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Foster to Forever: CAP Challenge for the 125 Thousand

Children Awaiting Parents' Challenge Calls Attention to the 125,000 Children in Foster Care Waiting for Adoption

Rochester, NY—Of the 440,000 children currently in foster care in the United States, **approximately 125,000** are available and waiting for adoption. Many of them have been waiting years for a permanent, loving adoptive family.

To help raise awareness for the children and the need for adoptive families, Children Awaiting Parents (CAP) is launching a "challenge for a cause," encouraging communities to join them in a three-month community event.

Foster to Forever: CAP Challenge for the 125 Thousand begins March 1, 2021 and ends on May 31. Whether walking, running, swimming, biking, lifting, yoga, boxing, or any other movement-related activity, CAP invites the entire community and surrounding area to participate. All participants will track their exercise—either in miles, steps, or minutes. By the end of the challenge (tracking will convert into mileage), CAP hopes to reach its goal of 125,000 miles to represent the 125,000 children hoping to move from foster care into a forever family.

The event culminates in May—National Foster Care Month—with a grand finale celebration and reveal of the achievements. CAP encourages the community-at-large to sign up, free of charge, to "rally together for the kids."

"We know how much COVID has impacted us, so imagine what it's done to those 125,000 children wondering if their forever families will come for them in this chaotic world," said CAP Executive Director Lauri McKnight. "We're encouraging everyone to spend a mile or minutes each day reflecting on family and what it means to a child without one. Your one mile or minutes and mine will come together and bring us closer to our goal!"

To sign up, learn more, donate or sponsor, email <u>info@capbook.org</u> or call (585) 232-5110. A sign-up link will be forthcoming.

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Children Awaiting Parents is a national, non-profit organization that—since 1972—has been dedicated to finding adoptive families for those children waiting the longest in foster care.