

"Every Child Deserves a Family"

CPFA Celebrates 50 Years in 2022

A Message from our President



Carolyn Bosa

Greetings Members and Friends,

We're back! The weather is warmer, and we're headed outside. In commemoration of our 50th year, we're celebrating with our members, families, and friends at Sunrise Lake in the Lewis Morris County Park in Morristown on August 6th. With food, fun, and swimming, we hope you can join us. The kids always enjoy racing to, balancing on, and jumping off, the Wibit. We are so glad to get back out there and enjoy this year!

Can you believe the book discussion group has been meeting for 14 years? The group is now enjoying a new in-person location, at the Chatham Summit-Quaker Meeting. It is a great place to accommodate a simultaneous virtual session for those unable to attend in person. The group looks forward to their next discussion in July on *Rock Memoir: Book 1 of The Birth-Fathers' Club Series* by Michelle Kriegman.

Finally, we're excited to also welcome back our Youth Mini-Conference in October. It is the only one of its kind in New Jersey—you can count on engaging workshops centered on topics of adoption for children ages seven to fifteen, parents, and caregivers.

CPFA is always looking for volunteers to help with our programs and events. Any amount of time you can offer is beneficial. If you are interested in volunteering with CPFA, please be sure to check out our website and social media (Facebook & Instagram), and send an email to info@cpfanj.org.

We hope you can join us for our upcoming events. Together with our entire staff of CPFA volunteers, we wish you a wonderful, fun, and safe summer! Thank you so much for your ongoing support.

Carolyn Bosa
CPFA President, Executive Committee

Mark Your Calendar!

visit www.cpfanjanj.org for details

Thursday, July 28 | 7:30pm – 9:00pm
Adoption Book Group
(in-person & via Zoom)

Please join us for a lively and thought-provoking discussion on *Rock Memoir: The Birth-Fathers' Club Series (Book 1)* by Michele Kriegman. If you would like to attend, please email cpfanj.adoptionbookgroup@gmail.com with "CPFA Book Group" in the subject line and indicate in the email whether you would like to attend in-person or via Zoom. The new in-person location is at the Chatham-Summit Quaker Meeting, 158 Southern Boulevard, Chatham.

Saturday, August 6 | 1:00pm – 5:00pm
Summer Family Picnic & 50th Anniversary Celebration

Bring your family for some fun on the beach at Sunrise Lake in Lewis Morris County Park! This year we will also be celebrating CPFA's 50th anniversary! Pre-registration is required; admission is free! For complete details, see page 4.

Saturday in October | TBD
Mini Conference for Families

This event is still in the planning stages. It will feature topics/workshops for parents as well as children ages seven to fifteen. Details will be posted on the CPFA website and social media as plans progress.

New Members & Guests Welcome!

To learn more about the history of the organization, detailed information on upcoming events and locations, how you can become a member or volunteer, please visit our website or email info@cpfanj.org. Please do not contact any of the event locations for information or directions.

Mission Statement

CPFA is a non-profit organization in the State of New Jersey dedicated to the belief that every child deserves a family. CPFA is not an adoption agency, but a volunteer organization working to support those who wish to adopt, and to provide educational and networking resources to those who have adopted.



Supporting Children with Roots in Ukraine and Russia

Submitted by NJ Adoption Resource
Clearing House (NJ ARCH) www.njarch.org

Every day the news and social media are filled with difficult images of the families and children directly impacted by Russia's invasion of Ukraine. How does this affect those families whose children were adopted from Ukraine or Russia? This war can be especially difficult for those families, particularly the children who may have some memory of their home country and worry about birth families, friends, or acquaintances still living there.

The National Council for Adoption (NCFA) recently held a free webinar entitled "Supporting People in the Adoption Community with Roots in Russia and Ukraine." During this webinar, experts from several agencies spoke about how parents may be able to help navigate this sensitive time with their adopted children, many who are now teens or young adults. Below are some highlights from the webinar.

Whether adopted from Russia or Ukraine, children of all ages may be experiencing feelings of grief, loss, fear, and sadness. Think about the child who may have lived in an orphanage in the Ukraine in their early years. Seeing war images on TV or social media may bring back feelings of their own past traumas. Younger children may not realize what they are feeling, but such feelings may manifest in various ways, such as being distracted at home or school and/or being less interested in playing with friends. Children may not always share their feelings with others.

For Russian adoptees that may now be in college or employed, the negative images and press portraying their home country as the "bad guys" is extremely difficult. They may also be experiencing anti-Russian stigmas and prejudice. Some may even downplay their Russian heritage.

So if our children have roots in Ukraine or Russia, what can adoptive parents do to help them?

First, we need to acknowledge that we are ALL experiencing a sense of grief, loss, sadness, and helplessness, whether or not we have roots in those countries. We want to help our children navigate through these often complex emotions.

Continued on opposite page



"Let's Talk Adoption" Conference

Another Success!

