

## CPFA Family Conference – Saturday, October 18, 2025

9:00 am – 2:00 pm

Held at the First Presbyterian Church of Whippany, 494 NJ-10, Whippany, NJ 07981

Time	Workshops for Pre- and Post-Adoptive Parents		Workshops for Youth (ages 8-12)	Workshops for Youth (ages 13-16)
<b>Registration:</b> <b>8:30 AM - 9:30 AM</b>	<b>DOORS OPEN – LIGHT BREAKFAST AND REGISTRATION WELCOME/ OPENING REMARKS</b> Front Entrance and Main Hall			
<b>Session A:</b> <b>9:30 AM - 10:20 AM</b>	<b>Peaceful Kids, Empowered Parents: Tools to Support your Child's Emotional Health</b>  Elisa Bruckner, LCSW, Certified EMDR Therapist	<b>Creativity, Courage, and Curiosity through Art Therapy</b>  Tracy Saia, Licensed Art Therapist	<b>Let's Learn Some Karate!</b>  Adam Sockett, Karate Teacher	<b>Owning our Stories: Using Relationships as Anchors</b>  Rutgers CHAT Clinic - Children [and Families] Healing After Trauma Professionals
<b>Session B:</b> <b>10:30 AM - 11:15 AM</b>	<b>The Adoptive Child's Journey: Questions Along The Way</b> Based on the book, <i>20 Things Adoptive Kids Wish Their Adoptive Parents Knew</i>  Cindy Lapidus and Nico Dymerski, NJ Adoption Resource Clearing House	<b>Creativity, Courage, and Curiosity through Art Therapy</b>  Tracy Saia, Licensed Art Therapist	<b>Creature Comfort Pet Therapy: Cold Noses, Warming Hearts, visits with the therapy dogs</b>  Nancy Fernandez, Trainer	(Older kids may split time) <b>Let's Learn Some Karate!</b> Adam Sockett, Karate Teacher  AND  <b>Creature Comfort Pet Therapy: Cold Noses, Warming Hearts Visits with therapy dogs</b>  Nancy Fernandez, Trainer
<b>Break:</b> <b>11:15 AM - 11:25 AM</b>	<b>MORNING BREAK WITH SNACKS OFFERED</b> Main Hall  Creature Comfort Pet Therapy dogs stays through break and will finalize how long they will visit			

	WORKSHOPS FOR PRE AND POST ADOPTIVE PARENTS		WORKSHOPS FOR YOUTH (8-12)	WORKSHOPS FOR YOUTH (13-16)
Session C: 11:30 AM - 12:20 PM	Empathy and Empowerment: Raising Adopted Children Through a Trauma-Informed Lens  Rutgers CHATS Clinic - Children (and Families) Healing After Trauma professionals  <i>This will be the <b>ONLY</b> Adult Workshop offering during this time</i>		The Superpower of your Brain: Big Feelings Tools for Kids  Elisa Bruckner, LCSW & Certified EMDR Therapist	The Adoptee’s Journey: My Questions, My Voice  Cindy Lapidus and Nico Dymerski, NJ Adoption Resource Clearing House (NJ ARCH)
Session D: 12:30 PM - 1:15 PM	“Can We Talk?” Parents-Only Open Discussion  Dr. Jane Aronson, Pediatrician and Child Psychologist		Interactive Arts and Crafts Identity Craft “Zine” and other crafts (bead bracelets, etc.)  Lauren Webber, Art teacher and helpers	Adoptee to Adoptee: “Let’s Talk!” For Teens  Facilitated by Nico and Mitch, adult adoptees
Lunch: 1:15 PM - 2:00 PM			Pizza Lunch for Youth; Play and Arts & Crafts Activities	
Lunch: 1:15 PM - 1:50 PM	Pizza Lunch for Adults (Optional) Main Hall			
1:50 PM - 2:00 PM	Closing Remarks and Thank You!			

Please note: Schedule/ and/or speakers may change based on any last-minute updates.