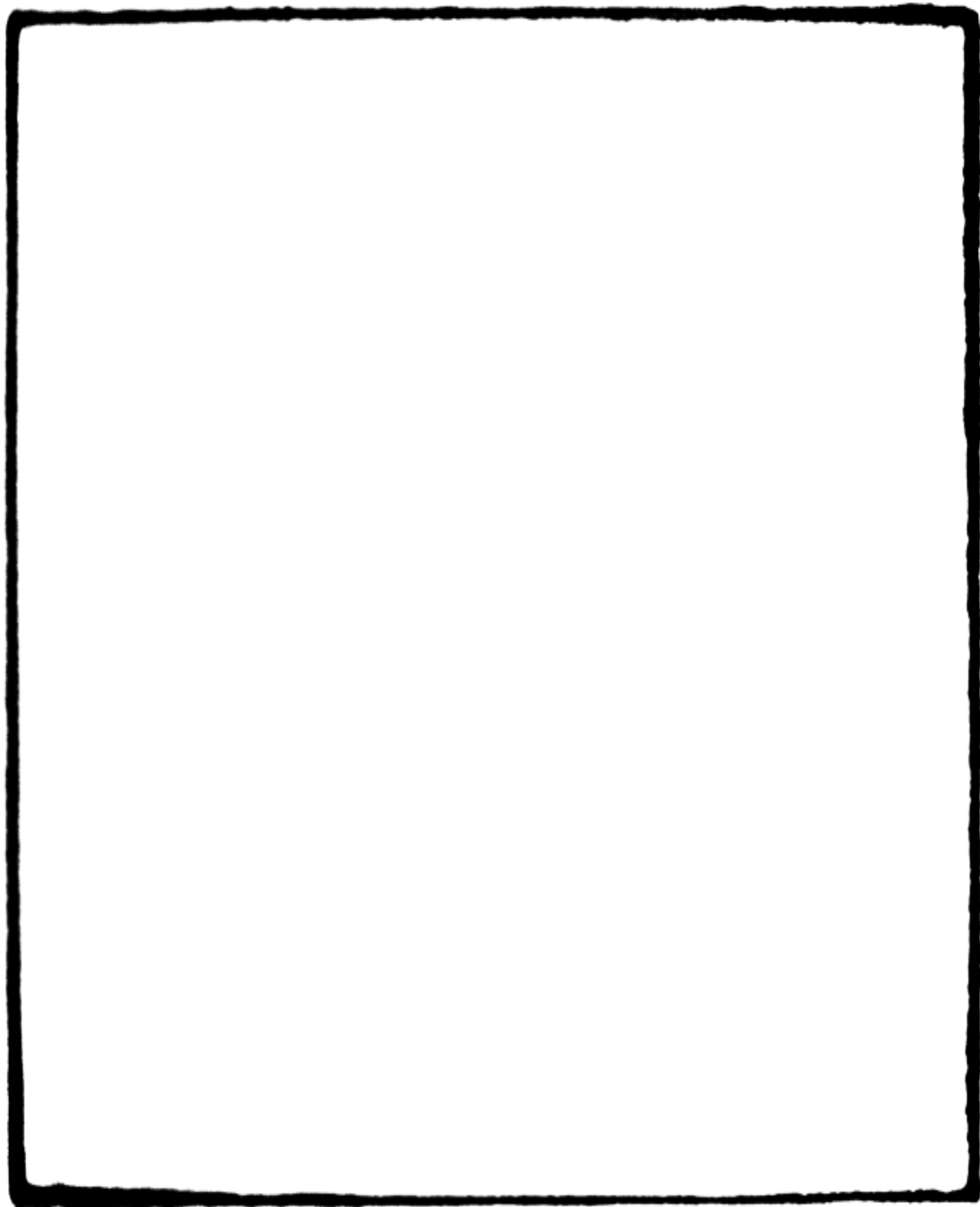


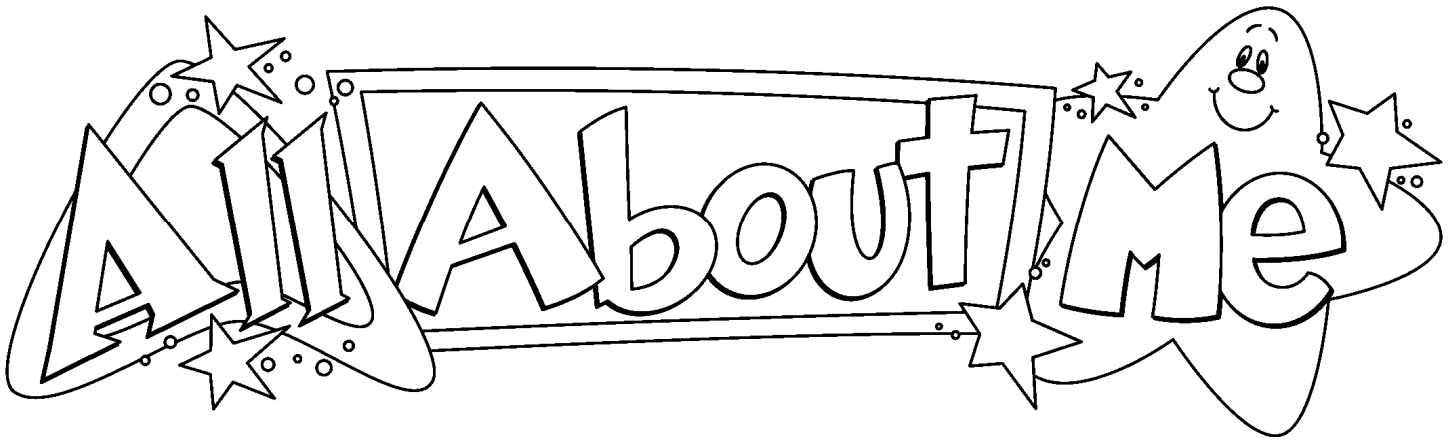
You may be feeling sad about being away from your family.

Centerstone is a good, safe place and we help lots of families. We want you to know that our job is to help