



# Post-Adoption Resource Center

JUNE 2014–AUGUST 2014



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## SUMMERTIME FUN

Summertime in Michigan can be a wonderful time of the year. But if there is not peace in your home, it can quickly turn into one of the most stressful. Children, particularly those who have experienced trauma, can become especially unpleasant if close attention isn't paid to meeting their needs. Here are some tips to help your child (and you) have a wonderful summer:

After months of having to stay indoors, summer provides the perfect opportunity for activity. Make sure that your child is getting plenty of chances to burn off excess energy. Swimming at the beach and relays in the yard are easy, fun, and free! Lots of activity is important every day and your local Post-Adoption Resource Center has some awesome opportunities for you and your family to stay active this summer. See our calendar inside for more details.

Don't forget the water! Warm weather can quickly dehydrate your child. To help encourage getting plenty of fluids, try a fun-looking water bottle and flavor water naturally with fruit. For kids who would rather have juice, try diluting it with water.

There are so many fresh, healthy snacks available in the summer. Make sure that your child is getting plenty of healthy snacks throughout the day. If your child is not generally a fan of healthy fare, get him or her involved! Try strawberry picking or plant a small vegetable garden.

Aim for a routine this summer. When children don't have to worry about what they are going to do tomorrow or the day after, they have one less thing on their minds. Also be sure that your child is getting plenty of sleep. The longer days can make it tempting to stay up late, but with the increase in activity, children need their sleep. Keep your child's room cool and free of natural light.

Your Post-Adoption Resource Center wishes you and your family a beautiful summer. Please let us know if there is anything we can do to make it even better.



**BETHANY.**  
CHRISTIAN SERVICES

The PARC newsletter is published quarterly.  
Please direct questions and comments to  
[parcnewsletter@bethany.org](mailto:parcnewsletter@bethany.org)

Bethany Christian Services is a nonprofit, private social services agency with more than 115 offices located in 36 states. In addition, Bethany offers social services to children and families in 15 countries.

*This program is funded in part by the State of Michigan.*

**[www.bethany.org](http://www.bethany.org)**

# Local and Regional Education & Events for Adoptive Families

## REGION 2 NORTHERN MICHIGAN

 [www.facebook.com/PostAdoptionResourceCenterOfNorthernMI](http://www.facebook.com/PostAdoptionResourceCenterOfNorthernMI)

“Like” us on Facebook. Additional events are added periodically. We post all of our upcoming events, interesting articles, and other adoption related information on this page!

For more information and to RSVP for events in Region 2, please contact Kijrsten at **231.590.8644** or [kbovee@bethany.org](mailto:kbovee@bethany.org).

### ALPENA COUNTY

#### *Dinosaur Gardens Prehistoric Zoo*

**WHEN:** August 5,  
Beginning at 1:00 p.m.

**WHERE:** 11160 US 23 South,  
Ossineke  
RSVP required.

### CHARLEVOIX COUNTY

#### *Adoption & Foster Care Support Groups*

**WHEN:** 2nd Wednesday,  
of Every Month,  
5:00–7:00 p.m.

**WHERE:** Charlevoix Community Reformed Church, 100 Oak St  
Family dinner begins at 5:00 p.m.  
Group begins at 6:00 p.m.  
Childcare provided with an RSVP.

### EMMET COUNTY

#### *Busy Bodies Bounce Town*

**WHEN:** June 24,  
Beginning at 10:00 a.m.

**WHERE:** 1337 Spring St, Petoskey Plaza (next to Kmart), Petoskey  
Limited admissions available! RSVP as soon as possible to reserve your spot!

### GRAND TRAVERSE COUNTY

#### *Networking Nights*

**Adult Meeting and Teen Activity**  
**WHEN:** 2nd Thursday of Every Month, 6:00–7:30 p.m.

**WHERE:** Faith Reformed Church, 1139 E Front St, Traverse City  
Childcare and pizza dinner provided.  
All foster and adoptive families welcome!  
RSVP required.

#### *Adoptive Family Picnic*

**WHEN:** August 9,  
Beginning at 1:00 p.m.

**WHERE:** New Hope Church Community Center, 5169 Bethesda Ct, Williamsburg  
Family luncheon with activities and games. RSVP required.

#### *The State Theatre—Kid’s Movies*

**WHEN:** Select dates and times in June, July, and August

**WHERE:** The State Theatre—Downtown Traverse City, 233 E Front Street

Watch our Facebook page for details!

