

About Center For Family Connections

At a fundamental level, Center For Family Connections' (CFFC) mission is to help children feel safe, seen, and valued, and to help them adjust to the challenges of being, or having been, moved from one family to another. Many of the children CFFC serves have spent years in countless foster homes, orphanages, residential centers, or hospitals. CFFC constructs families, reconstructs families, refurbishes and restores families. The experienced clinicians understand the interactions and needs of complex families and provide the skills, tools and talent required to build stronger and healthier family units.

CFFC believes that the need to honor connections is an essential part of family life.

CFFC is an educational and clinical resource center that addresses the developmental, structural, and systemic issues related to adoption, foster care, kinship care, divorce and other complex blended families. CFFC serves individuals and families affected by adoption and foster care, as well as the people with whom they are connected, by offering training, education, advocacy, and clinical treatment.

CFFC serves a broad and diverse constituency nationally and internationally as well as in Greater Boston. From its founding, the staff has grown from 2 to 15, enabling CFFC clinicians to help more individuals and families. In the past year, CFFC served about 1,500 people on-site, and about 5,000 parents and professionals in national and international trainings and seminars. About 30% of CFFC's clients were low income; 30% were African American, 10% Latino, 15% Asian, and 45% Caucasian. CFFC's pro bono services to low-income clients are valued at approximately \$100,000 annually. Many of CFFC's clients reside in areas in DSS's Greater Boston and Metro regions.

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Center For Family Connections
presents

a Family Network Service

for

The Department of Social Services

Groups



About CFFC's Groups

Center For Family Connections (CFFC) offers a wide variety of groups to individuals of varying ages, family backgrounds, races, ethnicities, interests and needs.

Groups can play an important therapeutic role for children and adults in adoption, foster care and other complex families, providing a competent clinical setting with the added benefit of peer support and identification.

CFFC offers groups year-round. These groups cater to a wide range of issues within the family of adoption, including groups for:

birthmothers, men (for adoptive fathers, birthfathers, and adult adopted men), adult adopted persons, and adoptive parents (for gay and lesbian parents, parents of internationally adopted children, single parents, parents of transracially adopted children, and parents of the "hurt" child); art therapy groups; and expressive therapy and activities groups for children.

Groups: Examples

- **Multiple Family Groups**
- **From Me to We:** From Lifebook, to Zines, to Whole Family Album work... putting the pictures and pieces together to make one family, and to integrate past with present.
- **Building Self-Esteem... a Construction Program:** short-term group for pairs of kids to help them to build self-esteem and to negotiate differences and upsets.
- **Tween 'Zine** Expressive arts therapy groups for 9-12 year olds
- **Teen Substance Abuse Group**
- **Our Neighborhood of Families:** expressive group about families for 5-8-year-olds
- **Parents and Partners:** For adoptive parents, birth parents, foster parents and kinship parents.
- **Whole Lifebook: Family Connections Album**

And many, many more!

Groups: Outcomes

Outcomes for CFFC's groups include to:

- Increase capacity for appropriate expression of ideas and feelings.
- Develop a support network with which to share joys and challenges.
- Enhance sense of personal identity, self-confidence, safety and wellbeing.
- Develop tools to celebrate joys and overcome challenges.
- Empower and strengthen lasting connections and permanent relationships.
- Foster racial and cultural sensitivity.
- Expand capacity to parent challenging teens and children.