

Meet Your IFAPA Peer Liaison

Gwen Timmerman



I provide peer support to families living in the following counties:

**Benton, Black Hawk,
Bremer, Butler, Grundy,
Marshall and Tama**

How to Contact Me:

844-335-9746 Toll-free
319-883-3594 Waterloo area

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Hello! My name is Gwen Timmerman and I am your Peer Liaison with the Iowa Foster and Adoptive Parents Association (IFAPA). I have been involved with group and/or individual foster care services for about 15 years.

I have two adopted sons who are the light of my life and who keep me on my toes. Throughout my foster care journey, I have encountered numerous uniquely individual children and families who have changed my life and for whom I hope I have also made a positive difference. As an adopted individual, I have first-hand experience regarding the feelings individuals have when growing up in a home where individuals are not biologically related. I also had a foster sister as a teenager who has remained “family” over the years. These unique experiences help me understand the feelings people may have from both perspectives.

My background as a Criminology and Sociology double major and my current role as a Community Liaison for a major company has given me much knowledge and experience dealing with people off all backgrounds. I have interacted with children and families of many different ethnic and religious backgrounds, mental disabilities, medical issues, multiple diagnoses, conduct issues, trauma, drug/alcohol addiction, sexual abuse, physical abuse, runaway behaviors, learning disabilities, and more.

As your Peer Liaison, my hope is that I can get to know each and every one of the foster families in the area so I can be of assistance to you when needed—to vent frustrations, find resources, problem-solve issues, locate trainings, answer policy questions, and just provide encouragement when times seem especially tough. Please know, I don’t feel I have all the answers, but I do have plenty of resources to get the answers, and I will work very hard to find them for you! I am also open to learning from you along the way, as many families have a lot of knowledge and experience to offer...

Please contact me at any time. Our conversations are confidential and we can discuss any topic you need to vent about or want help with. And, let’s face it, we all need that once in a while!

FACT: IFAPA’s Peer Liaisons and Resource Information Specialists provide support to an average of 2,000 foster, adoptive and kinship parents each month.