### Beach Day!

**WHEN:** July 22, 1:00 p.m.  
(weather permitting)

**WHERE:** Bryant Park, 1009 Peninsula Dr, Traverse City  
Join us for a day at the beach and receive a \$10 gift card for Bardón’s Ice Cream.  
RSVP required.

### IOSCO COUNTY

#### *Beach Day!*

**WHEN:** July 29, 1:00 pm  
(weather permitting)

**WHERE:** East Tawas City Park, 407 West Bay St, East Tawas  
Drinks and a light snack provided.  
RSVP required.

### OGEMAW COUNTY

#### *Parent-Led Foster, Adoption, and Kinship Support Group*

**WHEN:** 3rd Saturday of Every Month, 1:00–4:00 p.m.

**WHERE:** Ogemaw Hills Free Methodist Church, 3480 W M-76, West Branch  
Childcare provided with RSVP.

### OTSEGO COUNTY

#### *Mom’s Night Out*

**WHEN:** June 19, 6:00 p.m.

**WHERE:** La Senorita, 737 W Main St, Gaylord  
Dinner is on us, drinks are on you.  
Join us for an evening of games, door prizes, and fabulous conversations.  
RSVP required.

### WEXFORD COUNTY

#### *Beach Day!*

**WHEN:** August 12, 1:00 p.m.  
(weather permitting)

**WHERE:** Kenwood Park & Beach, Elmrest St, Cadillac  
Drinks and a light snack provided.  
RSVP required.

Is lack of childcare keeping you from coming to one of our events?

Please let us know, we may be able to help.

## REGION 3 CENTRAL MICHIGAN

 [www.facebook.com/PostAdoptionResourceCenterCentralMichigan](http://www.facebook.com/PostAdoptionResourceCenterCentralMichigan)

“Like” us on Facebook. Additional events are added periodically. We post all of our upcoming events, interesting articles, and other adoption related information on this page!

For more information and to RSVP for events in Region 3, please call **231.924.3390**.

### BIG RAPIDS

#### *Adoption and Foster Care Connect Groups*

**WHEN:** June 9, July 14, August 11, 6:00–7:30 p.m.

**WHERE:** Fellowship Christian Reformed Church, 407 Perry Ave, Big Rapids  
Childcare is provided with an RSVP.

### GLADWIN

#### *Adoption and Foster Care Connect Groups*

**WHEN:** June 16, July 21  
(August meeting replaced by Family Picnic), 6:30–8:00 p.m.

**WHERE:** Assembly Church of God, 3400 Buzzell Rd, Gladwin  
Childcare is provided with an RSVP.

### FREMONT

#### *Adoption and Foster Care Connect Groups*

**WHEN:** June 10, July 15, August 12, 7:00–8:30 p.m.

**WHERE:** First Baptist Church of Fremont, 51 West Oak St, Fremont  
Childcare is provided with an RSVP.

### LUDINGTON

#### *Adoption and Foster Care Connect Groups*

**WHEN:** June 17, August 19, 6:00–7:30 p.m.

**WHERE:** Ludington Library, 217 E Ludington Ave, Ludington  
Childcare is provided with an RSVP.

### ISABELLA

#### *Farm Fair at HopeWell Ranch*

**WHEN:** June 21, TBD: Check out our Facebook page for more information

**WHERE:** HopeWell Ranch, 6410 W Leiter Rd, Weidman

HopeWell Ranch is a nonprofit organization that works, through the use of rescued horses, to reach out to children and people who may have emotional, spiritual, physical, and social needs.

This is a fun day for your family to come out and see the animals, play games, listen to music, visit vendor booths, and see demonstrations such as horse trainers, barrel racers, farriers, and crafts. Watch our Facebook page for more details.

### MIDLAND

#### *Second Annual Family Picnic*

**WHEN:** August 18 6:00 p.m.

**WHERE:** Emerson Park, 911 W Main, Midland

Main dish, drinks, and table service will be provided. Please bring a dish to pass.

Each child will receive a bag of school supplies!

Watch our Facebook page for more details.

Please RSVP if you plan to attend.

## FOLLOW OUR ICE CREAM TRUCK!

We will be bringing your family an ice cream treat this summer! Times and locations will be announced on Facebook. Each family will receive a free ice cream scoop to take home.

**MOUNT PLEASANT JULY 17**  
**LUDINGTON JULY 22**  
**BIG RAPIDS AUGUST 11**  
**FREMONT AUGUST 12**



## REGION 4 WESTERN MICHIGAN



[www.facebook.com/PARCRegion4](http://www.facebook.com/PARCRegion4)

“Like” us on Facebook. Additional events are added periodically. We post all of our upcoming events, interesting articles, and other adoption related information on this page!

