

# FostrSpace

An app tailored to your mental health and wellness needs

## Looking for emotional wellness and other resource support?

### Are you...

- 1) Involved in the foster care system (or have been before)?
- 2) Living in one of these counties:
  - Alameda County
  - Contra Costa County
  - San Francisco County
  - San Mateo County
  - Santa Clara County
  - Santa Cruz County
- 3) Between the ages of 18 - 26?

### At no cost to you or your insurance, FostrSpace includes access to:

- Mental health clinicians
- A resource navigator and directory
- Goal organization
- Mood check-ins

Visit [www.fostrspace.com](http://www.fostrspace.com)

or

Use your phone's camera to scan the QR code to learn about the app and join the community!

## Sign up today

