



Dear <First Name>,

Last month, we shared that Christian Family Care is so much more than foster care and adoption. We introduced to you the four pillars of **prevention, preparedness, restoration, and preservation** leading the ministry of Christian Family Care. Today, we want to share with you what we are doing, what we hope to accomplish, and how you can help engage with us in our mission of strengthening families and serving at-risk kids in the name of Jesus Christ—specifically through the lens of prevention.



## Prevention.

Merriam-Webster defines **prevention** as “to keep from happening or existing, to hold or keep back, to deprive of power or hope of acting or succeeding.”

At Christian Family Care our mission to strengthen families leans on the first pillar of prevention to keep kids from disrupting from homes, to empower, rather than to deprive kids and parents, of flourishing in life. *“Every child loved”*... is the end result we work toward every day. You can search the Internet and find research study after another that gives evidence to the importance of both faith and family as the key to human flourishing.

Interaction between parent and child has a significant impact on the level of stress and anxiety a child feels. It impacts brain development which affects socio-emotional and cognitive capacities. Parents, when they are in a loving relationship, improve their ability to respond to the needs of their children.

Contrary to popular opinion, science, reason, and faith converge to explain the anthropological foundations for the family and its utmost importance to society. In the words of author Dr. Allan Carlson, founder of the World Congress of Families: “Faith and family are two sides of the same coin.”



Indeed, family is the only institution of civil society, even predating laws and government, that can ensure that the virtues, purpose, and significance found in being human are passed on to the next generations.

As the British philosopher G.K. Chesterton explained in the early 20th century: "This triangle of truisms, father, mother, and child cannot be destroyed; it can only destroy civilizations which disregard it."

To prevent further decline in the well-being of the children and families, and to help the communities of Arizona thrive we need strong families—families with both a mother and father. This is a huge task, counter to our prevailing culture. However, just as the breakdown of the family and the acceptance of parenting outside of marriage or the adoption of same-sex marriages has evolved over time, we can take action to reverse those trends leading to decline and restore families and Arizona to greater days ahead.

## **What are we doing?**

### **• Family Empowerment Services provide:**

- o Mentors to young adults exiting foster care to help them get the right footing as they start their independent lives; to women pregnant choosing life for their child through either parenting or adoption; and to parents learning to parent.
- o Family coaching, parenting training, and personalized coaching to address childhood experiences that inhibit an individual's ability to flourish as adults.

### **• Arizona Family Counseling provides:**

- o Counseling services performed by licensed clinical counselors for adults and children with the overall intent of strengthening families.
- o Specialized counseling for individuals who need assistance navigating the effects of grief, loss, and childhood trauma.

### **• Family Care Learning provides:**

- o Access to webinars and trainings on child development, and overcoming trauma.
- o Podcast where we discuss topics such as list "The effects of trauma on children" and "How to navigate difficult times in foster care."
- o Access to "Complex Trauma Resources," a book written by Dr. Chuck Geddes – a training program for educators, pastors, and community organizations working with children.

- **Family Care KIDS:**

- o Early Childhood Educational programming for kids six-weeks-old to pre-kindergarten, trauma-informed and linked to Family Empowerment Services to support the development of both children and their parents – equipping them for success.

- **Advocating for Children:**

- o Serving on the Governor’s Child Safety and Family Empowerment Council and the oversight committee for the Department of Child Safety, we are advocating for policies and practices that strengthen faith and family.

### **What we hope to accomplish?**

Our aim is to restore the two-parent family and marriage in our society. Focusing on our most at-risk communities where marriage rates are low, and where child disruptions and removal rates are high, we hope to prevent children from entering the foster care system.

There is a crisis in Arizona for children under age five. Birth to five years old is the most critical time in the development of a child’s brain. Children under five years old (typically foster children and kids whose parents are dependent on government support) are experiencing a high rate of disruptions from preschools due to their poor home life, which contributes to anxiety and trauma, leading to very difficult behaviors. These early disruptive experiences affect children’s well-being for the rest of their life. Our aim is to fill the gap, by providing a quality preschool, with staff trained to help these children overcome their traumatic adverse experiences and create a stable environment to help improve their behavior and ability to learn and succeed in life.

We hope to end the cycles of generational trauma, abuse, and neglect – at least for some. Children that experience adverse childhood experiences, carry that damage into adulthood and become abusive to the next generation. We aim is to help adolescents, teens, and adults overcome these experiences so they and the next generation can thrive. We want to break cycles.

## How you can help engage with us:

- Become a mentor. We are developing mentors to walk alongside children and families. You can mentor one-on-one, or join a mentoring team, coming alongside a child, young adult, or parent.
- Become a teacher or teacher's assistant. Train to help in our preschool, to come alongside children birth to five years old.
- Become a family coach. Train with our staff to come alongside families in crisis.
- Become a short-term host family, helping a pregnant mother or parents in crisis by caring for their children short-term while the parent stabilizes from their crisis to avert a disruption.
- Support the cost of a training on our Family Care Learning platform.
- Help with a child or family community engagement event.
- Pray.
- Advocate for social policy issues that strengthen the family.
- Scholarship and pray for a child in preschool.
- Support and pray for a family coach.
- Become an ambassador to mobilize your church.

We hope you are learning that your partnership with CFC is accomplishing so much more than foster care and adoption. It is strengthening families and serving at-risk kids in our community in ways that will hopefully prevent, at least some, of the next generation of kids from entering our foster care system.

Next month we plan to share with you on another pillar of CFC, the pillar of **preparedness**. Our prayer is as you learn how the stewardship of your resources is being invested in these four pillars, you will be greatly encouraged that your support is being stewarded wisely and making a difference. And we also pray that God is moving in your heart to grow your commitment to engage with us as a champion for families and children, leading transformation to a thriving Arizona.

Best regards,



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