you and your family find happiness again. If you can't go home with your family right now, Centerstone can help with that, too. You will have many people who will help you and your family.



Can you draw a picture of something that makes you happy?





My Name Is: _____.

My Birthday is: _____ and I am _____ years old.

My favorite movie is: _____.

I really love to: _____.

I feel happy when I am with: _____.

The best thing about my life is: _____

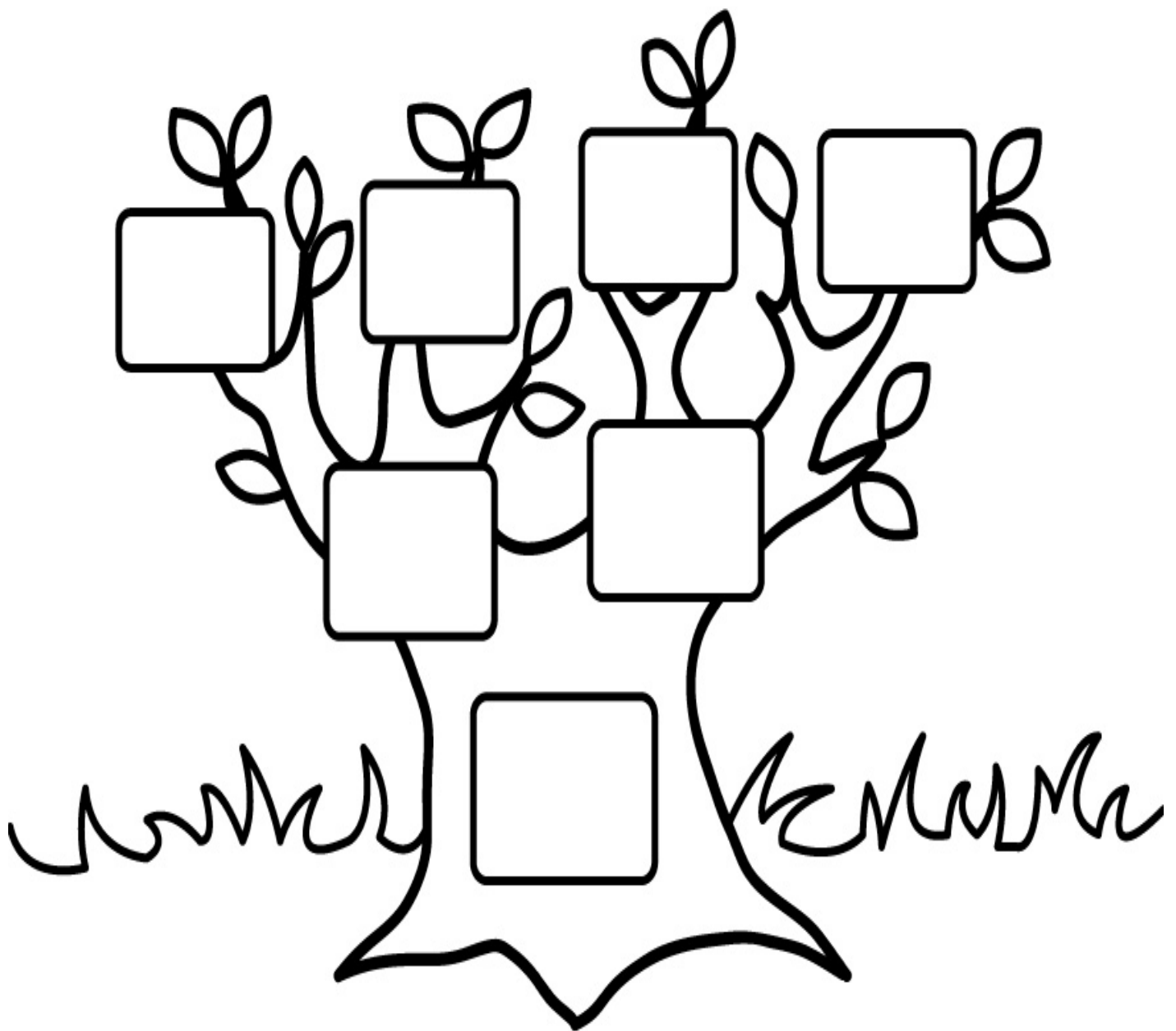
_____.

