Fostering Support

A group for UHH students who have spent any part of their upbringing in foster care.

Join us for support:

✓ as you adapt to university life
✓ when you need connections
✓ with personal challenges
✓ with academic stresses
✓ facing relationships issues
✓ when you’re not sure where to turn

Topics of discussion will be determined by group members, and may include:

- Identifying what you need
- Communication issues
- Relating to professors
- Independent living

- Self-care & personal well-being
- Values and priorities
- Relationships
- Academic / career goals

To learn more, please contact kerithe@hawaii.edu
or call Counseling Services at (808) 932-7465

Sponsored by UH Hilo Counseling Services - A'oa'o Pili Ola
Student Health and Wellness Programs

*For questions about disability access, please call UH Hilo Counseling Services, (808) 932-7465 or email:elow@hawaii.edu.