# Providing Peer Support for Foster, Adoptive, and Kinship Families

Peer Support · https://bridges4mentalhealth.org/hub/peer-support/providing-peer-support-for-foster-adoptive-and-kinship-families/

**Summary:** An important avenue for additional support to foster, adoptive and kinship families is peer support— where parents and children and teens spend time with others in similar situations or with similar experiences. Peer support enables those with more experience to share wisdom and encouragement and provides a safe, non-judgmental place for children and parents to ask questions and share insight into their experiences.

**Application:** A short article that would be helpful to organizations looking to add or sustain peer support for foster, adoptive and kinship families. The article discusses forms of support, why peer support matters and tips for providing peer support. The article also provides examples from the field that would be helpful in applying its principles.

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