In one year from now I hope to be: _____

_____.

Can you fill in the names or draw pictures of yourself and your family and other important people on this tree?

Talk to your Centerstone Team Members about the important people in your family and in your life.



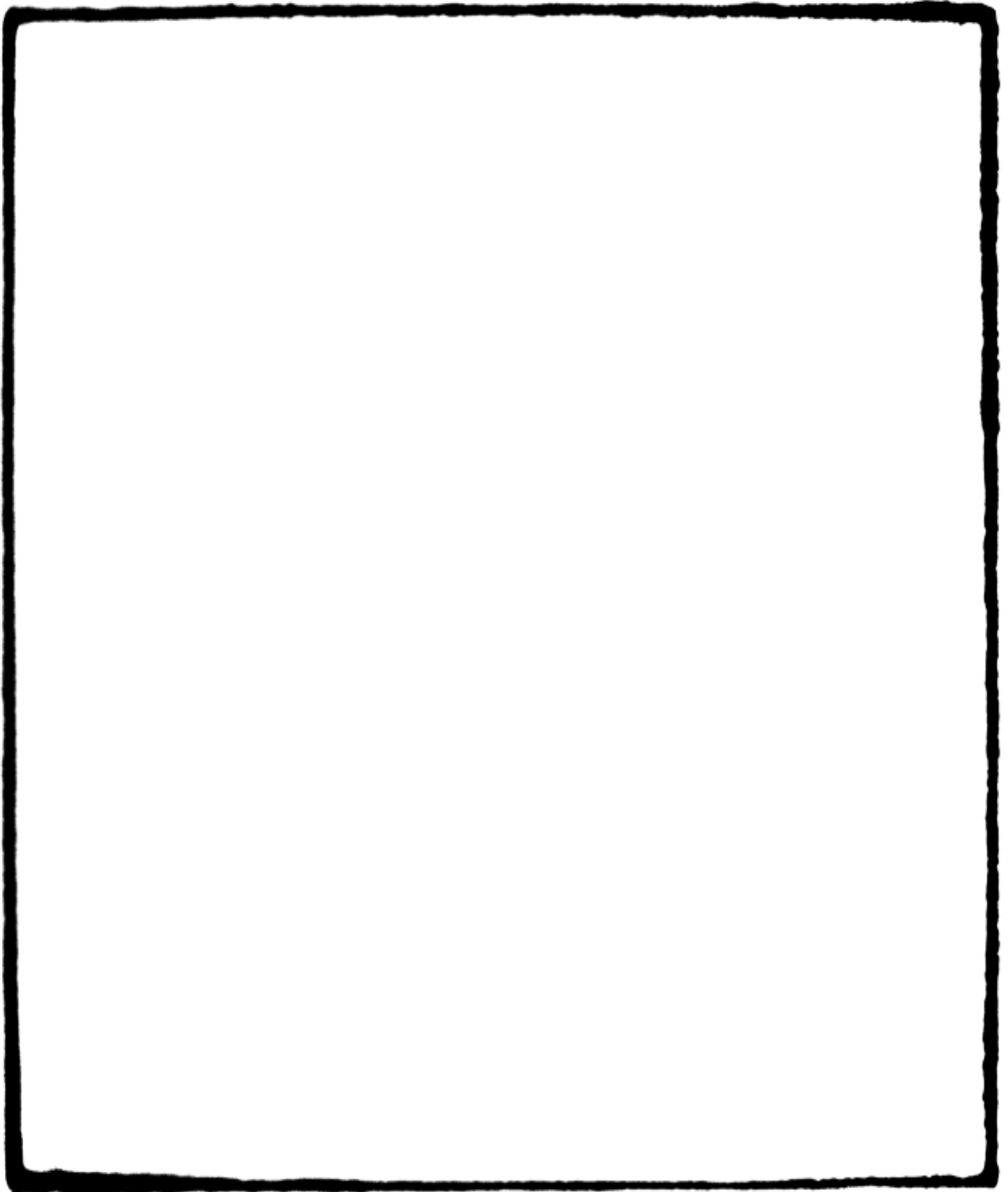
What is a “Continuum Program?”

