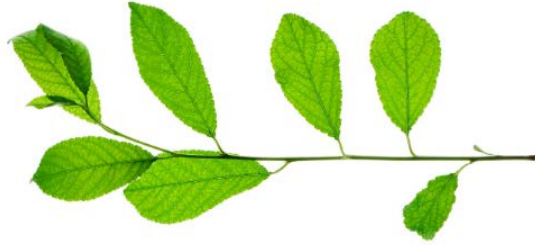




Family & Children's Aid
for every child, a home



Camp Time!



“Your body cannot heal without play. Your mind cannot heal without laughter. Your soul cannot heal without joy.”

Catherine Rippenger Fenwick

 Family & Children's Aid fcaweb.org

Camp Out in Your Kitchen

When I was a child, the part of summer camp I most looked forward to after the arts & crafts and swimming was the bus ride. Inevitably on our hour plus ride to camp, someone would start singing a camp song which would spread throughout the bus until all the children were loudly belting out round after round of The Ants Go Marching One-By-One or some similar song. This week make some indoor s'mores and teach your child (or grandchild) a camp song you used to sing when you were a little camper. If you forgot the words, get a little help from bussongs.com. [S'mores on a stick recipe](#)

Summer Camps Make Kids Resilient

Michael Ungar, Ph.D. advocates for summer camps that offer children and teens the chance to, "...put away the makeup, stash the iPods, get a little dirty and even a little frustrated while having fun and making new friends." By offering children and teens the chance to make new relationships, opportunities to experience themselves as competent, and feel like they belong, summer camp can be a great way for a child or teen to reduce stress while building resiliency.

>> [Read the Article](#)

Do

Events, Activities, Classes, Local Happenings, and a 2014 Local Summer Camp Guide!

Macaroni Kid is a website with family-friendly content focused on the Danbury, Bethel and Ridgefield areas. Constantly updated with family news and activities, it also curates an online guide to local summer camps.

>> [Visit Macaroni Kid](#)

>> [Go Right to the Camp Guide](#)

Laugh

Letters From Camp: Dear Mom, Don't Freak Out!

"Last year, my eight year-old son went to summer camp. It was the first time he had been away from home for more than a night. I wrote to him daily. Each hour dragged as I'd wait for the mailman, hoping for just one letter from him..."

Chuckle along as you [read the author's son's letter's home](#). Story by mom Liesl Testwruide, author of *Kid writes the best letter from camp*.



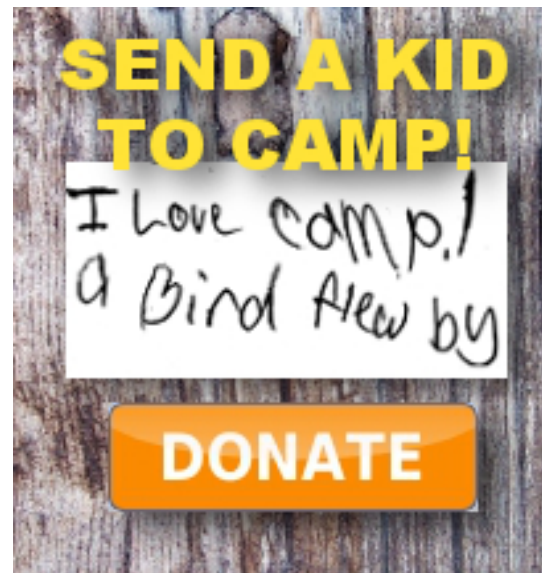
Did You Know...?

Children who have experienced trauma, abuse or neglect are often robbed of the ability to relax and just be kids. They lose the spirit of joyfulness and playfulness that exemplifies childhood. Family & Children's Aid strives to reignite those feelings for all our children - - the children we touch through our foster care program, safe and therapeutic homes who, for a time, call Family & Children's Aid home. FCA provides opportunities to create happy, joyful memories and give the children as many "normal" childhood interactions and experiences as possible.

Because of the generosity of the Bob's Discount Furniture Charitable Foundation, the highlight of summer life around the FCA campus is going to summer camp. For 12 years, FCA's children and staff from our residential group homes and foster care have attended a week of sleep-over camp.

For this precious week our children are not victims of trauma, abuse and neglect; they are just kids experiencing the joys of nature, forming new friendships, running, playing and swimming in the sunshine, dropping into bed exhausted from a day of outdoor play, crafts, laughter, growing and learning. This wonderful experience, funded entirely by the Bob's furniture family, is one great, big leap on the road to healing for our children. It is a memory the children would not have were it not for the extraordinary kindness and generosity of Bob his partner Gene and their team. This week at camp offers a brief respite, an opportunity to just be a child, and leaves them with more than sunned skin and a camp tee-shirt, it leaves them with special memories of joy, sunshine and laughter they can recall fondly for the rest of their lives.

Bob Kauffman and Family & Children's Aid Executive and Medical Director Dr. Irvin R. Jennings at the 2014 Bob's Discount Furniture Charitable Golf Outing →



Knock, Knock.

Whose there?

Doris.

Doris who?

Doris locked!

That's why I knocked!



Our mailing address is:

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Family & Children's Aid (FCA) provides high quality, innovative and responsive programs focused on emotional and behavioral well being that helps children faced with mental health challenges heal.