



CHILDREN'S AID AND FAMILY SERVICES
Serving vulnerable children and families since 1899



September 1, 2013

Getting Ready for the Holidays

Our children in foster care had a wonderful learning experience at the American Museum of Natural History.

Although it's only the beginning of fall, we're gearing up to give our children memorable holidays. Our children benefit tremendously from cultural, learning, athletic and music experiences. This year, you can help them to "open an experience," which will create a memory they will carry for the rest of their lives. Here are some ideas:

\$45 will provide a child in foster care with a piano lesson at the Ridgewood Conservancy. Music is extremely therapeutic for children who have been through severe abuse and trauma, and it's also fun for them to discover their "inner Beethoven."

\$50 will provide a session at Pony Power Therapies for a child with autism. Therapeutic horseback riding lessons help children with special needs to increase their muscle tone, balance, hand/eye

coordination and fine motor skills.

\$130 will send eight children from one of our community-based foster homes to the Children's Museum in Paramus. The exhibits, including a real fire truck, helicopter, play ballet studio and medieval castle, allow our kids to be kids and have fun!

\$260 will give eight children in one of our community-based foster homes a fun day of outdoor snow tubing at Campgaw Mountain.

\$500 will send 20 children in foster care to the Museum of Natural History to see the exhibits and also an IMAX film show. What a fantastic day of culture and learning!



To give a gift of an experience, please [click here](#) and select donation category "2013 Gift Experience" or call our Development Office at 201-261-2800.

Helping more children with autism and other disabilities

We recently opened our third community home for children with autism and other developmental disabilities in Park Ridge. Four children, ranging in age from 7 through 13, are living there. One of the children, Eric, is 7 years-old. He is autistic and non-verbal. He is full of energy and loves the outdoors. Our staff is working with him on developing language and communication skills, and he recently learned to say "no," which is a huge milestone.

Help create a new beginning for a child in foster care

Lillian and Ramon contacted us about becoming foster parents because they wanted to "give hope and a new beginning to one of the kids." They have given this gift to 17-year-old Carla, who has been in foster care for seven years. Before joining the agency, she had been in several group homes and hadn't lived with a family in many years. She has thrived since moving into Lillian and Ramon's home. Her grades have improved and she's planning on a career in the medical field. "She knows she can rely on us and that we support her," she says. "She's become part of our family. She even visits Ramon's mother on her own and calls her 'grandma.'"

Do you have room in your home and heart to help a child in foster care learn the importance of family? Or do you know someone who can provide the nurturing and guidance an older child in foster care needs? Our next information sessions about foster care are:

Thursday, October 3
10 a.m. – 12 p.m.
76 South Orange Avenue, Suite 209
South Orange, NJ 07079

Please call our family recruiters at 201-226-0300 if you plan on attending. Be sure to forward this e-mail to any of your friends who are interested in learning more about fostering.

Calling all yoga and Zumba instructors

Yoga is renowned as stress relieving and calming activity. We have found it greatly helps our children in foster care, who have been through severe abuse and trauma and often have anxiety as a result. We are seeking a certified yoga teacher to lead a class at one of our community-based homes for children in foster care.

We are also planning a Zumba class for our children. This fun, structured dancing helps kids with physical development, emotional maturity, cognitive growth and social awareness. If you're a certified yoga teacher or licensed Zumba instructor and want to help children in need, please call our Development Office at 201-261-2800.

An Evening of Wine and Food


Date:

Saturday, November 2, 2013
Time: 7:00 p.m. – 11:00 p.m.
Place: Indian Trail Club
830 Franklin Lake Road
Franklin Lakes, NJ 07417

This evening will feature wines selected by Chuck Russo of Carlo Russo's Wine and Spirit World of Ho-Ho-Kus, fabulous food, silent auction, Pop the Cork wine raffle and musical entertainment. Tickets are \$125 and \$250. To purchase tickets, please visit www.cafsnj.org or call the Development Office at 201-261-2800.

Many thanks to the evening's sponsors: Atlantic Stewardship Bank, ConnectOne Bank, OritaniBank Charitable Foundation, PNC Wealth Management, Prestige, The Shannon Rose Irish Pub, TD Bank and United Water, Town News and Ridgewood News (Media Sponsors).

Fall at The Depot



The Depot has reopened this fall with many wonderful handcrafted items, made in the U.S.A. Whether you are looking for tabletop items, jewelry, or baby sweaters, The Depot is the perfect place to shop for one-of-a-kind gifts.

Fired Up Clay Works from Eugene, Oregon creates beautiful and functional Terra Cotta pottery. These handmade pieces are oven and dishwasher safe and completely lead and cadmium free. The Depot is the only store in NJ to carry this line of pottery.

The Depot is located at 22 Prospect Street, Midland Park, NJ. It is open Monday through Saturday, 9:30 a.m. – 4:30 p.m. and until 7:00 p.m. on Thursday. Please call 201-444-6120 for more information. All proceeds benefit Children's Aid and Family Services.

Children's Aid and Family Services has a 110-year history of helping vulnerable children and families. Our services include adoption, foster care, child care and early education, alcohol and drug abuse education and prevention, eldercare and community educational programs and workshops. There are so many ways for you to get involved and make a difference. Adopt. Foster. Donate. Volunteer. For more information, call 201.261.2800 or visit

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