The word continuum can mean “something that continues” - In other words, something that goes on and on. The program that you are in is kind of like that. If you need help with medicine, we can continue to help you by getting you to a doctor. If you have to go to court about something, we help you with that. Anything you need...

We are here to help! If you need help at home or in a foster home or in a group home, we continue to help you. As long as you're in our program, we will **CONTINUE** to be there for you. You will have a whole **TEAM** of people working to help you!



Can you draw a picture of you with your
TEAM and how they will help you?





Centerstone uses something called the “Circle Of Courage” to help you and your family move closer your goals.

Belonging: It is important that you feel like you BELONG to a family. Centerstone will help YOUR family become closer and while you are in Foster Care, you will be treated as a member of the family.

Mastery: We know that you are GOOD at lots of things! We will help you find your strengths and see how you can become at these things.

Independence Though we will work as a team, we want you to know that as you learn to master skills, you will gain a sense of Independence and pride in doing things well.

Generosity Being generous means that you give freely of your love and time to others. Once you have seen how good it feels to have people helping you, it is our hope that you will become a helper yourself!

We're guessing you have lots of questions.

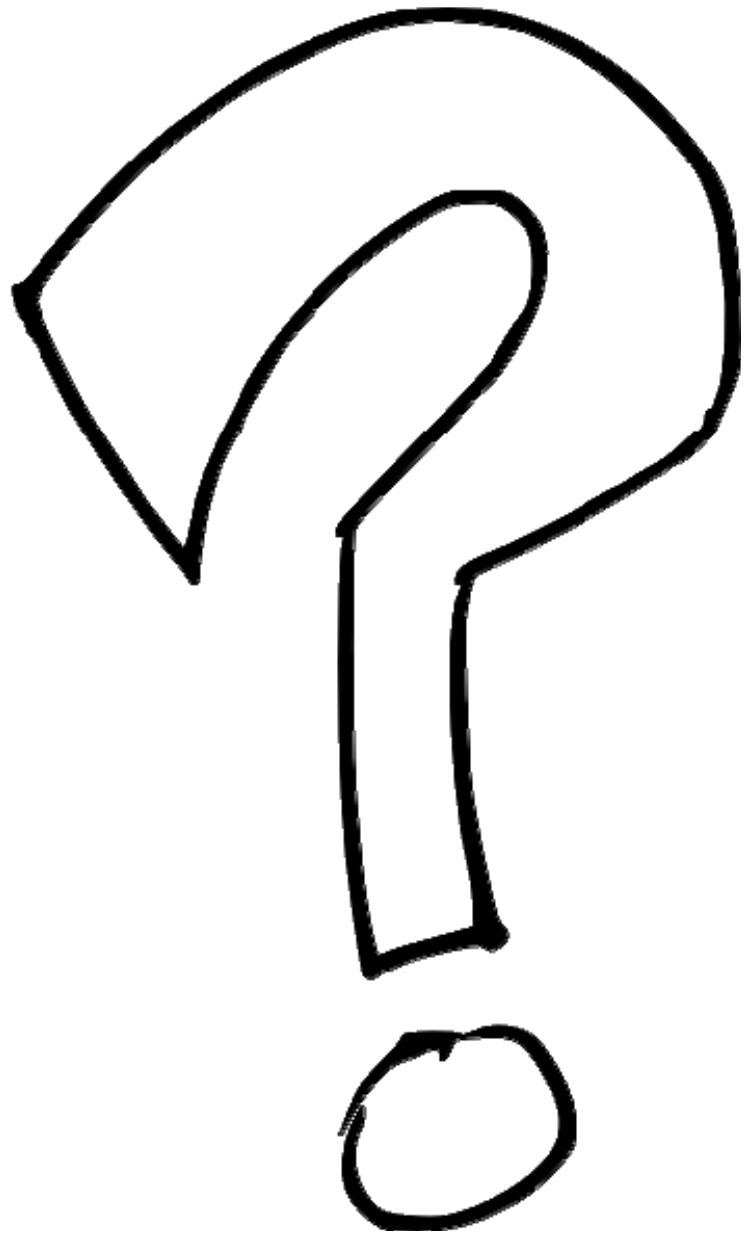
“Who will help me?”

The most important person you have on your team is... **YOU!**

Others who will help you are:

- **Case Managers**
- **Therapists**
- **Doctors**
- **Teachers**
- **Foster Parents**
- **State Workers**

Ask the Centerstone worker who is going over this booklet with you to tell you a little bit about each of these people. As you can see, lots of help is available to you!



Do you have any questions that you'd like to talk about with your Centerstone Team? Write them down now or talk with your team about them while you're together.



What Centerstone does for you:

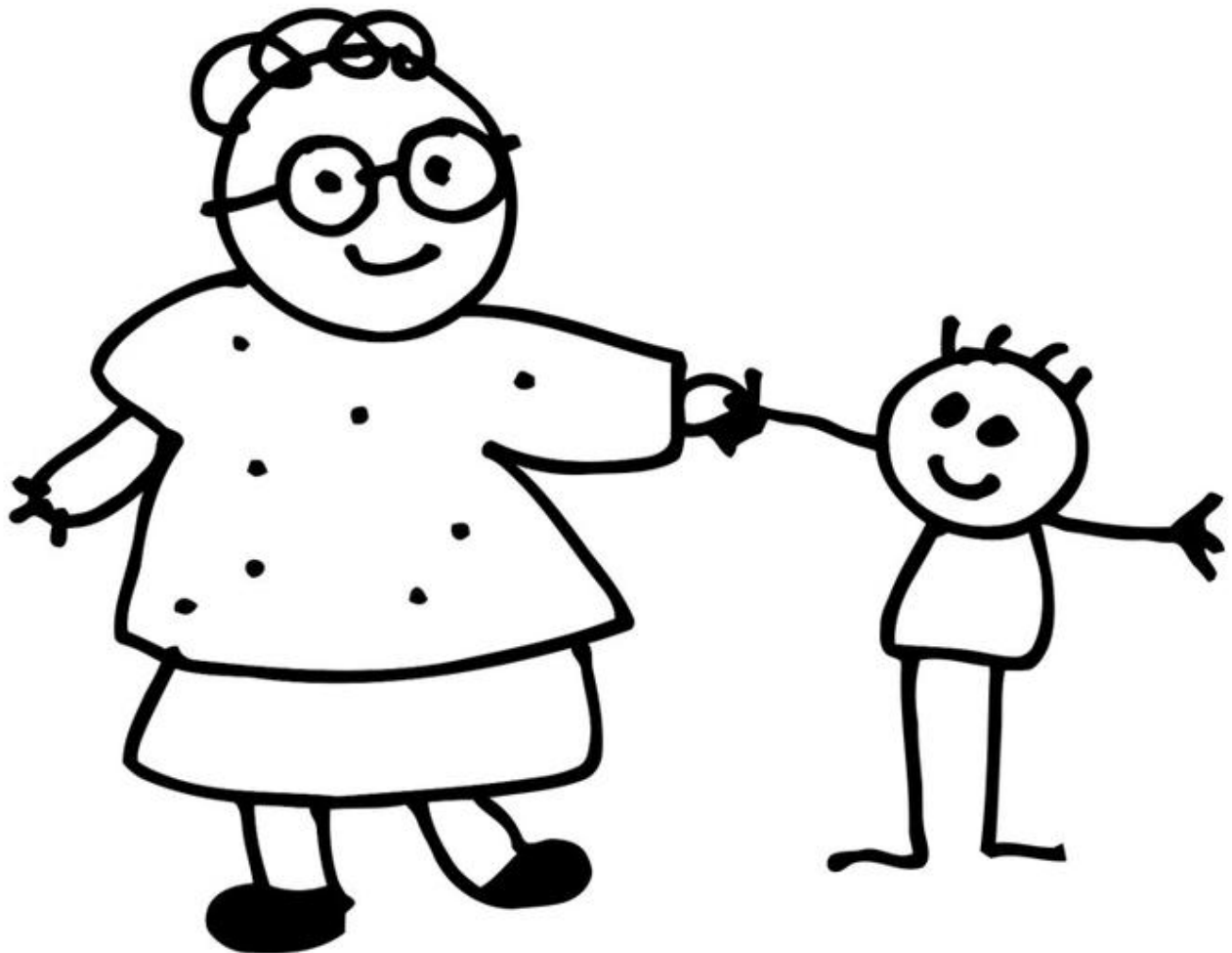
It's our job to be helpful to you. We will do our best in every way.

