



November 16, 2019

Dear Friend,

The Adoptive and Foster Family Coalition of New York has been providing valuable services to families for the past 44 years.

Recently, we received a call from Karen who adopted Ella as a toddler. Ella suffered from abuse and neglect prior to moving in with her mother. Karen shared that Ella was demonstrating out-of-control behavior both at home and in public. Though they tried to offer support, Karen's neighbors, friends, and family did not understand Ella's behavior; Karen felt alone and isolated.

Karen was relieved when the helpline connected her with the Coalition's post-adoption service program. She spoke with a Family Support Specialist (a fellow adoptive mom) who understood Karen's experiences. In addition to giving her specific advice to mitigate Ella's meltdowns, Karen was invited to join a network of other parents who understood her daughter's needs, and to attend a six-week *Reframing Parenting Series* offered by the Coalition. There she gained the insight that her daughter required different parenting strategies than what Karen learned growing up in her own family and learned tactics to mitigate her daughter's extreme reactions.

Research shows that the kind of support we provide at the Coalition to a mom like Karen can change the entire life trajectory of a little girl like Ella. Our helpline received over 700 calls this year. There are over 94,000 foster and adoptive children in New York State and while we reach many of their families with our helpline and other valuable services, our goal is to ensure we are able to assist even more children and families every year.

Join us and our entire Board of Directors* to change the lives of more of New York's most vulnerable children with a donation here: <https://squareup.com/store/affcnny>, or by phone or mail using the information below. If you would like to learn more about the history, services, and impact of the Coalition please visit our website at www.affcnny.org.

Thank you.

Sarah Gerstenzang

Board President

Pat O'Brien

Interim Executive Director

**The Coalition is proud that we have 100% Board of Directors participation in our 2019 annual campaign.*

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