For more information and to RSVP for events in Region 4, contact Sherri at [sirwin@bethany.org](mailto:sirwin@bethany.org) or 616-710-5120, unless otherwise noted.

### ALLEGAN COUNTY

#### Friday Night at the Point

Adoptive & Foster Parent Group

**WHEN & WHERE:** TBD: Check out our Facebook page for more information

Light snacks and childcare will be provided.

For more information, contact Susan at [susanadams@gmail.com](mailto:susanadams@gmail.com) or Sherri at [sirwin@bethany.org](mailto:sirwin@bethany.org) or call 616.710.5120

### KENT COUNTY

#### Adoptive Parent Group

**WHEN:** June 24, July 22, August 19

**WHERE:** TBD: Check out our Facebook page for more information

Light dinner and children's group/childcare provided with an RSVP.

#### Parent's Connect

A Play Group for Parents & Children

**WHEN:** June 17, July 15, August 19

**WHERE:** TBD: Check out our Facebook page for more information  
RSVP required.

### MUSKEGON COUNTY

#### Parent's Connect

A Play Group for Parents & Children

**WHEN:** TBD: Check out our Facebook page for more information

**WHERE:** Kangaroo Palace, 3524 Green St, Norton Shores

A signed waiver and clean socks are required. RSVP required.

#### Adoptive Family Support Network

provides services to adoptive families in West Michigan.

[www.afsn.org](http://www.afsn.org)

Bethany Christian Services Region 4 is proud to partner with MOSAIC.

**MOSAIC**  
EMPOWERING FOSTER AND ADOPTIVE FAMILIES

[mosaicfosteradopt.org](http://mosaicfosteradopt.org)

#### Foster/Adoptive Parent Group

**WHEN:** June 16, July 21, August 18

**WHERE:** TBD: Check out our Facebook page for more information

Dessert provided, childcare is not available. RSVP required.

### OTTAWA COUNTY

#### Play Group for Foster/Adoptive Parents and Their Children to Connect and Share

**WHEN:** June 26, July 24, August 28, 10:00 a.m.–Noon

**WHERE:** Deanna's Playhouse, 11172 Adams Street, Holland  
RSVP required.

#### Adoption Group for Mothers Parenting School-Aged Children

**WHEN & WHERE:** TBD: Check out our Facebook page for more information  
RSVP required.

#### Sign Language: Introduction and Basic Signs

**WHEN:** June 4, 6:00–7:30 p.m.

**WHERE:** Engedi Church, 710 Chicago Drive, Holland  
Cost: \$5/family

Contact Amanda with questions at 616.499.2575 or RSVP to [HollandPAS@bethany.org](mailto:HollandPAS@bethany.org)

#### Adoptive Moms Retreat

**WHEN:** June 7, 9:00 a.m.–8:00 p.m.

**WHERE:** Into the Woods Retreat, 7178 Butternut Dr, West Olive  
RSVP required.

Contact Amanda with questions at 616.499.2575 or RSVP to [HollandPAS@bethany.org](mailto:HollandPAS@bethany.org)

### MANY FUN, FAMILY EVENTS ARE BEING SCHEDULED FOR THE SUMMER MONTHS.

Please check our Facebook page for events at Frederik Meijer Gardens, Sky Zone, Millennium Park, Catch Air, Kangaroo Palace, Deanna's Playhouse, Jester's Court, John Ball Park Zoo, and more.

If you would like to receive PARC's monthly flyer for events in your county, please contact Raquel at [miles@bethany.org](mailto:miles@bethany.org) to be added. Please indicate if you would like to receive the newsletter electronically or through the mail.

Hope to see you all this summer!



## Services Available Through the Post-Adoption Resource Center (PARC)

### Working with your adoptive family:

- Support of a PARC specialist in your home
- 24-hour crisis availability
- Short-term emergency intervention
- Family-centered plan
- List of supportive regional resources

### Connecting you with community services:

- Liaison for adoptive families to other service providers
- One-on-one assistance accessing services
- Comprehensive resource guide

### Getting you the information you need:

- Daily phone access
- Timely responses with information
- Connection to resources

### Supporting your family:

- Monthly group experiences
- Quarterly training

### Sharing even more:

- PARC website with recommended books/articles on adoption
- List of community resources
- Calendar of adoptive parents' events and trainings
- Adoptive family newsletter





FOR MORE DETAILS AND TO REGISTER, VISIT  
[WWW.BEYONDCONSEQUENCES.COM/BCILIVE](http://WWW.BEYONDCONSEQUENCES.COM/BCILIVE)

**REGISTER NOW** for a day with Heather T. Forbes, LCSW, adoptive parent and author of the popular *Beyond Consequences* books. Heather encourages you to experience her books in person. She boasts that peace, healing, and a strong relationship with your child are possible!

