

## Aging out of foster care in Delaware

In Delaware, young people age out of foster care at age 18 or upon graduation from high school. They enter the adult world often with an extended history of no stability, little trust in "the system" and people in general and few skills that support them being fully independent.

Having been told where and with whom to live (often experiencing many changes) and what to do with little opportunity to make the decisions, many just want to be free of the system. But then what?

With few resources, they set out into the adult world. But they aren't alone. ILYA, a Social Justice Program at First Unitarian Church of Wilmington is here to help.

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**Please visit our Facebook page for more up-to-date information.**



First Unitarian Church  
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## First Unitarian Church of Wilmington Supports Young Moms

### Baby Showers

Can you help a young person who has aged out of foster care who is going to be a mother?

## ILYA

Independent Living  
For Young Adults

Supporting social justice in  
our community





## Background

Most mothers-to-be feel somewhat anxious about pregnancy, labor and delivery and becoming a parent. When she has little support, no strong role models, is unaware of resources available to her and is also very young, it can be very frightening and overwhelming.

Knowing there are people who care about her and her unborn child, who are willing to give a helping hand can make a significant difference to the mother and baby.

## ILYA's Goal

- Build a positive emotional environment and support network for young women who have aged out of foster care and lack a strong healthy support system.
- Through donations, provide basic essential baby care items to help assure a safe and healthy start to the parenting experience.
- Model compassion and caring to young women who may have never experienced those and encourage participation in group parenting support networks – in person, on-line and reaching out to ILYA-arranged contacts.

**The ILYA team thanks  
you!!!**

## What is needed?

- Volunteers to attend a baby shower
  - Provide refreshments
  - Help set up/decorate
  - Help create a warm and welcoming atmosphere for the guest of honor and her guests
  - Be willing to share parenting experiences in a way that is encouraging while instructive.
- Volunteers to be support contacts regarding parenting and childcare issues and needs
- Donors willing to use baby registries to provide needed baby equipment and supplies as gifts.



Independent Living for  
Young Adults - ILYA