

FEBRUARY 19, 2019

## FORMER FOSTER



Josh Shipp aka "The Teen Whisperer" is a former at-risk foster kid turned teen advocate. Josh had a traumatic childhood. He was abandoned at birth, thrown into many different foster homes. Abused, addicted, and suicidal... Josh KNOWS what it means to be a teen in trouble. Thanks to caring adults Josh was able to triumph over the hardship, and has dedicated his life to helping kids and families succeed.

Josh talks directly to teens about topics that are crucial to success and often difficult to talk about. He talks about all these things in a way that's entertaining and grabs the attention of even the most difficult teen immediately. It's a message from someone who's been there and wants teens to succeed and parents to feel empowered.

### ATTENTION KIDS & TEENS...

## GIVE YOUR PARENTS ANOTHER CHANCE VIDEO

**Should You Give Your Parents Another Chance?** The thought of giving your parents another chance can be hard to consider—especially if you're angry about something. It seems like the answer is obvious, right? Why should you give your parents another chance? They're the authority figures. They're supposed to set the example. Since when did this fall on your shoulders? Here's the thing: Nobody's perfect. Not you, not your parents, certainly not me. Why? Because everybody has a story.

**[WATCH: GIVE YOUR PARENTS ANOTHER CHANCE](#)**

ASK THESE 3 QUESTIONS TO GET YOUR KIDS TO ACTUALLY TALK.

**[READ ARTICLE](#)**

## RESEARCH SHOWS HOUSEHOLD CHORES ARE A PROVEN PREDICTOR OF SUCCESS

If you needed a reason to establish a regimen of chores for your kids beyond, "These rugs won't vacuum themselves," science has your back. Research shows that cleaning the house, taking out trash, washing windows or whatever else you might throw at the buggers instills a sense of mastery, self reliance, responsibility, empathy and respect for others — and the sooner you start, the better.



The study, which checked in with 84 kids during preschool and then at ages 10, 15 and in their mid-20s, found that the ones who began chores at ages 3 and 4 were more likely to have good relationships, achieve academic success and be self-sufficient than those who started as teens or had none at all.

**[CONTINUE READING](#)**

FOLLOW IFAPA'S WEEKLY WORD FOR NEWS, MOTIVATIONAL QUOTES AND TOUCHING STORIES.

The 7th Annual  
**Future Fest 2019**

Made possible by the following agencies:



Dinner provided by:



JUNIOR LEAGUE OF  
**CEDAR RAPIDS**

Transportation assistance available through Foundation 2. Please call the main office at (319) 368-3376 on or before March 13th at 12pm.

## THE INFORMATION:

**When:** Thursday March 14, 2019 from 5-8PM

**Where:** Grant Wood AEA— 4401 6th St SW Cedar Rapids 52404

**Who:** Youth ages **16 and up** who are in, or have been in, an out of home placement.

**What:** A night of information, food, and fun! The resource fair will help you get connected with programs and community supports to help you when you transition out of care! Whatever path you choose we have resources available for you including housing, finances, college, military, and many more!

## THE KEYNOTE SPEAKER:



Vanessa McNeal MSW, is a tenacious and thought provoking National Speaker, award winning Documentary Filmmaker, and Business Owner. She speaks nationally on how to confront adversity with grace using her personal story and films to inspire and empower others. As a survivor of child abuse and sexual violence, she transforms audiences with her vulnerability and strength. She is a 2x TEDx speaker and her message has resonated with audiences on influential topics of overcoming adversity, sexual violence, leadership, and social change.

If you have any questions please contact Teresa Jacobs at (319) 892-6818 or Shelby Holsapple at (319) 368-3376

## HOW GRIEF GOES UNNOTICED IN FOSTER CHILDREN

*Written By: Shenandoah Chefalo*

I have attended several funerals during my lifetime. At one, when I was still in high school, I remember watching the mother of a friend throw herself over her son's casket, unable to contain her emotions.

Those of us who were there sat and stared, stunned, but silent. Eventually, a much older lady with gray wispy hair came running down the aisle, throwing her arms around the women's shoulders, whispering that it was OK and that she should take a break for a while. She hugged the grieving mother and supported her while they looked for an empty chair.

Later in life, I was at a funeral for a man who had died, and his wife, so upset that she was shouting profanities at his casket, banging on it, asking him why he broke his promise to never leave her. Again, a woman came from the back and threw her arms around the distraught woman. This time I couldn't hear the conversation, but you could tell it was soothing.

In any other public situation, these types of outbursts would be deemed unacceptable. But, at a funeral, when individuals are grieving, it seems we have an unstated rule that any and all behavior is acceptable, and it probably should be.

However, what if you lost a loved one over and over again? What if they presumably died more than once? For some of the children lost in our foster care system, that is exactly the case. They are pulled from their parents, and placed in a presumably safer environment. Some are reunited, only to be pulled again. Others will never see their parents again. How are they allowed to grieve? **CONTINUE READING**