

## **Taking Care of Yourself!**

👋 Hello!

😞 As many of us know, fostering isn't always rainbows and butterflies. There are some very tough parts.

❤️ Our program has grown to what it is today due to individuals with huge hearts, like every single one of you, opening your life and home to welcome these vulnerable little creatures in and we are forever grateful.

✅ Taking care of yourself should be your number one priority. You cannot take care of others (including animals) well if you aren't putting yourself first.

If you ever find yourself struggling with your mental health regarding fostering with Fort Wayne Animal Care and Control, please reach out- we are here for you! 💜

Check out this awesome video on The Emotional Side of Fostering from Kitten Lady:

<https://www.youtube.com/watch?v=jQCPVIWma9w>