

Our Purpose

theUPcenter
SINCE 1883

Hope and Healing

Foster care is a lifeline, a promise of safety and support for children who have faced unimaginable challenges. It's about offering a nurturing environment, a place where they can heal and thrive.

Why Foster with Us?

We focus on building lasting, positive relationships, laying the foundation for a child's lifelong success.

You're never alone

We equip you with compassionate, evidence-based parenting strategies, empowering you to create a nurturing and supportive environment.

Family Support

We provide round-the-clock care, supervision, and support, working towards family reunification or a stable, permanent home.

Where neglect cast a shadow, a family's love led them to adopt two siblings. They forged a new identity by combining their last name as a symbol of their new family bond.

Become a Foster Parent!

(757) 965-8638

Call or
inquire online

theupcenter.org/fostercare



★ Foster Care & Adoption Services are located at the following locations!

The Up Center

★ 580 E. Main Street, Ste 400 | Norfolk 23510

222 W 19th Street | Norfolk 23517

109.5 Clay Street | Suffolk 23434

www.theUPcenter.org

The Up Center is a 501(c)(3) nonprofit organization.



Foster Care Services

theUPcenter
SINCE 1883

Support

Wrap-around Care

Our goal at The Up Center is to provide you with the tools you need to be a successful foster parent.

Youth Support

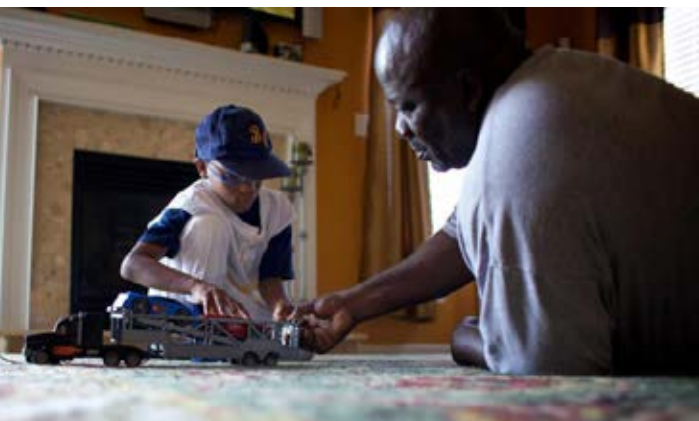
Youth receive specialized care within the foster home, school support, and connections with community resources to meet their needs.

Education and Training

We offer free trauma-informed PRIDE (parent resource for information, development, and education) training to equip foster parents for safe, nurturing care.

Community and Resources

You will have access to a network of fellow foster families, respite care, and financial assistance.



Mythbusting



Myths vs. Facts

- Myth** You must be married
- Fact** Single, married, or partnered, you can make a difference
- Myth** You must own a home
- Fact** Renters are welcome, as long as your home is safe and spacious
- Myth** You must be a stay-at-home parent
- Fact** Working parents can foster with support and resources
- Myth** You need parenting experience
- Fact** Comprehensive training and support will be provided

“Through my anger and pain, she never gave up on me. I owe who I am today to my Up Center case manager. Without her support, I don’t believe I would have become the woman I am now.”

Impact

The journey of foster care is filled with challenges, but the rewards are immeasurable. You can provide a child with the love, stability, and hope they deserve.

The Ideal Foster Parent

- Patient and compassionate
- Committed to nurturing children who have experienced trauma
- Effective listener
- Strong advocate
- Collaborative
- Adaptable
- Consistent
- Willing to learn

Not Ready Yet?

Consider a donation

While we are unable to accept in-kind supplies due to storage limitations, your monetary donation helps us provide essentials for a child placed in a new home.

theupcenter.org/fcdonate

