



Christian  
Family Care



# IMPACT REPORT 2025

PREVENT | PREPARE | RESTORE

**“ALSO, SEEK THE PEACE AND PROSPERITY OF  
THE CITY TO WHICH I HAVE CARRIED YOU INTO  
EXILE. PRAY TO THE LORD FOR IT, BECAUSE IF  
IT PROSPERS, YOU TOO WILL PROSPER.”**

**JEREMIAH 29:7 NIV**

## LETTER FROM THE PRESIDENT



Dear Friends,

The Christian Family Care (CFC) family met in October to launch 2026 as the Year of Cultivation. Inspired by Ecclesiastes 3, we are anticipating ongoing changes in government and the evolving needs of families in our communities. We are seizing opportunities to cultivate the growth of CFC's services to strengthen families and serve at-risk children in the name of Jesus Christ.

Ecclesiastes 3:2–8 speaks to planting and uprooting. Building on the success of our Young Adult Services program in 2025 and our efforts in the Alhambra Elementary School District, we are cultivating relationships and planting new seeds to expand our services into the Maryvale community and to better meet the needs of young adults served by the Department of Child Safety (DCS).

At the same time, we are uprooting our Tucson counseling program to release resources and better serve the welfare of the city.

Ecclesiastes 3:11 tells us that we must look beyond today to eternity. We continue to build lasting relationships with children and families that extend beyond foster care, youth advocacy, or the classroom. This is a long-term, transformational commitment. One that requires continually nurturing relationships so the cities we serve can truly thrive.

I believe God has gifted CFC to be the catalyst for preserving the family, preventing further abuse and neglect, and disruption of the family. This is the good described in Ecclesiastes 3:12–13—the work we are called to do in our lifetime to restore the hearts and health of our communities. Prevent, Prepare, Restore.

The Lord speaks to us through Ecclesiastes 3:22 to enjoy today. What brings us joy is witnessing lasting change in the lives of children and families. As you read this impact report, together we have many things to be joyful about. Our vision for every child to be loved and nurtured in a Christ-centered family is being realized slowly, but it is happening.

Celebrate with us the wins that your investment in Christian Family Care made possible this past year. Wins not just for today, but for eternity. We look forward to even greater growth in 2026.

To God be the glory!  
For the Children,



A handwritten signature in blue ink that reads "Mark".

Mark Upton  
President & CEO

## YEAR-IN-REVIEW VIDEO



Scan QR Code →

TO WATCH CFG'S 2025 YEAR-IN-REVIEW RECAP VIDEO



# 2025 AT A GLANCE

*IN 2025, we served 3,890 children & families in Arizona—a 26% increase over last year!*



**73**

children **ADOPTED**  
by their forever family



**188**

**FOSTER** children  
were served in families



**64**

kids **MENTORED**  
by Christian leaders



**7,917**

**COUNSELING** hours  
provided healing



**29**

**HOSTED** children  
to prevent a family  
disruption



**+9K**

**THRIFT STORE**  
customers served. Your  
purchases directly  
supports children and  
families in need



**81**

families **COACHED**  
to preserve  
family dynamics



**26**

women counseled  
facing unplanned  
**PREGNANCY**



**131**

children served at  
**Family Care KIDS**



**171**

youth served by our **NEW**  
**YOUNG ADULT SERVICES** program

# Family & Community Services

*Christian Family Care* continues to expand its services directly into targeted high-risk communities through an integrated approach of providing multi-generational services through strategic partnerships. One such partnership is with the Alhambra Elementary School District. Through this collaboration, we are helping teachers, school administrators, parents, grandparents, and children address the disrupting effects of ACE's (Adverse Childhood Experiences) that are the cause of multi-generational abuse and neglect, hindering learning and economic advancement and the flourishing of communities. CFC is committed to addressing the needs of every child in our at-risk communities and building thriving communities.

Our partnership in this District is already making a meaningful impact. More than 600 educators have completed professional trauma training focused on classroom dynamics, connection, and student well-being. Feedback highlights benefits, such as improved support for students experiencing trauma, stronger relationships with both students and parents, and practical strategies that educators can immediately apply in their classrooms.

Looking ahead, CFC will continue seizing the opportunities God opens for us to work across targeted at-risk communities to deliver family empowerment services that integrate the strengths of our programs (STRONG Families, Coaching, Mentoring, Counseling, and trauma-informed trainings for parents and teachers through Family Care Learning) to transform communities into healthy and thriving communities.

Every life we touch leads us one step closer to fulfilling our vision of every child loved and nurtured in a Christ-centered family.

