

# October

2020

## Post-adoption services support groups

### Connection is Key

Based on your feedback we are offering a variety of new monthly support groups to help meet the needs of adoptive families in the Western and Piedmont regions. We hope you and your family will join us for one, or more, of these fun and meaningful groups! In a time of social distancing, we can all use a little more social connectedness!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Navigating Educational Needs 6:30pm – 7:30pm	6	7 Tween Lunch (ages 9 – 12) 12pm-1pm	8	9	10
11	12	13	14 Teen Lunch (ages 13 – 17) 12pm-1pm	15 Holiday planning in the times of COVID 19 6pm-7pm	16	17
18	19 Navigating birth family relationships 6pm-7pm	20	21 Transracial adoptions (Caregivers) (Youth) 6pm-7pm	22 Open Caregivers 6:30pm – 7:30pm	23	24
25	26	27 Kids night in / mom's huddle 6pm-7pm	28	29	30	31

**Navigating education needs:** This is an ongoing group that will occur on the first Monday of the month. In a time of ongoing educational change, how do parents manage their children's education needs, navigate the educational system, and help alleviate frustrations with current learning systems? This group focuses on advocacy strategies that help ensure your voice is heard and your children's needs are met. Participants will be given a venue to share their struggles and successes and learn from one another. Depending on needs and interest expert speakers will be invited on occasion.

**Tween lunch:** This is an ongoing group on the first Wednesday of the month and will be offered if schools remain on this hybrid/virtual schedule. Let's get these kids connected! Socialization with peers is crucial for our children's mental health. This will be a time for tweens to make friends, socialize and share their feelings on the "new norm". Will include games, discussion topics, and hopefully music sharing!

**Teen lunch:** This is an ongoing group on the second Wednesday of the month and will be offered if schools remain on this hybrid/virtual schedule. Let's get these kids connected! Socialization with peers is crucial for our children's mental health. This will be a time for teens to socialize and share their feelings on the "new norm". What are their greatest struggles currently? What would they like to see change? How can they advocate for themselves? Do they know how to advocate effectively?

**Holiday planning in the time of COVID19:** This will be a time limited group (October, November, December). Just when we thought the Holidays couldn't get any more stressful, 2020 snuck in like the grinch that stole Christmas. Have no fear just like in the movie it will have a happy ending. We will focus on navigating the joy and stress of the holiday season. The holidays can be enjoyable, special, AND safe. Group participants can share ideas, creative ways to navigate family relationship, keeping with traditions and holiday travel.

**Navigating birth family relationships:** This will be an ongoing group where participants can discuss all things birth families! These relationships require patience and balance, all while trying to do what is best for our kiddos. It is okay to say this can be difficult. It is also okay to say it has benefits. This is a safe place to discuss those feeling and share stories that might touch another families heart and connect with shared experiences.

**Transracial adoptions (Caregivers):** This will be an ongoing group, which aims to support all caregivers who are parenting children of a race different than their own. Cultural identity is vital to growth and development. Let's share ways to include our kiddos culture in our homes! Food, Music, art, we want to hear from you! How have you utilized these important aspects of culture in your home and what impact did it have on your family! What struggles, fears and negativity do we experience when trying to meet the cultural aspect of parenting from your community, or family.

**Transracial adoptions (Youth):** This will be an ongoing group, which aims to support all children of transracial adoptions. Cultural identity is vital to growth and development. Allowing our youth to share the meaningful aspects of their culture and what it means to them to be able to share these within their family. Why is this so important and how would they encourage other youth to embrace their culture in a positive way? Allow for a safe place for feelings of grief, loss, loneliness, or a lack of belonging.

**Open Caregivers:** This group welcomes all caregivers of adopted children. You are not alone! Thousands across the state have gone through the adoption process experience. Come and share your story. Connect with other adoptive families and make lifelong relationships and support systems.

Kid's night in / Moms huddle: These are two separate groups being offered on the same night and will be ongoing while we are restricted to virtual get together. Let us entertain the kids with costume contests, games, craft projects, scavenger hunts, musical offerings and more. At the same time, moms can join their own virtual group to connect with other women. Early signup will allow us time to mail any supplies your children will need for their night in and pizza gift cards to the home, so you don't have to worry about making dinner!