

About Amara

Since 1921, Amara has been dedicated to meeting the needs of children and families in the Puget Sound region who have been impacted by foster care or adoption with a focus on those who are most impacted including Black and Indigenous children and families, low-income and LGBTQIA+ communities. Learn more at www.amarafamily.org.

Our Impact (2020)

- 274 kids experiencing foster care were supported by our programs
- 1,061 family time visits kept kids connected to their parents
- 130 adoptive and birth families received resources or stayed connected to each other through our Post-Adoption program
- 57 kids safely returned home to their parents or were adopted by their Amara foster parents

How You Can Help

Caregivers often don't have everything they immediately need when they open their homes to children in foster care. They might be caring for an 8-year-old child or a 6-month-old baby. We strive to help caregivers and parents access the resources they need to safely care for children year-round. You can make a difference by donating the following items:

- Diapers & Pullups
- Onesies
- Baby wipes
- Burp cloths
- Swaddles
- Diaper cream
- Formula
- Bottles
- Car seats
- Pack and plays
- Teething rings
- Blankets (infant and youth sizes)
- Jackets of all sizes
- Shoes of all sizes
- Socks of all sizes
- Underwear of all sizes
- Sippy cups
- Plastic plates and cutlery for young kids
- Toothbrushes/toothpaste for kids of all ages
- Books for all ages
- Games for all ages
- Stuffed animals
- Toys/puzzles/art kits for all ages
- Balls