# OUR MINISTRIES

## Community Services

## Social Services





## GOD STORY / PREGNANCY & ADOPTION

### God Story →

**Our team recently supported a new pregnancy client in Northern Arizona**—a single mother in a rural area working hard to provide for her family. When she mentioned struggling to afford school clothes for her children, our CFC Thrift Store and one of our volunteers' small groups stepped in, contributing gift cards and additional support from her local church. Thanks to their generosity, her children started school feeling confident and cared for—a powerful reminder of how compassion and community can transform lives.

In 2025, our team also experienced new joy through several placements, including one with a family who began their adoption journey with CFC years ago. After pausing to grow their family biologically, they were recently matched with a baby through our Safe Haven program. Now a family of six, they are overflowing with gratitude—an inspiring reminder of hope and perseverance.





## INFANT ADOPTION - PREGNANCY ADVOCACY

### HAND IN HAND PREGNANCY

Scan QR to visit  
our website! →



Our pregnancy advocacy program - **Hand In Hand** walks alongside women facing unplanned pregnancies, offering compassion, guidance, and support rooted in hope and dignity.



5

INFANT  
ADOPTIONS!

26

EXPECTANT  
MOTHERS RECEIVED  
COUNSELING!



## DCS ADOPTION | YOUTH PERMANENCY

### DCS ADOPTION

This past year, 73 children in the care of the Department of Children’s Services (DCS)—many of them in sibling groups—found the families God had set apart for them. This was made possible through close collaboration with our Youth Permanency program.

### YOUTH PERMANENCY

In 2025, our **Youth Permanency** program helped 32 vulnerable children and teens in foster care find permanent, loving homes. By fostering meaningful connections, we’re building a legacy of stability, belonging, and hope for generations to come.

*See More Children who still need forever families* →



**73**  
CHILDREN ADOPTED  
BY FOREVER FAMILY

**32**  
CHILDREN & TEENS  
FOUND A HOME



## YOUNG ADULT SERVICES

### YOUNG ADULT SERVICES

*For eligibility & more info  
on our newest program*



Our **Young Adult Services (YAS)** team works alongside AZDCS to support young adults age 17-21 who have aged out of foster care, assisting them as they navigate the transition into adulthood.

Now in its third year, CFC's Young Adult Services program continues to empower youth on their path to independence. This year, YAS supported 171 young adults in reaching their personal goals and building a strong foundation for adulthood.

**171**

**YOUNG ADULTS  
REACHED THEIR  
GOALS**



**GOD ASKS US “TO CARE FOR ORPHANS AND WIDOWS IN THEIR TIME OF NEED.” WELCOMING A FOSTER CHILD INTO YOUR HOME IS A BEAUTIFUL RESPONSE TO THAT CALLING...**

**JAMES 1:27**

**FOSTER CARE**

**FOSTER CARE**

Could God be calling you to open your heart and home through **Foster Care** or **Adoption**?

In 2025, 170 licensed foster families provided the love, healing, and hope Arizona’s children so deeply deserve.

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**170**  
**FOSTER FAMILIES PROVIDED A HOME**





## THERAPEUTIC FOSTER CARE

### THERAPEUTIC FOSTER CARE

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our website!



**Therapeutic Foster Care** provides structured, in-home care and support for children and youth ages five and older who have severe mental health diagnoses or complex emotional and behavioral needs. The program helps youth who have faced significant trauma by offering stability, guidance, and a nurturing environment that promotes healing and growth. This year, we had the privilege of serving 18 youth through this ministry.



18

YOUTH WERE  
SERVED



## ARIZONA FAMILY COUNSELING

### ARIZONA FAMILY COUNSELING

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our AFC website!



This year, the **Arizona Family Counseling** team began providing trauma counseling for youth at the Sunshine Acres facility in Mesa, Arizona. In 2025, AFC served more than 1,100 individuals—a client increase of 18%—through trauma-informed therapy, marriage counseling, group sessions, camps, and family support.

#### SERVICES:

Individual Therapy  
Family/Child/Group Therapy  
Child Therapy  
Family Coaching  
Art Therapy  
EMDR Consultations

#### EXPERTISE:

Trauma  
Attachment  
Anxiety  
Depression  
Integrative Parenting  
Parent-Child Relationship

**7,917**  
COUNSELING HOURS  
PROVIDED HOPE &  
HEALING



**131**  
CHILDREN  
SERVED



Family  
Care  
**KIDS**

**EARLY CHILDHOOD DEVELOPMENT & PRESCHOOL**

A Quality First 4-star preschool, **Family Care KIDS** offers a safe, Christ-centered learning environment where children thrive spiritually, emotionally, and academically.

