

# BEING IN FOSTER CARE IS A DIFFICULT AND LONELY ROAD. . .

OCA Life Coaching is a relationship based mentorship program between one young person at least 12 years of age with foster care experience, and one trusted, caring adult.

## OCA LIFE COACHING IS . . .

- **CARING** - You are matched with a caring, supportive adult who you will have a one-on-one mentor relationship with.
- **SAFE** - Our Life Coaches are background checked, interviewed, and trained by OCA staff to ensure your safety.
- **CONSISTENT** - You'll have weekly times for you to talk, ask questions, and spend time together. Your Coach commits to at least one year of Life Coaching with their matched mentee!
- **EDUCATIONAL** - Life Coaching will help you learn life, social, and job skills to help you feel ready to navigate life out of foster care.

### Under 18?

Let your caseworker know that YOU want an OCA Life Coach!

### Over 18?

Visit [orphancarealliance.org/gethelp](http://orphancarealliance.org/gethelp) to get a Life Coach!

### For more info, email:

[lifecoaching@orphancarealliance.org](mailto:lifecoaching@orphancarealliance.org)



**OCA**  
LIFE COACHING