\*Free admission for parent and person of support with a copy of one of Heather's books.

**SUMMER CAMP 2014**

**B.A.S.E. CAMP**  
 BOLD ADVENTURE, SUCCESSFUL EXPERIENCES

June 15–22 & June 25–July 2

Ages 10–13

B.A.S.E. Camp is a seven-day camp experience for pre-teens for early intervention. This program is for youth beginning to have difficulty managing their anger and emotions, struggling to transition into a place of personal responsibility, and lacking respect for others. Camp site is at Eagle Village.

The cost is \$750 per child with scholarship applications available.

**PROJECT SURVIVE**

July 7–16 & July 21–30

Ages 13–17

Project Survive is a 10-day, intensive wilderness experience for adolescent youth. Teens who are first-time offenders, struggle behaviorally at school and in the community or who may be in need of additional support services would be ideal participants. Camp sites are off-campus. The cost is \$1,500 per child with scholarship applications available.

For more details, visit [postadoptionrc.org/recreation/2014-summer-camp](http://postadoptionrc.org/recreation/2014-summer-camp), or contact your local Post-Adoption Resource Center.

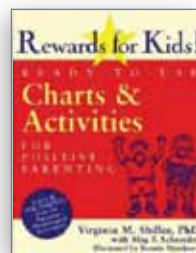
**Resources for Adoptive Parents**



**How to Take the Grrrr Out of Anger**  
 by Elizabeth Verdick and Marjorie Lisovskis

This cute, compact book is not only full of cartoons, but it includes educational information about anger management for children. While geared for children ages 8 to 13, children of many ages will enjoy this easy-to-read book. This book provides concrete examples and simple steps for handling anger.

[www.amazon.com/Take-Grrrr-Anger-Laugh-Learn-ebook/dp/B001MTEQMQ](http://www.amazon.com/Take-Grrrr-Anger-Laugh-Learn-ebook/dp/B001MTEQMQ)



**Rewards for Kids! Ready-to-Use Charts and Activities for Positive Parenting**  
 by Virginia Shiller, PhD, with Meg Schneider

This unique book, geared toward parents of elementary-age children and younger, encourages reward-based discipline, as opposed to bribery. With tools included, it takes the work out of searching for or creating charts and certificates used to recognize desired behavior.

[www.amazon.com/Rewards-Kids-Ready-To-Use-Activities-Parenting/dp/1591470064](http://www.amazon.com/Rewards-Kids-Ready-To-Use-Activities-Parenting/dp/1591470064)

Other suggested websites: [www.adoptivefamilies.com](http://www.adoptivefamilies.com) [www.adoptioninstitute.org](http://www.adoptioninstitute.org)



Bethany Christian Services is committed to supporting adoptive families through the lifelong, rewarding journey of adoption.

**SERVING THREE REGIONS IN LOWER MICHIGAN**

**REGION 2**

Bethany Christian Services  
 1055 Carriage Hill Dr, Ste 2  
 Traverse City, MI 49686  
**231.995.0870**  
[www.bethany.org/traversecity](http://www.bethany.org/traversecity)

Charlevoix, Emmett, Cheboygan, Presque Isle, Antrim, Otsego, Montmorency, Alpena, Leelanau, Benzie, Grand Traverse, Kalkaska, Crawford, Oscoda, Alcona, Manistee, Wexford, Missaukee, Roscommon, Ogemaw, and Iosco counties

**REGION 3**

Bethany Christian Services  
 6995 West 48th St  
 Fremont, MI 49412  
**231.924.3390**  
[www.bethany.org/fremont](http://www.bethany.org/fremont)

Mason, Lake, Osceola, Clare, Gladwin, Arenac, Oceana, Newaygo, Mecosta, Isabella, Midland, Bay, Montcalm, Gratiot, Saginaw, Ionia, Clinton, and Shiawassee counties

**REGION 4**

Bethany Christian Services  
 901 Eastern Ave NE  
 Grand Rapids, MI 49503  
**616.224.7550**  
[www.bethany.org/grandrapids](http://www.bethany.org/grandrapids)

Muskegon, Ottawa, Kent, and Allegan counties



[postadoptionrc.org](http://postadoptionrc.org)