



*“My Buddy was very helpful to me at a time I needed to talk to someone. Thank You!”*



*“It’s an excellent program and it is nice to have someone to go to with resources and knowledge of foster care issues if you need them.”*

*“It was nice having someone to explain the adoption process to me.”*

*“My Buddy was awesome! She listened and offered advice.”*

*“I was a new foster parent and had many questions. I found my buddy to be very resourceful and knowledgeable in the area of fostering. It was always refreshing to talk to her. I appreciate all she did and taught me. Thank you for the service.”*

# BUDDY PROGRAM



**CAFAF**  
CONNECTICUT ALLIANCE OF  
FOSTER & ADOPTIVE FAMILIES

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# CAFAF

CONNECTICUT ALLIANCE OF  
FOSTER & ADOPTIVE FAMILIES

## BUDDY PROGRAM

### What is a Buddy?

A Buddy is an experienced foster parent, adoptive parent, or relative caregiver that is paired with newly licensed families for peer support. This is a person you can talk to in confidence and is not a DCF employee. A Buddy is a licensed parent like yourself, but with experience to share.

### What is the Buddy's role?

- To be a good listener
- Share their own experiences with you
- Explain DCF policies and procedures
- Let you know of available resources
- Let you know about events and conferences

### How does Buddy support work?

Your name is sent to us from the DCF office with whom you are affiliated once you are licensed. After CAFAF receives your name from DCF, a Buddy is assigned to you and will give you a call and support you through phone conversations. You may also meet your Buddy in person at area support groups when possible. You will receive a letter in the mail explaining who your CAFAF Buddy is and your Buddy's phone number.

### How can I get a Buddy if I don't have one yet?

If you would like a Buddy assigned to you for support, you can call and request one by contacting the Buddy Coordinator at 860-258-3400 or by contacting your CAFAF Liaison.

### Can I request a Buddy later on?

Yes! Many licensed parents request a Buddy when they would like additional support in times of need.

### Can I call my Buddy if I need to?

Absolutely! Please feel free to give your Buddy a call when you have a question or a need.

### Is a Buddy mandatory?

No. If you do not feel the need for Buddy support, that is fine. This is not mandatory and we want you to be comfortable having a Buddy. If you would like to discontinue Buddy support, simply let your Buddy know you do not feel the need for the support, or you can call the Buddy Coordinator at 860-258-3400. The important thing to remember is that you can always request a Buddy in the future if you like.

### What if I want a Buddy with experience in a particular area?

If you would like to have a Buddy assigned to you with specific experience (i.e. relative care, teenagers, infants, special education, etc.) you can call the Buddy Coordinator or your CAFAF Liaison.

## Contact Us

### Buddy Coordinator

1 (860) 258--3400

1 (800) 861-8838 (Toll Free)

Visit us on the web: [www.cafafct.org](http://www.cafafct.org)