



Post Adoption Resource Center

SEPT/OCT/NOV 2013



CHANGES

Changes in our weather during this time of year often remind us of the many changes our children experience as they grow and mature. Due to our children's involvement in the child welfare system, these changes can be complicated by past experiences. Children need (and often want) their parents to help them process and make sense of these natural changes.

Your local Post Adoption Resource Center is here to support you as you support your child. To start, we hope that this newsletter will connect you with books and trainings specific to your needs, as well as support groups and trainings offered in your region. When you aren't sure how to answer a particularly tough question or if times are especially trying, case managers are available to help you cope with your child's questions and behaviors as a result of the growing-up process.

Your child grows up so quickly! We want this time to be as positive and productive as it can be for you and your child.

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)



In this Issue:

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Counties Served

Regional Events

Book Resources

Free Courses

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Post Adoption Resource Center's (PARC) Website

Bethany Locations



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

"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!

Post Adoption Connection Group Adult and Teen Groups

WHEN: 2nd Sunday, Every Month, 5:45–7:30 p.m.

WHERE: Faith Reformed Church,
1139 E Front St, Traverse City
Please RSVP. Childcare provided.

Adoption & 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
Please RSVP. Childcare provided.

For more information and to RSVP
for events in Region 2,
please contact Kjirsten at
231.590.8644 or
kboeve@bethany.org.

Alpena Family Bowling Night

WHEN: TBD

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

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
Please RSVP. Childcare provided.

Training—Living with Loss: Helping your Child Work Through Their Grief

Special Guest Speaker: Nancy Elmore,
Program Director of Michael's Place

WHEN: Tuesday, September 24,
6:00–8:00 p.m.

WHERE: Michael's Place,
1144 Boon Street, Traverse City

Hoxie's Farm Market Wagon Ride

WHEN: October 10

Ride begins promptly at 4:00 p.m.

WHERE: Hoxie's Farm Market
6620 M-72 East, Williamsburg

Ride through the orchards and pumpkin patch on a
tractor-drawn wagon. Pick an apple and pumpkin to take
home. Donuts and cider will be served.

Handle with Care Training: Behavior Management Training for Adoptive Parents

WHEN: Tuesday, October 22, 6:00–8:30 p.m.

WHERE: Gaylord Regional Airport, Conf. Rm 2
1100 Aero Drive, Gaylord

REGION 4 WESTERN MICHIGAN



www.facebook.com/PARCRegion4

"Like" us on Facebook. We post all of our
upcoming events, interesting articles, and other
adoption related information on this page!

ALLEGAN COUNTY

Lady's Night Out

When: September 12, 7:00–8:30 p.m.

Where: The Trestle Stop,
3366 Lincoln Rd, Hamilton

Dinner or dessert provided

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

Friday Night at the Point Adoption & Foster Care Group

WHEN: Sept 20, Oct 18, Nov 15,
6:30–8:30 p.m.

WHERE: 1st Congregation Church,
323 Cutler St, Allegan

Light snacks and childcare will be provided.

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

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

MOSAIC
EMPOWERING FOSTER AND ADOPTIVE FAMILIES

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.

www.mosaicfosteradopt.org

Adoptive Family Support Network

provides services to adoptive families
in West Michigan.

www.afsn.org

KENT COUNTY

Adoptive Parent Group

WHEN: Sept 24, Oct 22, Nov 26,
5:30–7:00 p.m.

WHERE: Bethany Christian Services,
901 Eastern Ave NE, Bldg F, Grand Rapids
Light dinner and children's group/childcare
provided with an RSVP.

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 Parents and Children

WHEN: Sept 17, Oct 15, Nov 19,
10:00–11:30 a.m.

WHERE: Java Gym, 2211 East Beltline Ave NE,
Grand Rapids

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

MUSKEGON COUNTY

Parent's Connect

A Play Group for Parents and Children

WHEN: Sept 10, Oct 8, Nov 12,
12:00–1:00 p.m.

WHERE: Kangaroo Palace, 35224 Green St,
Norton Shores

A signed waiver and clean socks are required.

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

Foster/Adoptive and Kinship Families

WHEN: Sept 16, Oct 21, Nov 18,
6:30–8:00 p.m.

WHERE: Bethany Christian Services,
1848 E Sherman Blvd, Muskegon
Dessert provided, childcare is not available.

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

OTTAWA COUNTY

Growing After Adoption Education Group for Parents

WHEN: Sept 17, Oct 15, Nov 19,
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: Sept 17, Oct 15, Nov 19,
5:30–7:00 p.m.

WHERE: Bethany Christian Services,
12048 James St, Holland

Pizza will be provided

Led by a trained therapist addressing topics such as identity,
grief & loss, anger & stress management, trauma, and more.
Meet, interact, and learn with other adopted children.

