Annual Summer Family Picnic

Wednesday, June 19th
at Stanley Park, Westfield
5:00 p.m. ‘til dusk
RSVP by June 14th. (No rain date.)

Take a summer evening to relax, enjoy the outdoors, and meet new friends! Bring your favorite dessert, a picnic blanket and toys to share (frisbee, soccer balls, etc.). There is a large grassy area and an enclosed play structure adjacent to our pavilion.

We will provide beverages, burgers, dogs and trimmings!
Please bring a dessert to share.

Special guest from SHOW Circus Studio bringing
“Circus Activities on the Lawn”

For planning purposes, we must know in advance if you will attend.
(Please include the number of people in your RSVP.)

Location: Stanley Park: 400 Western Ave., Westfield. Use the Recreation Entrance, directly across from The Woodward Center, and look for us on the left under the pavilion adjacent to giant play structure. Bring your bikes! Free entry and parking.

Please RSVP by June 14th
We need to know you are coming!
Calling all Franklin County Families!
You are invited to a casual family supper at

**China Gourmet**

78 Mohawk Trail, (Route 2A), Greenfield (Right off the Rotary!)

Thursday, June 27th, 6:00-7:30 p.m.

Let’s get together to hear what Adoption Journeys is up to and hear from you what kinds of programming you’d like to see in the Greenfield area.

We are offering a family-style dinner with several shared entree options available. Please let us know on the registration form below which dishes your family is likely to prefer, so we can estimate and pre-order accordingly.

Pre-registration is required. Registration Deadline is June 21st.

This event is a nice way to welcome new families to the Adoption Journeys community. If you know of an adoptive family who might like to join us, please encourage them to contact us directly to register with our program before this event.

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**Registration Form for Family Dinner at China Gourmet in Greenfield**

$5 per person, $25 per family maximum.
Please enclose your checks payable to Child & Family Services.

Name of Adult(s) attending: ____________________________________________________________

Names and ages of kids attending: _____________________________________________________

Current Mailing Address: __________________________________________________________________________

**To help us pre-order, please check the dishes your family is likely to prefer:**

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Check is enclosed for $________   Best phone during the day: _________________________

**Return registration by June 21st to Adoption Journeys, PO Box 60006, Florence, MA 01062**
Try Rock Climbing!
For Parents and Kids ages 6-12.

Come climb the walls with us!
at the **Central Rock Gym**, 165 Russell Street, Hadley!
Friday, July 12th, 1:00 p.m. - 4:00 p.m.
Cost is $5 per participant.

**Family Climb for Parents and Kids**
Includes Belay Certification for Parents.
Lots of climbing for the kids, age 12 and younger only.
This afternoon program is designed for those who have never climbed before
and is adaptable for those who have experience. We will begin with a session to learn
about belaying and climbing, and after a short break, climbers and belayers will have a chance
to practice their skills with the assistance of the Central Rock staff.

To register, please use the form below.
Mail your registration and payment to Adoption Journeys by June 28th.

**Family Climb for Parents and Kids Age 12 and Under**
Hadley Rock Gym, Friday July 12th, 1:00-4:00 p.m.
Pre-registration and pre-payment is required by June 28th.

Family Name: ______________________________________________________________________
First Names of all attending - include AGES of kids: _____________________________________
____________________________________________________________________________________
Best daytime phone number: ________________  Best email: ______________________________
Please mail consents and forms to: _____________________________________________________

Cost is $5.00 per person and includes an hour of belay instruction, snack break for all, and
an additional hour of supervised climbing for adults and kids together. Parents can choose
to belay their kids or opt for staff belayers.

$5.00 per person. Enclosed is check payable to Child & Family Services for $____________
Please mail with payment to Adoption Journeys by June 28th.  P.O. Box 60006, Florence, MA 01062
Winning One-Liners from our recent parent training with Heather Forbes

Many parents attended a special April parent training in Worcester. Below are some of the take-aways that may serve as helpful reminders.