God Story ↗

*“As a parent living with a disability and financial hardship, I was desperate to find a safe, faith-based preschool that understood both my situation and my son’s needs. From the moment we arrived at Family Care KIDS, I felt welcomed and supported. Thanks to their scholarship program, my son Max\* was able to attend, and his teachers’ patience and compassion made all the difference. They never made us feel like a burden, letting me stay until Max felt comfortable—until the day he proudly said, ‘You can go now, Momma.’ From then on, he blossomed—making friends, gaining confidence, and growing in his love for Jesus. When he later asked his new teacher, ‘Can we sing the “Jesus Loves Me” song?’ I knew Family Care KIDS had not only cared for him but also helped him discover God’s love.”*



↖ Scan QR to visit our Family Care KIDS website!

\*Name changed to protect the identity of the child.

**Family Coaching** provides our community partners with community-based skill-building sessions for parents and caregivers to help families cope with the stresses of daily life through the lens of trauma and attachment.



**81**  
FAMILIES  
COACHED

### God Story ↗

*When this foster family first came to family coaching, they were exhausted and ready to disrupt. The children's behaviors felt overwhelming for these first-time parents, and they couldn't imagine how God could be calling them to build their family this way. They were worn down, questioning both their ability and their calling.*

*But they showed up. Week after week, for nearly three months, we met to rebuild understanding and hope. We dug into Trust-Based Relational Intervention (TBRI), exploring trauma, attachment, and the deep need for connection beneath challenging behaviors. There were honest questions, moments of pushback, and courageous processing. Slowly, they began to see how an attachment-rich, trauma-informed approach could bring healing—not just for the children, but for them as parents too.*

*They leaned in. They sought their own clinical support, connected the kids with CFC's counseling services, and let grace meet them in the mess. It wasn't easy—there were tears, stress, and many moments that tested their endurance. But through it all, they kept saying "yes" to the process, to each other, and to God's calling.*

*Then, by the grace of God, they finalized their adoption. Their story isn't one of perfection—there are still hard days—but it is one of perseverance, faith, and love that stayed. Today, they are on the road to thriving—living proof that healing and hope grow best where grace takes root.*



*Scan QR to visit our website!*



## STRONG FAMILIES FOR CHILDREN

### STRONG FAMILIES FOR CHILDREN

Scan QR to visit  
our website!



**STRONG Families For Children** is a prevention program offering temporary, voluntary care for children while their parents navigate life challenges. This approach helps prevent the need for state intervention while allowing parents time to restore stability and well-being.

*S.T.R.O.N.G. = Sojourning  
Together Relying On God*

*STRONG Families Hosted  
29 Children = 24 Families  
Were Able to Work on  
Stabilization!*



## MENTORING

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our website! →



Our **Mentoring** program connects youth, young adults, and young parents with committed Christian mentors. These mentors offer consistent, Christ-centered encouragement, helping mentees navigate life with hope.

*encouraged him to be honest about his story, reminding him that true friends accept you for who you are. Later, the young man took that advice and opened up to a friend about being in foster care. Not only did his friend fully accept him, but the friend's mother was so moved that she contacted DCS to begin fostering him.*

God Story →

*This summer, one of CFC's mentors shared a story that captures the heart of mentoring. His mentee, living in a group home, had started calling him "uncle" because he felt embarrassed about being in foster care. The mentor gently*

*This powerful story shows how a mentor's belief, honesty, and encouragement can transform a young person's life.*



## FAMILY CARE LEARNING

### FAMILY CARE LEARNING

Scan QR to visit our website and preview our entire course library! ➔



**Family Care Learning** offers online courses that equip caregivers, parents, teachers, educators, with practical tools and positive parenting strategies to better support at-risk children and strengthen families.


**30+**  
**ONLINE**  
**COURSES!**



**637** Alhambra Elementary School teachers completed the *Calm Classroom* course through our partnership



**800** Northwest Christian School parents enrolled in *worldview* courses through our newest partnership



*We have many opportunities to meet physical needs within the community, but also spiritually. We support our customers by praying for those who have lost a loved one or recently praying for a father whose wife has divorced him and leaving five children in his care.*

**50+**  
IN-STORE  
VOLUNTEERS

## THRIFT STORE

### **CFC PHOENIX THRIFT STORE**

Scan QR to visit  
our website! →



When you shop at the **Christian Family Care Thrift Store**, you're not just finding great deals—you're helping strengthen families and serve at-risk children in the name of Jesus Christ. With a wide variety of clothing, furniture, housewares, toys, books, and more, every purchase directly supports our mission. Visit us in Phoenix to enjoy amazing daily deals and help create a future where every child is loved and nurtured in a Christ-centered family.



**+9K**  
CUSTOMERS  
SERVED  
IN 2025



Christian  
Family Care

[CFCare.org](https://CFCare.org) | 800.939.5432

Through the Arizona Foster Care Tax Credit, you may  
redirect your state taxes with a gift to help vulnerable children.  
[CFCare.org/TaxCredit](https://CFCare.org/TaxCredit)