We promise to be good listeners.

We promise to do everything we can to keep you safe.

We'll make sure you have the things that you need.

Your wishes and dreams are important to us.
Share them and let's work on them together!



What we hope you do for yourself and others:

Treat others like you want to be treated.

Ask for help if you need it.

Do your best! *In everything.*

Tell the truth!

Choose your friends wisely.

Don't hang around people who will cause you trouble.

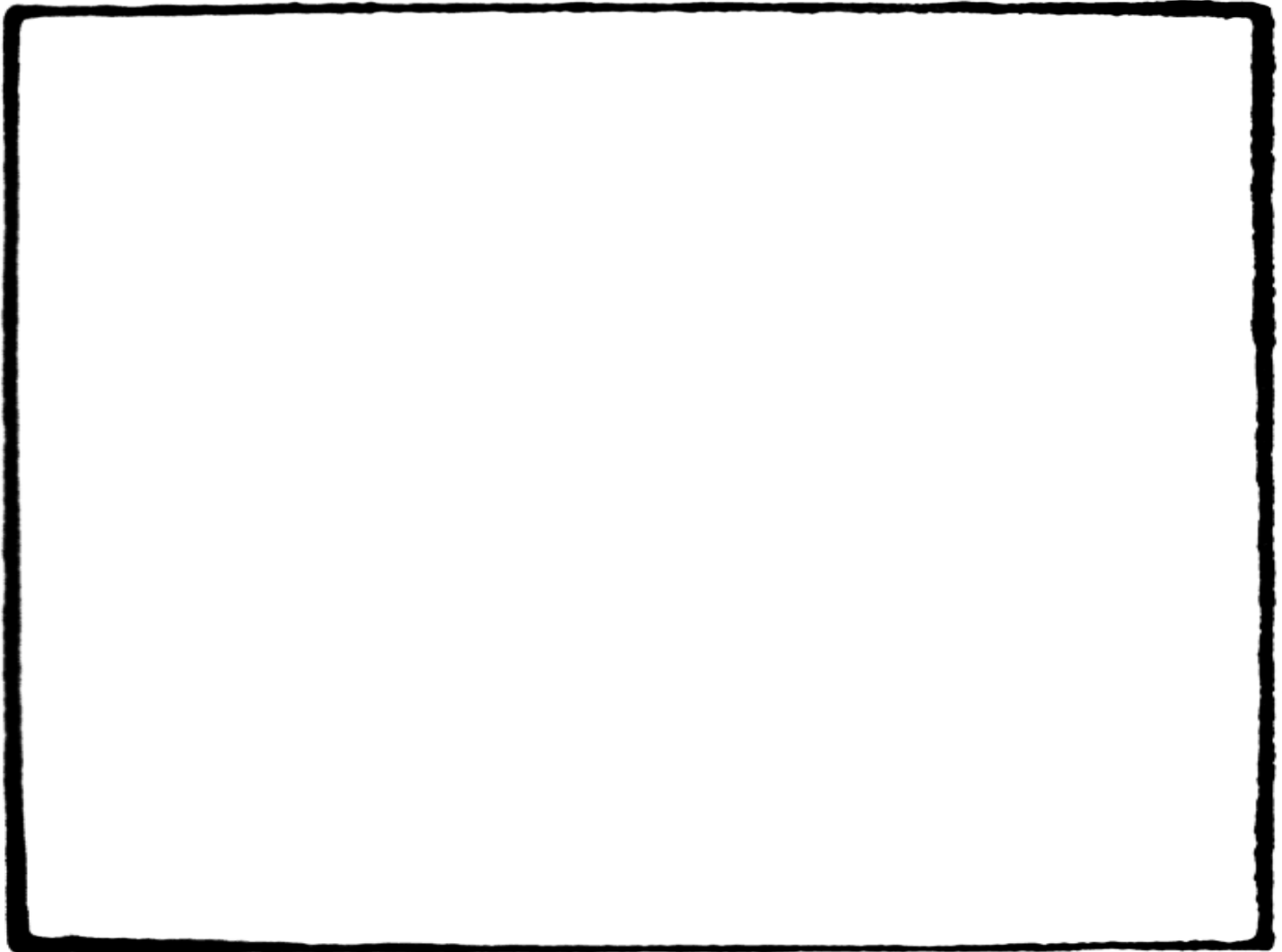
Don't break things or yell at people if you're upset. Talk it out.

Don't hide your feelings from those who are here to help you

Clean up after yourself.

Use nice words.

Be helpful to others.



Can you draw a picture of you doing one of the things listed above?

What are My Rights?

You have a right to know why you are in Foster Care.

You have a right to be SAFE.

You will be protected from harm and have things you need like a place to stay and food to eat.

You have the right to not be bullied.

This means that you have the right to not be called mean names or made fun of in any way.

You have a right to be with a Foster Family who treats you with kindness.

You have a right to have your personal belongings (toys, clothes, etc). kept safely.

You have a right to remain with your brothers and sisters if possible.

You have a right to attend school and participate in other fun activities.

You have a right to have your privacy protected.

This means that we will not talk to others outside your team without your permission.

You have a right to go to the doctor or dentist if you have any needs.

You have a right to visit and talk with your family on a regular basis.

You have a right to know about and participate in any court decisions.