- Hard moments are not behavior issues; they are regulatory issues.
- To get to the trauma, get out of your head and into your heart.
- The “Progression to Aggression” goes like this: fear/stress, overwhelm, rage, aggression, violence.
- Trauma deprives the child of their voice and their power; aggression is an effort to repossess that power.
- A child’s emotions are like a volcano; to avoid eruption, allow the emotions to flow!
- “Never in the history of calming down has anyone ever been able to calm down by being told to ‘calm down’.”
- The more you go backward to meet developmental need, the more you are equipping your child to move forward.
- People are always trying to get back to an experience of what feels “normal” to them -- back to what their “blueprint” for family and relationship, and how that was defined for them in their earliest stages of development.

Important Administrative Notes from your Adoption Journeys Office

A change for your checks to us! For those of you registering for upcoming events and programming that require fees, we are now asking that all checks be made out payable to Child & Family Services, our parent agency. This is a new requirement and it is effective immediately. We realize we are still old-fashioned in our request for paper payments and we appreciate your support in remembering this update when sending in your fees to participate in our programs. Thank you!

Recently we have also changed our consent paperwork requirements. As many of you may realize, we will now need an annually updated signature on your general consent to participate in our programs as well as signed event-specific permission forms for each family member. When possible, we will send the paper event-specific forms ahead of time once we receive your registration. If you receive them by mail, please sign them and bring them with you to the event. If you ever have any questions about these new forms, please be in touch with us as we understand that it can be confusing and overwhelming, especially if you are new to our program.

Thank you for all your help and cooperation!

Nancy, Lisa, Maya, and Micki
Pack a Picnic and Come Play!
Bousquet Mountain in Pittsfield
Wednesday, July 17th, 11 a.m. - 5 p.m.

Join us at Bousquet Mountain for an afternoon of as much swimming, sliding, and minigolf as you want. Bring a picnic lunch for your family, and come take a mini-vacation with us! $6 per person (payable to Child & Family Services) gets you into the shallow pool, the giant water slides and unlimited rounds of 18-hole mini-golf. Arrive at 11:00 a.m. for swimming and activities, and we'll gather under the large pavilion for our picnic lunches at 12:30. Ice cream is on us at 2:00! Park area closes at 5 p.m.

Bousquet’s three giant water slides drop into a 4-foot deep “landing pool.” There is a 2-foot deep activity pool with gradual entry for little ones who can enjoy the three easy slides. Or move on up to the three big slides for fast fun on the white-water. The 18-hole mini-golf course offers a challenge between dips.

NOTE: Large water slides have a 4-foot height requirement and are for strong swimmers.

Tickets for additional activities such as zip lining, climbing wall, and go karts are also available for extra fees. Pools and activities close at 5 p.m. Snack bar available for food purchases.

To learn more about the park, please go to www.bousquets.com

Please fill out and return this Registration Slip by June 28th!
Mail with payment to Adoption Journeys, PO Box 60006, Florence, 01062

Adults attending: ________________________________ #Adults _____ # Kids under 18 ________
Name & ages of youth attending: ________________________________

Your current paper mail address: ________________________________

Enclosed is a check made out to Child & Family Services for $_______ Best daytime phone:________________

$6 per person (regardless of age) includes entrance to both pools, unlimited mini-golf, and an ice cream dessert!

This event is only open to household members of Adoption Journeys families.
Adoption Journeys

GROUPS FOR ADOPTIVE PARENTS AND TEENS
ALL RESUME IN THE FALL

If you are interested in participating in any of the programming below, please contact us to receive more information regarding times and locations.

Groups for Parents

**Dads Discussion Group** - Florence. This group runs one **Wednesday** evening a month. Fathers only. Get involved with a great group of dads. Call us to register for fall program.

**Parents of children of any age** - Amherst. Support and discussion related to parenting children of any age. Meets two evenings monthly, concurrent w/ teen girls group. Ongoing group. Join anytime. **Thursday evenings, twice monthly.** Contact us for more info about fall program.

**Parents of children of any age** - West Springfield. Support for adoptive parents in the Lower Pioneer Valley area raising children of any age. On-site childcare is available. Meets monthly on the **fourth Monday.** Call for dates and details. Starts up again in the fall.


