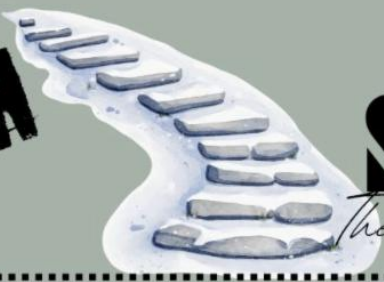


DECEMBER 2025

YOUTH



STATION

The one-stop-shop on the track to success



Dear Caregivers,

We would like to wish you all a happy holiday season! This time of year is filled with traditions and spending time with your loved ones. For our youth, this may be a sensitive time as many will not be spending their holidays with their families or even their siblings. As caregivers, lets come together to make their holidays special. Ask about their family traditions, family recipes, and if possible, incorporate parents and siblings.

If you have any questions or need extra support this month, please do not hesitate to reach out to our team at youthservices@familypartnerships.org.

Warmly, Youth Services Team

HOLIDAY MEAL PLANNING

Cooking and meal planning can be a great way to make connection, especially during the holiday season. Instead of making all the meals yourself, include your teens in meal prep, cooking, and cleanup. Share the cookbooks and online resources you use for recipes and meal ideas. Ask them to find a recipe they'd like to make, and coach them through making it.

Why it matters:

Developing a cooking repertoire increases self-awareness, decision-making, and relationship building. Learning these life skills allows youth to contribute to the household in personalized and independent ways.



RESOURCES

How to Support Foster Youth During the Holidays

<https://www.kfh.org/foster-child-holidays/>

12 Ideas for Supportive Adults

[HTTPS://WWW.FOSTERCLUB.COM/SITES/DEFAULT/FILES/DOCS/BLOGS/HOLIDAY_SUPPORT%C6%92.PDF](https://www.fosterclub.com/sites/default/files/docs/blogs/holiday_support%C6%92.pdf)

SEL CORNER

(SOCIAL EMOTIONAL LEARNING CORNER)

The holidays can take an emotional toll on all of us, but foster children may feel an increased sense of grief, stress, or anxiety. Your foster child may pull away or withdraw over the holiday season. Be sure to encourage youth to practice self-care and respect any boundaries they set. Below you will find a list of article resources on supporting our youth during the holiday season.

Holiday Self-Care Tips



Make space for messy feelings like grief.



Learn to say no without feeling guilty.

Create your own holiday traditions.



Keep your stress levels in check. It's okay to step back or delegate.



Set realistic expectations for yourself and the holiday.



Make a plan and try to stick to it. Organization is key.

Keep your self-care routine or begin a new one.



Give yourself permission to let it be a normal day.



LIFE SKILLS PROGRESS FORM CARE GIVER PORTAL:



COMMUNITY

DECEMBER 2025



**Foster Youth
of AMERICA**

PRESENTS

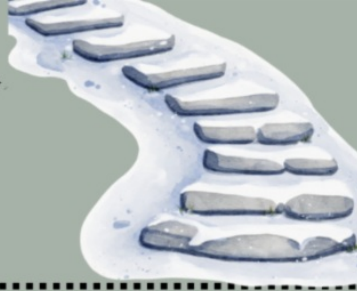
**Winter
WONDERLAND
2025**

**SAVE THE
DATE!**

DECEMBER 17TH, 2025
WEDNESDAY | 5:00 PM TO 9:00 PM
ORLANDO, FL

COMMUNITY

DECEMBER 2025



FREE HOLIDAY EVENTS

CHRISTMAS TREE STROLL

DISNEY SPRINGS

1486 E. BUENA VISTA DR. LAKE BUENA VISTA, FL. 32830

12/1-12/31

CASSELBERRY LIGHTS

LAKE CONCORD PARK

95 TRIPLET LAKE DR. CASSELBERRY, FL. 32707

12/1-1/4

NIGHTLY SNOW FALL

CELEBRATION

610 SYCAMORE ST. STE. 220 KISSIMMEE, FL. 34747

12/1-12/31

DOWNTOWN FOR THE HOLIDAYS

LAKE EOLA PARK

512 E. WASHINGTON ST. ORLANDO, FL. 32801

12/5-1/6

VARIOUS FREE EVENTS THROUGHOUT THE MONTH
SCHEDULE:

DOWNTOWN FOR THE HOLIDAYS PRESENTED BY ADVENTHEALTH DOWNTOWN ORLANDO

FAMILY CHRISTMAS EXTRAVAGANZA IN PALM BAY

FRED POPPE REGIONAL PARK

1951 MALABAR ROAD, PALM BAY, FL. 32907

12/21 10:30AM-5PM

SURFING SANTAS IN COCOA BEACH

COCONUTS ON THE BEACH

2 MINUTEMEN CAUSEWAY COCOA BEACH, FL. 32931

12/24 7:30AM

SUPPORT

DECEMBER 2025



**Caregivers, we would love
to hear from you!**

PLEASE FILL OUT THIS LINK:



THIS HELPS US BETTER SUPPORT YOUR FAMILY'S NEEDS AND
IMPROVE COMMUNICATION.



About Family Partnerships of Central Florida

Family Partnerships of Central Florida is committed to protecting children, strengthening families and changing lives through a comprehensive, integrated, community-based system of care that provides adoption, foster care and independent living services for children and families in Brevard, Orange, Osceola and Seminole counties.

Contracted with the Florida Department of Children and Families as the lead child welfare agency in the four-county area, Family Partnerships of Central Florida's mission is to ensure that the children it serves thrive in safe, healthy and loving families.

[Visit our Website](#)

Family Partnerships of Central Florida | Rockledge, Florida | Rockledge, FL 32955 US

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