



Post Adoption Resource Center

JUNE/JULY 2013



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SUMMER & KIDS!

Summer and kids! Do two words go better together than summer and kids?

Along with extra kid time comes extra parenting time. It's time for family vacations and sports events. For many Michigan families it means time at the water: boating, fishing or relaxing at the beach.

Summer can be a chance for families to reconnect and make great memories together. It can be a time for leisurely conversations between parent and adopted child, conversations that may help the child sort out the past, present, and future.

Beach time is also a great time for reading or browsing websites.

This newsletter is filled with wonderful resources for parenting your adopted child, including books, websites, groups and events. Plus, each region of the Post Adoption Resource Center is eager to offer personal support when times are difficult.

Take advantage of resources and make this summer a time of great memories and growth as a 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)



The PARC newsletter is published quarterly. Please direct questions and comments to 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

Post Adoption Connection Group Adult and Teen Groups

WHEN: First Sunday of Every Month,
5:45–7:30 p.m.

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

Childcare provided with an RSVP

For more information and to RSVP, please contact Kjirsten at 231.590.8644 or kboeve@bethany.org.

CHARLEVOIX Adoption and Foster Care Support Groups

WHEN: 2nd Wednesday of the Month,
5:30–7:00 p.m.

WHERE: Charlevoix Community Reformed
Church, 100 Oak Street, Charlevoix

Childcare provided with an RSVP

For more information and to RSVP, please contact Kjirsten at 231.590.8644 or kboeve@bethany.org.

Alpena Family Bowling Night

WHEN: June 8, 3:00–5:00 p.m.

WHERE: Thunder Bowl Lanes,
2192 US 23 S, Alpena

RSVP required

For more information and to RSVP, please contact Kjirsten at 231.590.8644 or kboeve@bethany.org.

Mom's Night Out - Petoskey

WHEN: June 21, 6:00–9:00 p.m.

WHERE: La Seniorita,
1285 N US 31 Hwy, Petoskey

Dinner is on us, drinks are on you. Join us for an evening of games, door prizes, and fabulous conversation!

For more information and to RSVP, please contact Kjirsten at 231.590.8644 or kboeve@bethany.org.

Cadillac Family Bowling Outing

WHEN: June 29, 1:00–3:00 p.m.

WHERE: The Pines, 5992 E M55, Cadillac

RSVP required

For more information and to RSVP, please contact Kjirsten at 231.590.8644 or kboeve@bethany.org.

Parent's Night Out (BACK BY POPULAR DEMAND!)

Coming in July

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

Watch our FACEBOOK page for details

For more information and to RSVP, please contact Kjirsten at 231.590.8644 or kboeve@bethany.org.

Roscommon Ice Cream Social

WHEN: July 16, 6:00–8:00 p.m.

WHERE: Gerrish Township Community Park,
103 Mill Street, Roscommon

RSVP required

For more information and to RSVP, please contact Kjirsten at 231.590.8644 or kboeve@bethany.org.

TAWAS CITY – FAMILY PICNIC

WHEN: Thursday, July 18, 5:00–8:00 p.m.

WHERE: Tawas City Park,
407 Bay Street, Tawas City

RSVP required

For more information and to RSVP, please contact Kjirsten at 231.590.8644 or kboeve@bethany.org.

TRAVERSE CITY – FAMILY PICNIC

WHEN: August 3, 2:00–6:00 p.m.

WHERE: New Hope Community Church,
5169 Bethesda Ct, Williamsburg, MI 49690

Family potluck with activities and games

Watch our FACEBOOK page for details

For more information and to RSVP, please contact Kjirsten at 231.590.8644 or kboeve@bethany.org.

REGION 3 CENTRAL MICHIGAN

 www.facebook.com/PostAdoptionResourceCenterCentralMichigan

BIG RAPIDS Adoption and Foster Care Support Groups

WHEN: June 10, July 8, August 12,
6:00–7:30 p.m.

WHERE: Fellowship Christian Reformed Church,
407 Perry Ave

Child care is provided with an RSVP.
\$10 gas card for participating.

