

Since 1992, Heritage Camps for Adoptive Families (HCAF) has existed to support the healthy development of families formed by adoption, and to promote the successful transition of adopted children into healthy, confident, well-grounded adults who are proud of themselves, their families, and their heritage.

**Camps are held each summer in Colorado, and are “family camps.” Adults attend workshops while kids (adoptees and siblings – age 3 -17) attend age appropriate programs. Relevant programming is also offered for adult adoptees, age 18 and up.**

## Culture

Learning and connecting through culture is an exciting and meaningful part of each of our Heritage Camps. Our cultural community members create programming and lead the campers in learning more about and exploring their cultures. Building self-esteem and a strong sense of identity is also part of our programming.

We also believe that adoption is a culture of its own. There is a very special understanding of adoption at this camp that can't be replicated anywhere else.



## Community

Children and parents have a unique opportunity to share their experiences and create community with other families that were formed just like their own. Great relationships are also developed between campers and their cultural community and counselors.

## Counselors

Much-loved volunteers provide guidance, friendship, and role models for the children at camp. Many counselors are adopted themselves, from the same country/culture as the campers, and/or they are young adult volunteers from the cultural community.

## Connection

Networking with other adoptive and foster families, adult adoptees, and experts in the field of adoption and culture are the key components of camp. Each camp's workshops include nationally renowned speakers and experts in their field.

The 9 camps include:

- African Caribbean Heritage Camp
- Chinese (mountains) Heritage Camp
- Chinese II (urban) Heritage Camp
- Domestic Adoption Camp
- Indian/Nepalese Heritage Camp
- Korean Heritage Camp
- Latin American Heritage Camp
- Russian/Eastern European/ Central Asian Heritage Camp
- Southeast Asian/Pacific Islander Heritage Camp





## DOMESTIC ADOPTION CAMP (DAC)

celebrates the culture of adoption and supports adoptees, adoptive families, and foster families who are comprised of all races and ethnicities.



*"Raising adopted kids is not always easy and the challenges are not always tangible to those around us, be it extended family, friends, schools, neighbors, etc. At camp, there is a complete understanding of the trials as well as the joys that encompass the families we've chosen to become."*



This camp is held at the YMCA of the Rockies in Estes Park, Colorado for adoptive and foster families with children from ages 3 to 17. All family members, adult adoptees, waiting families, and extended family members are encouraged to attend as well.



Age-appropriate programming for kids (PreK to High School) may include:

- Professionally facilitated conversations among children about their experiences as adoptees
- Teaching healthy coping skills to help pre-teens & teens feel empowered, self-confident, and authentically themselves
- Camp activities like music, movement, crafts, games, science fun, and more!
- Team-building courses, archery, rafting, zip line, and more outdoor fun!

Programming for adults may include:

- Navigating birth/first family relationships
- Supporting children affected by trauma, unique health needs, behavioral/developmental challenges, and more
- Understanding IEP's and school assessments
- Hearing adult adoptee perspectives
- Self-care for parents
- Adult crafting, cooking, hiking, biking, socializing - camp fun!



Heritage Camps for Adoptive Families is proud to be celebrating 32 years in 2023!

Our camp counselors are often adoptees themselves, are fully trained, and dedicated to our campers.

Programming for all ages is facilitated by vetted adoption and child development professionals, educators, and through collaborative partnerships.

Post-High School Adult Adoptee Programming may include:

- Managing life transitions with guidance & support
- Hearing from adoptees about career decisions, adulting relationships, etc.
- Handling first parent relationships
- Team-building, rafting, high ropes course, social hours and more camp fun!



### 9 Heritage Camps

- African Caribbean
- Chinese
- Chinese II
- Domestic Adoption Camp
- Indian/Nepalese
- Korean
- Latin American
- Russian/Eastern European/Central Asian
- Southeast Asian/Pacific Islander

