



# Post Adoption Resource Center

MARCH 2014–MAY 2014



## ALL THINGS RENEWED

Springtime is undoubtedly an exciting time for new possibilities as winter's reminders are subtly replaced by new life. The season naturally prompts us toward new opportunities and perspectives.

Perhaps after a long winter you are looking for a change of perspective when it comes to your child. If winter has taken some of the life out of your relationship, do some spring-cleaning! Get out those photo albums, life books, and old documents. Dust the cobwebs off your memories and remember your family's adoption journey. If your child is willing, involve him/her in this reflection. You may remember times that were better and times that were worse, but hopefully spring inspires a renewed parent-child relationship.

If winter has left you in the cold and you just can't seem to get past some especially hard times with your child, reach out for support. The Post Adoption Resource Center is a great place to start. With trainings, one-on-one support, and opportunities to connect with other adoptive parents, new opportunities are on the horizon for your family.

## SERVING THREE REGIONS IN LOWER MICHIGAN

### REGION 2 231.995.0870

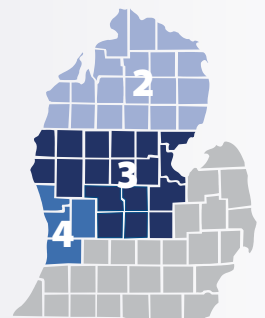
(Charlevoix, Emmett, Cheboygan, Presque Isle, Antrim, Otsego, Montmorency, Alpena, Leelanau, Benzie, Grand Traverse, Kalkaska, Crawford, Oscoda, Alcona, Manistee, Wexford, Missaukee, Roscommon, Ogemaw, and Iosco)

### REGION 3 231.924.3390

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

### REGION 4 616.224.7550

(Muskegon, Ottawa, Kent, and Allegan)



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

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

# 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!

### CHARLEVOIX COUNTY

#### Adoption & Foster Care Support Groups

**WHEN:** 2nd Wednesday, 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.

### GRAND TRAVERSE COUNTY

#### Post Adoption Connection Group Adult and Teen Groups

**WHEN:** 2nd Sunday, Every Month, 5:00–7:30 p.m.

**WHERE:** Faith Reformed Church, 1139 E Front St, Traverse City

Childcare & Pizza Dinner provided with RSVP.

### Chat and Play

**WHEN:** 1st Monday, Every Month, 10:00–11:00 a.m.

**WHERE:** McDonald's Play Place, 3606 N US 31 S, Traverse City

Enjoy a cup of coffee with other adoptive parents while your child(ren) play. Please RSVP.

### Parent's Night Out

**WHEN:** Friday, April 25, 5:30–8:30 p.m.

**WHERE:** Pine Grove Ministries, 790 Indian Trail Blvd., Traverse City

Enjoy an evening out while we facilitate a fun event with your children in mind!

Watch our Facebook page for event details.

Is lack of childcare keeping you from coming to one of our events?  
Please let us know, we may be able to help.

### FEATURED TRAINING: Create Safe Spaces

**Guest Speaker: Barbara Cross, LMSW**

**WHEN:** Tuesday, March 18, 6:00–7:30 p.m.

**WHERE:** Traverse Area District Library, McGuire Room, 610 Woodmere Ave, Traverse City

Gain valuable insight on parenting children who have experienced trauma, sexual abuse, domestic violence and neglect.

Please RSVP. This is a training you won't want to miss!

### 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-55, West Branch MI

Childcare provided with RSVP

## REGION 4 WESTERN MICHIGAN



[www.facebook.com/PARRegion4](http://www.facebook.com/PARRegion4)

"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!

### ALLEGAN COUNTY

#### Friday Night at the Point

Adoptive & Foster Parent Group

**WHEN:** March 21, April 18, May 16, 6:00–8:00 p.m.

**WHERE:** 1st Congregational Church, 323 Cutler St, Allegan

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

#### Adoptive Family Support Network

provides services to adoptive families in West Michigan.

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

### KENT COUNTY

#### Adoptive Parent Group

**WHEN:** March 26, April 23, May 28, 5:30–7:00 p.m.

**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:** March 20, April 15, May 20, 10:30 a.m.–12:30 p.m.

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

RSVP required.

### MUSKEGON COUNTY

#### Parent's Connect A Play Group for Parents & Children

**WHEN:** March 13, April 15, May 13, 12:00–1:00 p.m.

**WHERE:** Kangaroo Palace, 3524 Green St, Norton Shores  
A signed waiver and clean socks are required. RSVP required.

#### Foster/Adoptive Parent Group

**WHEN:** March 18, April 21, May 19, 6:30–8:00 p.m.

**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:** March 27, April 24, May 22, 10:00 a.m.–12:00 p.m.

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

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

**WHEN:** April 18, May 16, 9:30–11:30 a.m.

**WHERE:** Corpus Christi Catholic School, 12100 Quincy Street, Holland  
RSVP required.

#### Meaning Behind the Behavior (Foster Care/Adoption Training)

**WHEN:** March 25, April 22, May 20, 6:00–8:00 p.m.

**WHERE:** Bethany Christian Services, 321 Settlers Road, Holland

Topics Include: Bathroom and Hygiene; Anger; Stealing and Lying. RSVP required.

### BUTTERFLIES ARE BLOOMING

(March and April)

**WHEN:** Check our Facebook page for weekly dates/times throughout the month

**WHERE:** Frederik Meijer Garden and Sculpture Park, 1000 East Beltline, Grand Rapids

Experience butterflies close up and watch them emerge from their chrysalises right before your eyes!

RSVP required.