To have a participate in making a **plan for your future.**

FOSTER FAMILIES

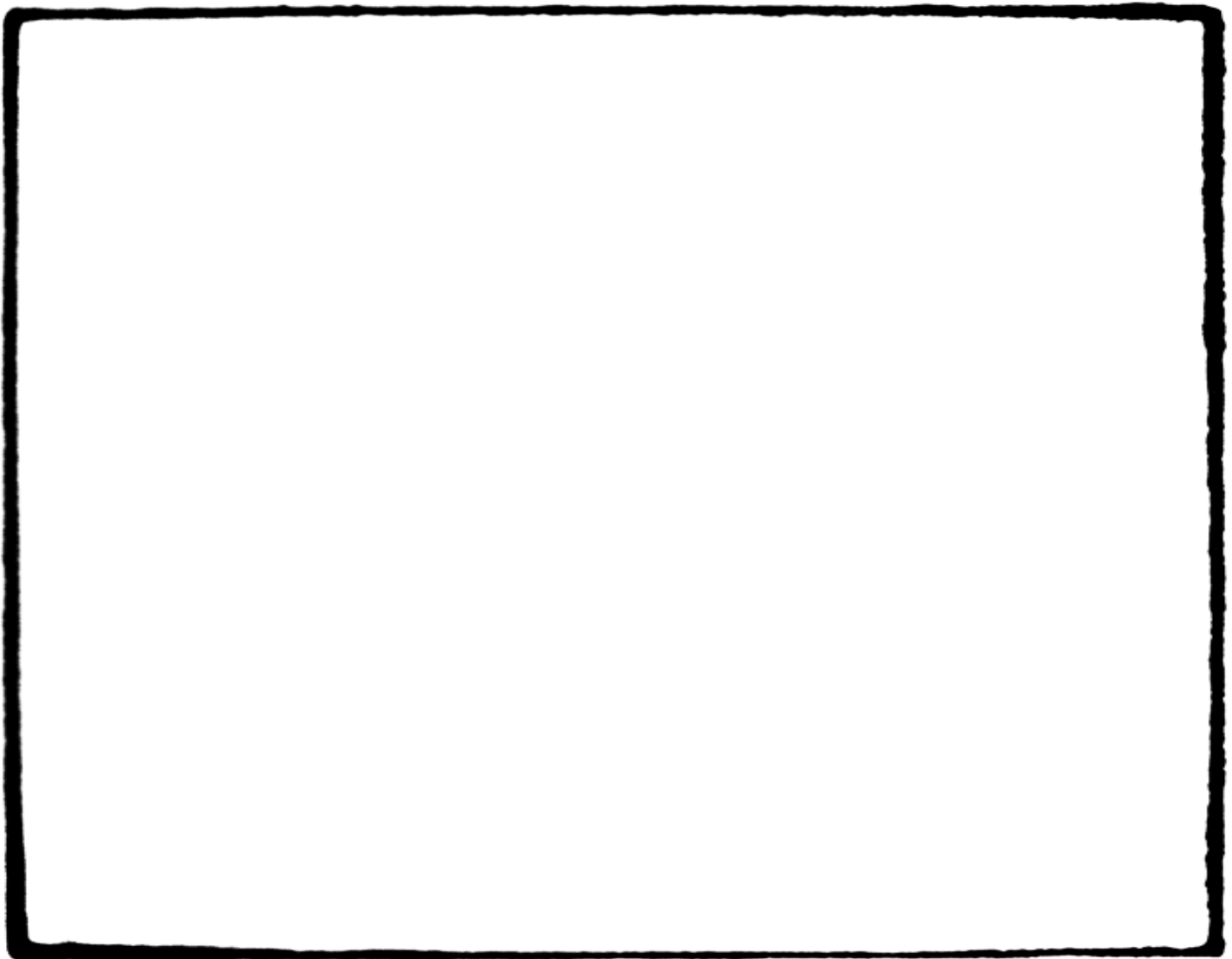


DO YOU HAVE QUESTIONS ABOUT FOSTER CARE?

Foster Families are very special. Centerstone places children in the homes of people who will keep you safe and help you work out the problems that are keeping you from being in your home.

Foster Parents are there to answer questions you have, keep you safe, make sure you have food to eat and clothes to wear. You will have a safe place to sleep and play. Their job is to help you achieve your goals. They will help you learn new things. They are part of your **TEAM!**

Can you draw a picture of you with your Foster Family?



Can I See My Family?

If at all possible, YES! The main hope of our program is to get you back home with your family.

We will do all we can to make sure you have visits with your parents and siblings and other important people in your life.

Sometimes there are reasons that a judge or DCS or members of your team will decide that it's not safe for you to see your family. In that case, you may be able to have supervised visits.

We believe seeing your family is **IMPORTANT** and we will do all we can to make it happen!





CENTERSTONE

Continuum Services Client Handbook Orientation

SIGNATURE PAGE

I, _____,

have read this handbook and have had any questions answered by a member my Centerstone Team.

I have filled out my information sheet and know who I can contact if other questions arise.

Today's Date: _____

Witness: _____

MY INFORMATION SHEET

My Name: _____

Address Where I'm Living Now:

Phone Number: _____

Centerstone Worker's Name: _____

Phone Number : _____

E-mail: _____

Other Centerstone Team Member: _____

Phone Number : _____

DCS Worker's Name: _____

Phone Number : _____

Somebody I Trust: _____

Phone Number: _____

CENTERSTONE FCS WEB SITE: <http://www.centerstonefcs.org>