

Good News!

Articles & Stories of Interest from Christian Family Care

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CFC Counseling

Christian Family Care offers counseling to children and families from all walks of life, addressing much more than foster and adoptive situations.

Meet our Counselor Misty Adame, MAPC



Misty has a Master of Arts in Professional Counseling and holds a Trauma, Abuse and Deprivation Certification from Ottawa University. Misty has counseled with children, adolescents, families and couples. She knows first hand the struggles of being a foster and adoptive parent and is committed to working with families who feel called to serve children in this capacity.

Right now, we have several therapy groups as well as individual counseling available. Please contact Anna Cervantes at 602-234-1935, ext. 136 or [online resources](#) to learn more!

The Boy Who Changed Our Ministry

Most people who meet Sam say Christian Family Care has changed his life. But what they don't realize is how much Sam's life has changed our ministry. Read on as Mark Upton, president of Christian Family Care, describes in his own words how Sam has changed CFC's ministry - and his own life.

He would sit outside my office door waiting for his therapy sessions with one of our licensed counselors. Week after week, I learned a little more about his story. For me, Sam became the compelling force in Christian Family Care addressing the children in Arizona's foster system who never find families and homes.

Sam entered the foster care system early in life as a result of his mom being addicted to meth. At nine years old, the State facilitated Sam's adoption - only to have the family give him back after realizing they were not ready to address his challenges.

As a teen, Sam arrived at CFC with deep anger and wounds as a result of being abandoned over and over. We placed him in a loving Christian foster family where he came to faith in Christ. He made progress in school and progress in life through Christ-centered counseling from CFC's licensed therapists.

My time with Sam while he waited for his counseling appointments helped me understand the deep trauma teens experience in the foster care system. Most say these older children and teens can't be adopted. But I've seen what God can do in the life of a child who has been through much in life. And I know CFC is called to minister to these teens, just as we minister to the younger children.

Not too long ago, I had the privilege of praying with Sam and his adoptive family as their adoption was finalized. At 17, Sam finally got his forever family. It was a moment of pure joy for all of us!

Because of Sam, Christian Family Care started a new initiative called [ConnectOne](#). The purpose is to connect churches with children like Sam. Each year, more than 500 kids age out of foster care. Nearly 70 percent of these children end up homeless, in prison, or addicted to substances. Many develop mental health issues.

The Church can play a vital role in connecting with these older children. We can open our churches to them. We can encourage Christian families to open their homes. As the Body of Christ, we have a challenge to find homes for these children. Through Christian Family Care, I know we can do it. Sam is living proof!

To learn how your church can connect with Arizona's foster children, please visit [ConnectOne](#). To become a foster or adoptive family, [contact us](#) today!

In Her Own Words: Thoughts From A Foster Mom



The hardest job you'll ever love!

Excitement and raw fear consumed us as we waited for our first placement. Maybe everyone was right... maybe we were crazy! What were we doing taking on another child when our four biological children were still so young? With home schooling and other commitments, were we taking on too much? However, those doubts were trying to push through something that couldn't be penetrated . . . peace. We were going by faith that this was the right decision.

"Joseph" came to us from a temporary shelter. He was literally "lost in the shuffle" and had been there for eight months. We were told he was getting too hard to deal with and it was time for him to have a real home.

The Lord has such a sense of humor! Joseph was completely opposite of what we were looking for. He was older, aggressive, a completely different race, and drug exposed. Now he was living in our home by our choice!

The next few months were a blur. This was probably the first time in our lives where we really had to live by faith minute by minute. How could everything seem so difficult, yet so right? This must be how missionaries feel! All that scripture pertaining to joy in suffering suddenly became meaningful. Thankfully, the suffering was very short-lived.

Joseph has gone from an aggressive, malnourished, hyper child who had no social skills, to an obedient, funny, charming, smart, lovable little three-year-old. We love him so much, and Lord willing, may even get to adopt him. We feel honored to be part of God's plan for this little boy, and give all the glory to Him!

To paraphrase the Army, being a foster parent is the hardest job you'll ever love! You can listen to another foster story ([click here](#)), this time from a family of ten, or you can [contact us](#) today to learn how to become a foster parent and open your own heart and home to a waiting child!

The Flag of Healing

When people think of counseling, they often think of a conversation between patient and therapist. But counseling for children involves paints, clay, "action" figures, dress up clothing, and many other "play tools" that help children express what their words cannot. Over time, these tools help children begin to communicate freely in all areas of life - in ways that are often surprising.



Eight-year-old "Lily" had been working with one of our therapists to overcome a home of severe neglect and drug abuse. Her foster mom excitedly shared what Lily had created in response to a school project. In commemoration of Veteran's Day, Lily's teacher had asked each student to make a flag. Lily created a "personal flag" with vertical stripes in the colors red, white, and gold.

Displaying the flag to her foster mom, Lily explained that the red represented the blood of Christ, while the white represented how Christ takes away our sin. She couldn't answer why she used the color gold but was excited that she could share with her teacher about Jesus.

While Lily may not have understood the significance of the color gold, we at Christian Family Care did! In each child, we see the treasure buried within his or her heart. Our therapists and foster families pray ceaselessly and work constantly to bring to light the value of every child. After more than a year of therapy and the love of her foster family, Lily was finally able to display her personal flag of healing and self-worth found in Christ.

Strike Up the Fun!

The coolest fun under the sun can be found at Christian Family Care this summer. And thanks to you, a foster child can share in every minute!



Right now, Christian Family Care is organizing Beach Bowling Bashes in both Tucson and Phoenix, benefitting our foster children and families. Your participation means our CFC kids can enjoy some cool summer fun while we raise money to support them all year long. Here's how you can participate...

- Sponsor a lane so kids can bowl
- Be a team captain for a bowl-a-thon team
- Sponsor the admission of a foster family.

Details are being finalized now, but don't wait! Form a team of five bowlers, then contact us to learn how you can enjoy bowling, refreshments, music, and prizes - all while helping our foster kids!

For city specific dates and more information, contact Christian Family Care in Tucson, 520-296-8255 or Phoenix, 602-234-1935.



CHRISTIAN FAMILY CARE

Serving Children and Families Since 1982