Please RSVP to ameyer@bethany.org

Adjusting After Adoption Support Group for Adoptive Moms

WHEN: Sept 19, Oct 17, Nov 21,
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. Led by a trained
therapist providing support and educational information.

For more information, contact ameyer@bethany.org

Parent's Connect A Play Group for Parents and Children

WHEN: Sept 24, Oct 22, Nov 26,
10:00 a.m.–12:00 p.m.

WHERE: Deanna's Playhouse,
11172 Adams St, Holland

Please RSVP to ameyer@bethany.org

REGION 3 CENTRAL MICHIGAN



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

BIG RAPIDS

Adoption and Foster Care Support Groups

WHEN: October 14, November 11,
6:00–7:30 p.m.

WHERE: Fellowship Christian Reformed Church,
407 Perry Ave, Big Rapids

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

For more information and to RSVP, please call 231.924.3390.

FAMILY PICNIC

Big Rapids Adoption and Foster Care Support Groups

WHEN: September 9, Time TBD

WHERE: Northend Riverside Park,
1050 N Fourth Ave, Big Rapids

For more information and to RSVP, please call 231.924.3390.

FREMONT

Adoption and Foster Care Support Groups

WHEN: Sept 19, Oct 8, Nov 12,
7:00–8:30 p.m.

WHERE: TBD

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: Sept 26, Oct 21, Nov 21,
6:30–8:00 p.m.

WHERE: Assembly Church of God,
3400 Buzzell Rd, Gladwin

Special Guest Speaker, Liz Sharda, October 21,
will present recognizing how trauma impacts the body
and brain and parenting a traumatized child.

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

For more information and to RSVP,
please call 231.924.3390.

AUBURN

Adoption and Foster Care Support Groups

WHEN: Sept 26, Oct 24, Nov 21,
6:00–7:45 p.m.

WHERE: Auburn Area Library,
238 W Midland Rd, Auburn

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

For more information and to RSVP,
please call 231.924.3390.



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

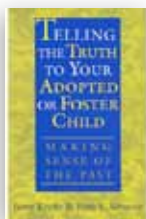
Sharing even more:

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

Resources for Adoptive Parents

Telling the Truth to Your Adopted or Foster Child: Making Sense of the Past

by Betsy Keefer and Jayne Schooler

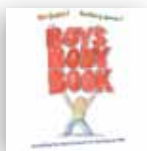


Prepare to tell the truth and nothing but the truth to your adopted or foster child. With encouragement and support from the authors (acclaimed child welfare professionals), they affirm that the truth, while sometimes painful, builds and supports attachment. They further reiterate that secrecy and withholding will do the opposite. With chapters such as Truth or Consequences: A Great Debate, Adoption Through A Child's Eyes: Developmental Stages, and Tools of Communication Between Parents and Children, this book answers your questions and serves as a guide in opening the lines to sensitive communication with your child.

<http://www.amazon.com/dp/0897896912>

The Boy's Body Book: Everything You Need To Know For Growing Up YOU

by Kelli Dunham (author) and Steven Bjorkman (illustrator)



"The Talk" is a rite of passage for any parent with a pre-pubescent child. This "talk" can be awkward for parents as they struggle to provide honest information in a tactful way. This book addresses specific changes that can occur in a boy's family, with friends, and, most importantly, with their bodies during puberty. This book is heavily illustrated (but not graphic) and contains quick tips that make it aesthetically pleasing and easy to read. This book should be used with your son as a conversation starter for otherwise uncomfortable topics related to puberty.

The Girl's Body Book is also available by the same author.

Editor Note: While we realize that this is a general parenting resource, we felt that this was a valuable resource to share with adoptive parents.

www.amazon.com/The-Boys-Body-Book-Everything/dp/1604333529



FREE COURSES:

The Amazing Human Brain and Human Development
Surviving Childhood:
An Introduction to the Impact of Trauma
Bonding and Attachment in Maltreated Children

FREE DOWNLOADS

Adoption Learning Partners:

www.adoptionlearningpartners.org/catalog/downloads/index.cfm

Check Out: Expectations vs. Realities Resource List

Adoptive Families Magazine:

www.adoptivefamilies.com/clip.php

Check Out: Talking About Adoption

Child Welfare Information Gateway:

www.childwelfare.gov/adoption/adopt_parenting/

Check Out: Parenting After Adoption

The North American Council on Adoptable Children

www.nacac.org/postadopt/resources.html

Check Out: Talking to Children about Adoption Assistance

NACAC WEBINARS

www.nacac.org/conference/trainingwebinars.html

Healing from Food Insecurity: Beyond the Stash

— by Katja Rowell, M.D. —

Thursday, September 19 at 12:00 p.m. central

Previously Recorded:

Parenting Children Who Have Been
Prenatally Exposed — by Kari Fletcher

Understanding The Acting-Out Behavior of Your
Adopted Children — by Maris Blechner

Helping Children Heal from Trauma: What Parents
and Caregivers Need to Know — by Sue Badeau



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.