

# *Caring For Our Own*

A Program For Kinship Caregivers

*New York State Edition*



My Journey as a  
Relative Caregiver

*My Personal Journal*

**Meeting 1. Introduction to Caring for Our Own**

My strengths are:
My child's strengths are:
My family's needs are:
We need help with:
Other thoughts and feelings about this meeting:

**Meeting 2. Assessing the Impact of the Children Living in My Home**

My strengths are:
My child's strengths are:
My family's needs are:
We need help with:
Other thoughts and feelings about this meeting:

**Meeting 3. Looking at My Role in Achieving Permanency**

My strengths are:

My child's strengths are:

My family's needs are:

We need help with:

Other thoughts and feelings about this meeting:

**Meeting 4. Assessing Strengths and Needs of the Children  
in my Care**

My strengths are:
My child's strengths are:
My family's needs are:
We need help with:
Other thoughts and feelings about this meeting:

**Meeting 5: Building on the Strengths and meeting the Needs of Children in my Care**

My strengths are:
My child's strengths are:
My family's needs are:
We need help with:
Other thoughts and feelings about this meeting:

**Meeting 6: Preparing Children and Youth for the Future**

My strengths are:
My child's strengths are:
My family's needs are:
We need help with:
Other thoughts and feelings about this meeting:

**Meeting 7. Understanding the Issues of Birth Parents**

My strengths are:
My child's strengths are:
My family's needs are:
We need help with:
Other thoughts and feelings about this meeting:



**Meeting 8. Working with Birth Parents to Achieve Permanency for their Children**

My strengths are:
My child's strengths are:
My family's needs are:
We need help with:
Other thoughts and feelings about this meeting:

## Meeting 9. Networking and Moving Ahead

My strengths are:
My child's strengths are:
My family's needs are:
We need help with:
Other thoughts and feelings about this meeting: