



For Immediate Release

National Foster Care Month Brings Awareness to Cause by Honoring Foster Families and Supporters

*River Oak Center for Children and Sleep Train Ask Community for
Renewed Support to Create Lasting Change*

(Sacramento, CA) – May 14, 2010 – National Foster Care Month recognizes the significant contributions and dedicated work of foster parents and draws attention to programs and practices that promote stability for children in foster care. Originating in 1988, National Foster Care Month has inspired people nationwide for more than 20 years to support the more than 500,000 children and youth living in foster care – including the more than 80,000 living in California.

“During this important month of recognition, we wish to express our sincere appreciation for the incredible generosity of our community,” said Dr. Mary Hargrave, President and CEO of River Oak Center for Children. “The foster children served by River Oak have faced tremendous challenges and often lack the basic essentials in life. The support we receive from individuals and regional businesses like Sleep Train provides these children with needed material items like shoes, coats, clothing, school supplies, pajamas, and during the holidays – gifts. Just as importantly, this support shows foster children – in a very real way – that their community cares about them. River Oak is deeply grateful to Sleep Train and to every community member who supports their efforts to make a big difference in the lives of foster children in need.”

While some foster children may return home to their parents, others will live in foster care until they become adults or are adopted. Throughout the year, but especially during May, everyone is encouraged to play a more active role in the lives of foster children. Individuals and businesses interested in helping local foster children can get involved in the following ways:

- **Be a foster parent:** There continues to be a shortage of foster homes. Consider caring for siblings and adolescent children – one of the most underserved segments.
- **Be a volunteer child advocate:** Court Appointed Special Advocate (CASA) volunteers are trained citizens appointed by judges to represent the best interests of abused and neglected children in court.

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- **Mentor a child:** Help children and youth achieve higher grades and improve relationships with friends and families.
- **Employ a foster child:** Help a youth in foster care explore career options and find a job.
- **Make a donation:** The Sleep Train Foster Kids program has donated hundreds of thousands of items to its foster organization partners. Support Sleep Train's efforts by making a personal donation, holding an office drive, or donating company merchandise. Visit www.sleeptrain.com for more information, to donate online, or to find the store location nearest you to make donations.

For more information on River Oak Center for Children, please visit www.riveroak.org. To learn more about Sleep Train's Foster Kids program, please visit www.sleeptrain.com.

About River Oak Center for Children

Established in 1966, River Oak Center for Children is the Greater Sacramento area's largest non-profit provider of behavioral health and mental health services. Every year, over 2,000 children at risk, troubled teens, and their families participate in their programs. River Oak originated as a group home for children who were not doing well in treatment programs outside the home. Given changes in both need and clinical practice, River Oak now offers a comprehensive array of traditional and innovative services through 13 programs operating at four program sites. Services are provided in collaboration with the Sacramento County Department of Health and Human Services Division of Mental Health. River Oak is proud to be one of nine Northern California nonprofits to receive donations through Sleep Train's Foster Kids program. For more information, please visit www.riveroak.org or call 916-609-5100.

About Sleep Train

Celebrating its 25th year in business, Sleep Train is ranked the #1 mattress retailer on the West Coast, offering customers excellent service by professional and knowledgeable sleep consultants and a range of famous brands, such as Simmons Beautyrest®, Sealy Posturepedic®, Tempur-Pedic®, and the Vera Wang Organic Collection by Serta®, at the guaranteed lowest prices. The company has more than 80 retail locations throughout California. Sleep Train's Foster Kids program actively contributes to its community through ongoing donation drives that benefit the area's more than 80,000 foster children. For more information, please visit www.sleeptrain.com or call 1-800-378-BEDS.

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