The **My Best Self Program** ensures that foster youth girls and boys have access to hair care services and products. Through **My Best Self**, foster youth also have the opportunity to participate in social skills workshops with the goal of enabling each foster youth to look good, feel good, and to be their *best self*.

**Who can participate in My Best Self?**

**Females and males** in the foster care system between the ages of 12 and 21. Participants must be referred by an Allegheny County CYF caseworker.

**How do I refer a foster youth?**

If you are a foster parent or a caseworker who works with foster youth ages 12-21 in need of hair care services or a special grooming product, please email or fax a copy of our referral form to the My Best Self Program Coordinator.

*Mia Meredith*

*My Best Self Program Coordinator*

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