



"To know others are going through what you are. To share resources as we all have different expertise and experiences. To make friends who understand without saying anything. To have someone to walk along side of you. To be there for you in the good times and challenging times. A place where you can just be..."

-CAFA Adoptive Parent

All donations to CAFA go directly to supporting the programs and services for the greater Sacramento adoption community.

Your tax-deductible donation may be made online at www.capadoptfam.org

Non-Profit Tax ID: 27-0148185

Make a difference!

DONATE

Website:

www.capadoptfam.org

Email:

capadoptfam@yahoo.com

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916.834.3700

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Respite program:

Grant funding provided by Mental Health Service Act (Prop 63) Innovations funds, Sacramento County and managed by

Sierra Health Foundations:

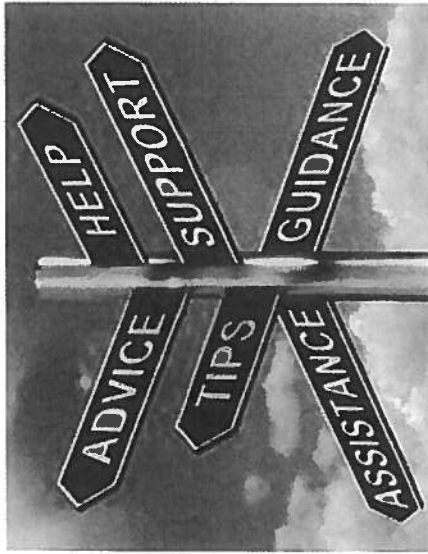
Center for Health Program Management.



CAPITAL

ADOPTIVE FAMILIES

ALLIANCE



Who We Are

Capital Adoptive Families Alliance (CAFA) is a nonprofit corporation founded in 2009 by adoptive parents who sought to provide supportive services and increase awareness about the needs of adoptees and their forever families.

Today CAFA continues to be run by volunteer adoptive parents whose mission is to provide post adoption support and education to the adoptive community and to advocate for the needs of adoptive families.

What CAFA Provides:

- Peer-Led Support Groups
- Education/Training
- Advocacy
- Respite
- Resource Library
- Community Connections
- Family Events
- Summer Camp

Why Post Adoption Support?

The needs of adopted children and their families do not end when the adoption is legally finalized.

Many adopted children have suffered trauma and abuse prior to joining their adoptive family. It is common for

adoptive families to need a wide range of services and support related to trauma and abuse as well as to adoption. Needs may change at different developmental stages.



Who We Serve

CAFA serves adoptive families in the greater Sacramento area

- Foster-to-Adopt Families
- Private Adoption Families
- International Adoption Families

Families may encounter post adoption issues over the course of a lifetime. It is common for adoptees to experience grief and loss over being separated from their family of origin and to have difficulty trusting and bonding with their new families. Many adoptive parents struggle to meet the parenting needs of children with complex issues and may develop secondary trauma and depression related to the stressors of the adoption experience. CAFA offers families a safe place to share the joys and challenges of raising adopted children.