For more information and to RSVP, please call 231.924.3390.

FREMONT Adoption and Foster Care Support Groups

WHEN: June 20, July 18, August 15,
7:00–8:30 p.m.

WHERE: First Baptist Church, 51 W Oak St

Child care is provided with an RSVP.
\$10 gas card for participating.

For more information and to RSVP, please call 231.924.3390.

GLADWIN Adoption and Foster Care Support Groups

WHEN: June 17, July 15, August 19,
6:30–8:00 p.m.

WHERE: Assembly Church of God,
3400 Buzzell Rd

Child care is provided with an RSVP at both locations.
\$10 gas card for participating.

For more information and to RSVP, please call 231.924.3390.

AUBURN Adoption and Foster Care Support Groups

WHEN: June 27, July 25, August 29,
6:00–7:45 p.m.

WHERE: Auburn Area Library, 238 W Midland Rd

Child care is provided with an RSVP.
\$10 gas card for participating.

For more information and to RSVP, please call 231.924.3390.

Resources for Adoptive Parents

Come Rain or Come Shine: a White Parent's Guide to Adopting and Parenting Black Children, by Rachel Garlinghouse

Discover if you are ready to parent transracially, how to support your child's racial identity, and other resources for parents and children in transracially adoptive families. The book includes important chapters such as "Processing, Talking About and Confronting Racism," and "It Takes a Village: Creating Support."



The author is a mother through domestic, transracial open adoption. Garlinghouse's website, www.whitesugarbrownsugar.com contains her own story plus many, many resources including resources for kids on blackness and diversity and resources for kids on black history.

www.amazon.com/Come-Rain-Shine-Adopting-Parenting/dp/1478310863/

From Fear to Love: Parenting Difficult Adopted Children

by B. Bryan Post

Early life trauma and interruptions in the attachment process leave children with behavioral challenges. Author Bryan Post helps parents understand these challenges and offers solutions. Topics include stress, trauma, grief and loss, lying, stealing, self-mutilation and aggressive behavior. Post also gives hope with feedback loops, the three-phase intervention, and explains how healing happens at home.



The book is set up like a workbook with short chapters and bulleted concepts. The advice is solid as to how to deal with these behaviors. He also gives helpful techniques.

www.amazon.com/From-Fear-Love-Bryan-Post/dp/0984080120/

REGION 4 WESTERN MICHIGAN



www.facebook.com/PARCRegion4

ALLEGAN COUNTY

Friday Night at the Point Adoption and Foster Care Group

WHEN: June 21, July 19, August 16,
6:30–8:30 p.m.

WHERE: TBD, locations will vary
throughout the summer months
Light snacks and childcare will be provided.

For more information, contact Susan at susanadams@gmail.com
or Sherri at sirwin@bethany.org or call 616.710.5120

KENT COUNTY

Adoptive Parent Group

WHEN: June 25, July 23, August 28,
5:30–7:00 p.m.

WHERE: Bethany Christian Services,
901 Eastern Ave NE, Bldg F, Grand Rapids

For more information and to RSVP, please contact Sherri at
sirwin@bethany.org or call 616.710.5120

Parent's Connect

A Play Group for Adoptive Parents and
Their Children to Connect and Share

WHEN: June 18, July 16, August 20,
11:00 a.m.– 1:00 p.m.

WHERE: TBD – Locations will vary

For more information and to RSVP, please contact Sherri at
sirwin@bethany.org or call 616.710.5120

OTTAWA COUNTY

Adjusting After Adoption Support Group for Adoptive Moms

WHEN: June 20, July 18, August 15,
10:00–11:00 a.m.

WHERE: Bethany Christian Services,
12048 James St, Holland

This group for adoptive moms who are experiencing
a difficult adjustment after adoption is led by a trained
therapist who will provide knowledge, support, and
educational information.

For more information, contact ameyer@bethany.org

Adoptive Family Support Network

provides services to adoptive families in West Michigan.
For more information, visit their website, www.afsn.org

Growing After Adoption Education Group for Parents

WHEN: June 18, July 16, August 20,
5:30–7:00 p.m.

