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eNewsletter



2019  
2018

## MONTHLY SUPPORT GROUP

*You don't have to do it alone ~ we get it!*

**Wednesday, 1/23/19**

**6:30pm - 8:30pm**

**River Oak Center for Children**

**5445 Laurel Hills Dr ~ Sacramento**

PLEASE RSVP @ [meetup.com/Capital-Adoptive-Families-Alliance/events/rbhffqyzcbfc/](https://www.meetup.com/Capital-Adoptive-Families-Alliance/events/rbhffqyzcbfc/)

## UPCOMING \*FREE\* EVENTS

- **1/15/19 ~ Advocacy & Wellness Training**  
\*Complete Details @ [capadoptfam.org/Training.php](https://www.capadoptfam.org/Training.php)
- **2/27/19 ~ February Support Group**
- **3/2/19 ~ Respite Drop Off ~ 10am - 3pm**  
\*Registration Opens at 9am on Wednesday, January 2nd @ [capadoptfam.org/respite.php](https://www.capadoptfam.org/respite.php)
- **6/6/19 - 6/9/19 ~ CAFA Summer Camp**  
\*Registration Opens at 9am on Friday, February 1st @ [capadoptfam.org/camp.php](https://www.capadoptfam.org/camp.php)

If you haven't already done so, please help us provide funding for adoptive families by completing a short 20 question survey for CAFA & PC4W @ [surveymonkey.com/r/CAFA-PC4W](https://www.surveymonkey.com/r/CAFA-PC4W) ~ Thanks!

To learn more about PC4W, visit: [capadoptfam.org/Advocacy.php](https://www.capadoptfam.org/Advocacy.php)

## IT'S OUR ANNIVERSARY!

**10**  
CELEBRATING  
**YEARS**

### A MESSAGE FROM OUR FOUNDERS:

"As we reflect back on the 10 years since CAFA was conceived, never could we have dreamed of the beautiful vibrant community that CAFA has become. If you attend one of our events, you will witness what a community who is inclusive and accepting looks like. CAFA is diversity and diversity is CAFA. We are connected by our children who share the common thread of trauma and loss. Parenting our children is a journey interwoven with joy, sadness, pride and frustration. We challenge them, ourselves and the larger society to help them heal and thrive. Through this, our connectedness with others who share similar journeys fills our hearts and motivates us forward to take on the next hurdle in our parenting journey." ~ Rebecca & Kim

## A New Year

A new year has begun  
January is month number one.  
It is the start of a whole new year,  
there is nothing to fear!  
A new year for trying  
not for sighing.  
What goals can you make,  
for your own sake.  
For a better you,  
for a year that is new!



## SOCIAL MEDIA

- **835 Followers on our Facebook Page**

You can follow us @ [facebook.com/capadoptfam](https://www.facebook.com/capadoptfam)

- **We have joined the Instagram Community**

You can follow us @ [instagram.com/capadoptfam](https://www.instagram.com/capadoptfam)

## PARENTS SPEAK...

"My adoption journey has had many beautiful and joyful moments, but often it has been hard! As parents of four teenagers, my husband and I have experienced challenge after challenge. It seems that as soon as we figured out one thing something else pops up. We have been through a lot and have learned quite a bit. CAFA is a group of families like ours. That is what makes it so special. I know that they understand, because they have lived similar experiences. They do not judge because they know firsthand how hard this journey is. If I have questions, about what is normal for our kids from hard places I do not need to be afraid to ask. It is rare to find that outside of CAFA. This group teaches us that we are the only experts of our children and their strongest advocate. It is up to us to learn everything we can about their symptoms, diagnosis and needs. We have to learn how to work the systems and advocate for them. CAFA provides us with learning opportunities, encouragement and support to make that happen. Over the last nine years CAFA has been invaluable in keeping me motivated, feeling "normal" and hopeful for the future." ~ Abby

## LATEST NEWS

We are in the process of updating our contacts into one database. We appreciate your patience and understanding during this time. If you receive multiple emails from us, it probably means we have more than email address for you and you can easily unsubscribe by clicking the unsubscribe link at the bottom of our emails.



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