The 39th Annual "Let's Talk Adoption" Conference, "Strengthening Our Bonds, Supporting Their Needs," was held virtually on March 5th. Keynote speaker, Jeanette Yoffe, M.A., M.F.T, shared her story as an adoptee and how it has impacted her work as a psychotherapist working in foster care and adoption for over 20 years. She shared her perspective and tips on parenting and working with adoptive families. Over 100 participants, eight presenters, and six exhibitors shared their time and expertise. Thank you to our co-sponsors: the Rutgers University School of Social Work, Office of Continuing Education and the Adoption Agency Council of New Jersey as well as our amazing CPFA volunteers. The conference has many moving parts and its success depends on all those involved!

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To contact a board or committee member, please email info@cpfanj.org



CPFA Awards 2022 Scholarship

Congratulations to Zandra Thomas on being awarded the 2022 CPFA Scholarship!

Ms. Thomas is a graduate student at Kean University expecting to earn her MSW degree in 2023. During the pandemic, her focus changed from a career in the Newark public schools to working on obtaining her MSW. Ms. Thomas has personal experiences in foster care, and hopes to use these in combination with her education to work for NJ State Child Protective Services. Her current field placement is with Integrity House at the Hudson County Correction and Rehabilitation Center where she has demonstrated her enthusiasm to learn and adeptness at applying her social work skills.



ADOPTION & FOSTER CARE CONFERENCE
JULY 19-22, 2022

If you have been touched by adoption or foster care, this conference is very informative! The four-day educational conference presented by the North American Council on Adoptable Children (NACAC) will be held online. It will cover a wide variety of foster care and adoption topics—to meet the diverse needs and levels of experience of adoptive and foster parents, child welfare professionals, and people who were adopted or in foster care.

You can register for two, three, or all four days. Visit nacac.org for more details.

CCAI Intern

Meet April Barcus, a junior at Rutgers University-Newark, who was selected as one of nine foster youth to serve as a legislative intern this summer for the Congressional Coalition on Adoption Institute (CCAI).

CCAI works with the largest bipartisan caucus, the Congressional Coalition on Adoption, made up of 161 members of the 117th United States Congress and Senate. CCAI works to keep members informed on policy issues related to children and families in the United States and around the world.

April will be in Washington for nine weeks this summer. Monday-Thursday, they will be working as a legislative intern, and each Friday they will research and produce a policy report on "issues affecting children and youth in the U.S. foster care system." April plans to research the intersection of trauma and chronic conditions and its impact on care in the system. At the end of the nine weeks, the interns will have a policy briefing with members of Congress.

Check the CPFA Facebook page at the end of the summer to find a follow-up interview with April and the briefing from the Foster Youth Interns.

For more information on CCAI, please visit www.ccainstitute.org.



Supporting Children *Continued*

Parents may say, "Everything will be fine, don't worry about it" or conversely, they may get too emotionally involved and make it a stressful situation at home. Neither is helpful.

What is helpful is creating a safe space to allow your children to talk and express their feelings. Offering frequent "check-ins" with your child may be an effective way to help them verbalize and process what is taking place. It may take a few attempts for your child to open up, but when they do, validate their feelings and experiences.

Talking with and supporting older Russian adoptees may be more complex. As adoptive parents, we teach our children to have pride in their home country, rich culture, and its people. During these difficult times, some adoptees may feel anger with their home country and even reject their birth identity. We can empathize with their anger and offer emotional support. If your child is away at college, talking over the phone may not be enough; consider visiting your child at school as a way to "check-in" and be available for them.

Self care is also very important for adoptive parents. Maintaining good connections with our children and family members as well as setting limits on how much news and social media we view is vital to not becoming overly consumed by the war.

This is not an easy time for anyone, but with open communication, increased patience, and the help of a professional if needed, we will get through this. And don't forget to give a lot of hugs!

**adoptioncouncil.org/resources-and-training/*

SOCIAL UPDATE

Join us on Saturday, August 6 from 1:00 pm – 5:00 pm for the **CPFA Summer Family Picnic and 50th Anniversary Celebration!** The event will be held at Sunrise Lake in Lewis Morris County Park, 270 Mendham Road, Morristown, NJ. Please bring a picnic meal for your family, along with beach chairs, towels, and toys for the kids. CPFA will supply snacks, drinks, and a dessert for the special celebration. You will find us under the beach tent! Entrance into Sunrise Lake is free, but you must pre-register with us so we know how many people will be joining us for a great day of sun and fun! Admission does not include the Wibit water feature; you can pay for that separately when you arrive at Sunrise Lake. To register, please visit www.cpfanjanj.org.



Membership & Renewal Form

PLEASE TEAR OFF AND RETURN WITH PAYMENT

Name: _____
 Address: _____
 City, State, Zip: _____
 Telephone: _____
 Email: _____

Make Payable to: CPFA

Mail To: Miriam Frolow

48 Oak Crest Rd., West Orange, NJ 07052

Please Check off the Appropriate Box Below:

- ☐ \$25 New/Renewing Membership & Newsletter
☐ \$45 New/Renewing Membership & Newsletter for 2 years

Social events are free to all members & their families! | Membership dues are tax-deductible.

**CONCERNED
 PERSONS
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 ADOPTION
 CPFANJ.ORG**

**PO BOX 179
 WHIPPANY, NJ 07981**

*"Every Child
 Deserves a Family"*

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TO CHANGE YOUR MAILING ADDRESS, PLEASE CALL 973-243-2621 OR CONTACT US THROUGH OUR WEBSITE



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