WHERE: Bethany Christian Services,
12048 James St, Holland
Pizza and childcare will be provided
Please RSVP to ameyer@bethany.org

Growing After Adoption Children's Group for adopted children ages 7–13

WHEN: June 18, July 16, August 20,
5:30–7:00 p.m.

WHERE: Bethany Christian Services,
12048 James St, Holland
Pizza will be provided

This group is led by a trained therapist who will address
topics such as identity, grief and loss, problem-solving skills,
feelings expression, anger & stress management, trauma,
and more. The group is a safe place to meet, interact, and
learn with other adopted children.

Please RSVP to ameyer@bethany.org

MUSKEGON COUNTY

Parent's Connect

A Play Group for Adoptive Parents and
Their Children to Connect and Share

WHEN: June 10, July 8, August 12,
11:00 a.m.– 1:00 p.m.

WHERE: TBD – locations will vary

A light lunch will be provided.

For more information and to RSVP, please contact Sherri at
sirwin@bethany.org or call 616.710.5120.

Foster/Adoptive and Kinship Families

WHEN: June 18, July 15, August 19,
5:30–7:00 p.m.

WHERE: TBD – locations will vary

Dinner and childcare provided with an RSVP.

For more information and to RSVP, please contact Sherri at
sirwin@bethany.org or call 616.710.5120.

Muskegon County Foster and Adoptive Network Summer Picnic

WHEN: June 8, 11:00 a.m. - 2:00 p.m.

WHERE: Kruse Park, 3205 W Sherman Blvd

Sandwiches and drinks provided, please bring a dish to pass!

For more information and to RSVP, please contact Sherri at
sirwin@bethany.org or call 616.710.5120



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:

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



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

MOSAIC is a ministry that seeks to actively endorse and
support foster care and adoption as THE solution to addressing
the children waiting for a “forever family” in Michigan.

For more information: www.mosaicfosteradopt.org

LOW COST & FREE COURSES



Adoption Learning Partners offers free and low cost courses that address the needs of post adoptive families. These include:

Becoming Your Child's Best Advocate – **NO CHARGE**

Conspicuous Families - **ONLY \$30**

Discipline & the Adopted Child: Ain't Misbehavin' - **ONLY \$30**

Finding the Missing Pieces - **ONLY \$30**

Foster Family to Forever Family - **ONLY \$10**

Maintaining Connections – **NO CHARGE**

The Journey of Attachment - **ONLY \$30**

Tough Starts: Brain Development Matters - **ONLY \$25**

Tough Starts: Family Matters - **ONLY \$10**

Tough Starts: Parenting Matters - **ONLY \$25**

Tough Starts: Treatment Matters - **ONLY \$25**

Visit www.adoptionlearningpartners.org

LIFEBOOKS

Lifebooks provide children with truth about their own stories, help to answer questions and build self-esteem. They help children to process their stories, giving them an opportunity to realize that they were not responsible for the problems of their biological families.

To read more about the value of lifebooks, go to www.adoptionworld.net/a_lifebooks.php

Resources for creating lifebooks, available through Amazon.com:

Lifebooks: Creating a Treasure for the Adopted Child, updated and revised, by Beth O'Malley

Adoption Lifebook: a Bridge to Your Child's Beginnings, by Cindy Probst

My Foster Care Journey: A foster/adoption lifebook, by Beth O'Malley

A Teen Foster/Adoption Lifebook: For When I'm Famous, by Beth O'Malley

The Real Me (for teens) – available through www.adoptionworld.net/the_real_me.php



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 www.adoptioninstitute.org



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

REGION 3
Bethany Christian Services
6995 West 48th St
Fremont, MI 49412
231.924.3390
www.bethany.org/fremont

REGION 4
Bethany Christian Services
901 Eastern Ave NE
Grand Rapids, MI 49503
616.224.7550
www.bethany.org/grandrapids

Bethany Christian Services is a nonprofit, private social services agency with more than 100 offices located in over 35 states. In addition, Bethany offers social services to children and families in over 15 countries.