



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.

### I own a Beauty Salon/Barber Shop. How can I help?

If you would like to make a difference in the life of a foster youth, please contact My Best Self Program Manager to get added to our list of preferred vendors.

### How else can I get involved?

Additional opportunities to get involved include providing workshops and training classes. All services are funded by the program.

**Mia Merideth**

*My Best Self Program Manager*

412-673-5856 x1705

412-737-1185 (C)

412-542-1562 (F)

[miam@Auberle.org](mailto:miam@Auberle.org)

Facebook: Ward Home My Best Self

Survey: :

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

