



Foundation 2

INDEPENDENT LIVING

How we help

Foundation 2 connects youths who experienced foster care or other court-ordered placement as a teenager to a variety of helpful services. These programs provide individualized supports to assist them in their transition to adulthood, and help them become advocates for themselves and others.

IOWA AFTERCARE SERVICES NETWORK (IASN)

IASN is a voluntary program helping young adults move toward stability and self-sufficiency. Aftercare participants meet each month to set goals, develop important life skills, connect with community resources, and strengthen personal relationships. Needs-based financial support is available to participants who qualify.

ACHIEVING MAXIMUM POTENTIAL (AMP)

AMP is a youth-driven group that seeks to unleash the full potential for personal growth among foster and adoptive children in Iowa. AMP offers leadership and speaking opportunities, service learning projects, and educational/vocational assistance. AMP also provides the life skills youth need to become self-sufficient, independent adults.

Cedar Rapids Chapter meets the 1st and 3rd Thursday of most months.

YOUTH TRANSITION DECISION MAKING (YTDM)

Transitioning from foster care to independent living can be a challenging and scary time for young adults. YTDM challenges these transitioning youths to become active participants in their own lives and make strategic decisions for their future. Contact DHS for more information.

ACCOUNTABILITY PROGRAM

The Life Skills Accountability Program is a cognitive restructuring and community service based program for delinquent youth referred by Juvenile Court Services.

CONTACT INFORMATION

(319) 368-3376



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Help is available 24 hours a day,
365 days a year.

Call **(319) 362-2174** locally,
or toll-free at **1 (800) 332-4224**.



www.foundation2.org