### REGION 4 EVENTS • Spring Family Events

#### 3 MILE PROJECT

(Skate Park will be Open)

**WHEN:** March 30, 2:00–5:00 p.m.

**WHERE:** 3 Mile Project, 645 3 Mile Rd, Walker  
Skate park open & pizza provided.

RSVP required.

### TRANSRACIAL ADOPTION TRAINING

**WHEN:** May 3, 1:00–5:00 p.m.

**WHERE:** Bethany Christian Services Conference Center, Door G, 901 Eastern Ave NE, Grand Rapids

World-renowned author and speaker, Rhonda Roorda, will present on the complex issue of transracial adoption for foster and adoptive parents.

RSVP required.

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.

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

**MOSAIC**  
EMPOWERING FOSTER AND ADOPTIVE FAMILIES

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

## 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!

### BIG RAPIDS

#### Adoption and Foster Care Support Groups

**WHEN:** March 10, April 14, May 12, 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 Support Groups

**WHEN:** March 17, April 21, May 19, 6:30–8:00 p.m.

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

### FREMONT

#### Adoption and Foster Care Support Groups

**WHEN:** March 11, April 15, May 13, 7:00–8:30 p.m.

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

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

### LUDINGTON

#### Adoption and Foster Care Support Groups

**WHEN:** March 18, April 22, May 20, 6:00–7:30 p.m.

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

#### Spring Break Family Fun Event

**WHEN:** April 4

**WHERE:** Double JJ Resort Water Park  
Discounted rates for PARC families,  
Call for more details!

**PARC will be providing adoptive families a \$10 gift card at the door of the Mt. Pleasant Celebration! Cinema's Flick's Family Film Festival**

Select dates and times in March and April.

**Watch our Facebook page for details!**



## 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

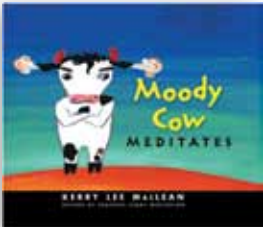
### Supporting your family:

- 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

## Resources for Adoptive Parents



### Moody Cow Meditates by Kerry Lee MacLean

Peter the cow was having a bad day! He was in an awful mood and there was no end in sight until Peter's wise grandfather taught Peter a relaxation technique. Children will enjoy reading about Peter's journey toward emotion regulation and parents can easily help children utilize the same technique. Even if you aren't sure about the practice of meditation, this book can still be a valuable resource for parents of preschool and lower elementary aged children.

[www.amazon.com/Moody-Cow-Meditates-Kerry-MacLean/dp/086171573X](http://www.amazon.com/Moody-Cow-Meditates-Kerry-MacLean/dp/086171573X)



### Don't Let Your Emotions Run Your Life for Teens: Dialectical Behavior Therapy Skills for Helping You Manage Mood Swings, Control Angry Outbursts, and Get Along with Others

by Sheri Van Dijk, MSW

Do you know a teen who has significant trouble managing his/her emotions? If so, this workbook is made to help! Presented in a non-threatening and relatable way, teens can gain valuable insight and skills for managing their emotions.

[www.amazon.com/Dont-Your-Emotions-Life-Teens/dp/1572248831](http://www.amazon.com/Dont-Your-Emotions-Life-Teens/dp/1572248831)



## FREE DOWNLOADS

National Council for Adoption:

[www.adoptioncouncil.org/images/stories/NCFA\\_ADOPTION\\_ADVOCATE\\_N061.pdf](http://www.adoptioncouncil.org/images/stories/NCFA_ADOPTION_ADVOCATE_N061.pdf)

**CHECK OUT:** The Healing Power of "Giving Voice"

Child Welfare Information Gateway:

[www.childwelfare.gov/adoption/adopt\\_parenting/stages.cfm](http://www.childwelfare.gov/adoption/adopt_parenting/stages.cfm)

**CHECK OUT:** Adoption and Developmental Stages

The North American Council on Adoptable Children:

[www.nacac.org/adoptalk/beyondthestash.html](http://www.nacac.org/adoptalk/beyondthestash.html)

**CHECK OUT:** Healing from Food Insecurity: Beyond the Stash

EMK Press:

[www.emkpress.com/angercontrol.html](http://www.emkpress.com/angercontrol.html)

**CHECK OUT:** Anger and Control Issues

## ADOPTION TAX CREDIT

If you recently finalized your child's adoption, find out if you qualify for the Adoption Tax Credit.

**VISIT** [www.irs.gov/Individuals/Adoption-Benefits-FAQs](http://www.irs.gov/Individuals/Adoption-Benefits-FAQs)  
[www.nacac.org/taxcredit/taxcredit.html](http://www.nacac.org/taxcredit/taxcredit.html)

**TAKE** a free webinar through Adoption Learning Partners:  
[www.adoptionlearningpartners.org/catalog/courses/adoption-tax-credit.cfm](http://www.adoptionlearningpartners.org/catalog/courses/adoption-tax-credit.cfm)

**TALK** to your tax professional.



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

### PROVIDING MORE RESOURCES

This is a newly developed website specifically designed to provide support and resources to adoptive parents. It contains helpful articles, resources, and events to encourage and enhance the adoptive family experience.

Read about the seven core issues of adoption, respite as a support service for adoptive families, or selecting and working with an adoption therapist. Read about the training and credentials of professionals who provide services to adoptive families and various approaches to therapy. Read tips on how to choose a therapist.

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



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

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

**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)

**REGION 3**  
 Bethany Christian Services  
 6995 West 48th St  
 Fremont, MI 49412  
 231.924.3390  
[www.bethany.org/fremont](http://www.bethany.org/fremont)

**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)

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 18 countries.