

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

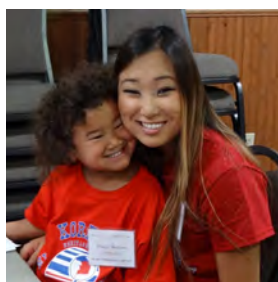
Much-loved volunteers provide guidance, friendship, and role models for the children at camp. Many counselors are adopted themselves, from the same country/culture as the campers, and/or they are young adult volunteers from the cultural community.

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

Connection

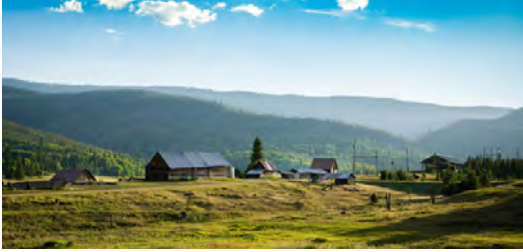
Networking with other adoptive and foster families, adult adoptees, and experts in the field of adoption and culture are the key components of camp. Each camp's workshops include nationally renowned speakers and experts in their field.





INDIAN/NEPALESE HERITAGE CAMP (INHC)

celebrates the Indian, Nepalese, and all South Asian cultures, the culture of adoption, and supports South Asian adoptees of all ages, and their families.



This camp is held at the YMCA of the Rockies Snow Mountain Ranch in Fraser, Colorado for adoptive families with children from ages 3 to 17. All family members, adult adoptees, waiting families, and extended family members are also encouraged to attend.

Programming for adults may include:

- Understanding race and allyship as parents of South Asian-American children
- Supporting children affected by trauma, unique health needs, behavioral/developmental challenges, and more
- Learning about homeland tours and birth parent searches
- Hearing adult adoptee perspectives
- Exploring South Asian arts & crafts, cooking, culture, family traditions, and more
- Hiking, biking, mini-golfing, socializing- camp fun!

"The whole INHC experience is so uplifting and creates a sense of community, acceptance, and support in a fun and safe environment. We all loved camp. My youngest has been telling me for the last few weeks, I miss my camp friends, can I see them again?"



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

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

Programming for all ages is facilitated by the Indian & Nepalese communities, adoption and child development professionals, race educators, and through collaborative partnerships.

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



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

- Exploring and learning about the authenticity of the South Asian cultures
- Learning about South Asia now: food, arts, sports, pop culture, & more
- 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
- Team-building courses, archery, rafting, zip line, and more outdoor fun!

Post-High School Adult Adoptee Programming may include:

- Managing life transitions with guidance and support
- Hearing from adoptees about career decisions, adulting, relationships, etc.
- Traveling back to India or Nepal, to search or not to search
- Team-building, rafting, high ropes course, social hours and more camp fun!

