



The **My Best Self** program ensures that youth in (CYF) Children Youth & Families have access to hair care services and products. Through **My Best Self**, youth have an opportunity to participate in social skills workshops and hair care trainings with the goal of empowering youth to look good, feel better, and be their *best self*.

Who can participate in My Best Self?

Youth in CYF ages 12 to 21. Participants must be referred by an Allegheny County CYF Caseworker.

How do I refer a foster youth?

Please contact the child's CYF Caseworker for a referral to the **My Best Self** program.



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Survey: : <https://www.surveymonkey.com/r/MyBestSelf-2021>