This master's thesis describes the system of foster care and work with families at risk as a tool to prevent the placement of children in institutional care in the Czech Republic. It defines the key problems in these two fields and designs a case study proposing a potential solution to deal with them. The case study is concerned with the project of the Centre For Families in South Bohemian Region, and it involves the research on the needs of foster care families as well as the situation of the families at risk. Considering the theoretical studies relating to this field and the research carried out in that region, it proposes a set of activities and services to be provided by the Centre, while also dealing with the limits to introduce this type of service in the practice.