Groups for Teens

**Adolescent Girls Adoption Group (age 13-17)** - Amherst. A great opportunity for female-identified teens to explore issues of adoption, adolescence, and identity in a supportive and fun environment. **Pre-group screening required.** Meets **Thursday nights, twice monthly.** Call this summer to let us know your interest in our next session starting in the fall.

To participate in any of our groups, please call or email the Adoption Journeys office to register.
Family White Water Rafting with Zoar Outdoor
Saturday, August 3rd, 11:30 a.m.- 5:30 p.m.

Get ready for some white water adventure! We will paddle the Zoar Gap, a ten-mile section of class 2 and 3 white water on the Deerfield River. After arrival and orientation, we bus to the river and start paddlin’, a light picnic-style lunch riverside, more rafting, and then bus back to camp arriving by 5:00 for showers and slideshow.

The white water paddling is suitable for beginners who would like to explore white water rafting, and requires a minimum age of 7. The trip is mostly class 2 rapids with an occasional class 3. Participants MUST be comfortable in the water and getting very wet! All rafters wear life jackets and helmets. Each raft holds 6 passengers plus a guide. Once registered you will receive directions, packing list, photo releases, and required waivers to sign and return to complete your registration.

Cost: $25 per person

Please see the Zoar website for more info about this trip:
www.zoaroutdoor.com/zoargap.htm

Please fill out and return this Registration Slip by July 12th
Mail w/ payment to Adoption Journeys, PO Box 60006, Florence, 01062

Adult Contact Name: ___________________________ #Adults _____ # Kids under 16 ________
Name & age of each paddler: ____________________________________________________________
____________________________________________________________________________________
Address for mailing information and waivers: ______________________________________________
Best daytime phone _______________ Enclosed is a check payable to Child & Family Services for $______

COST and Cancellation Penalty
Cost is $25 per person up to 4 family members. Additional family members are $20/ea.
Please contact our office if additional financial support is needed.

We cannot refund your fee for a no-show on the day of the event.
Cancellations (due to health or safety) made on or before August 1st may be reimbursed.
Cancellations made after August 1st are non-refundable and non-transferable.

NOTE: We go rain or shine. (They hardly ever cancel.)
There are no refunds for “no shows” due to unpleasant weather, unless Zoar cancels due to unsafe conditions.
Save the date for the *Shut-Up Sisters*
Friday evening, November 8th. Location TBD.

**Welcome to... Shut Up About Your Perfect Kid - a Parent Workshop**

Celebrating the humor, joy, and triumphs of raising “imperfect kids” in a perfection-obsessed world. [www.shutupabout.com](http://www.shutupabout.com)

Designed for caregivers of special children, this humorous, heartwarming 90-minute workshop is based on the best-selling book, *Shut Up About Your Perfect Kid! A Survival Guide for Ordinary Parents of Special Children*. Using hilarious anecdotes and fun exercises (no Spandex required), the sisters will show attendees how to let go of the expectations they have for their children and embrace reality. With its health benefits, laughter is truly the best, most affordable medicine (no co-pays required).

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**Coming this Fall! 🍂**

**Adoption Journeys to Host a Legislative Breakfast**

Parents will be invited to join us to speak with local elected officials about your family experiences with community resources, supports, and programs. Join us to share your triumphs and challenges and enjoy breakfast together!

Look for your invitation and more information coming soon!
Join Adoption Journeys for Family Fun at
Breezy Waterslides, Picnic Grounds
and Lakefront Swimming!
Your 1-Day Vacation Getaway!
Monday, August 5th, 9 a.m. - 6:30 p.m.
lots more info at www.breezysummer.com

What you need to know for your family day away in the sun!
Date: Monday August 5th, Rain Date August 12th.
Time: 9:00 a.m. - 6:30 p.m., slides open from 10am-6pm. Arrive anytime!
Location: 520 Northwest Main St., Douglas, MA 01516. 508-476-2664. Free parking!
Food: Bring your own picnic into the park. Grills available (BYO charcoal.)
Activities: Slides for anyone over age 5, lake swimming, picnic grounds, shady grass.
Cost: $8 per person (regular fee $21) check payable to Child & Family Services. Under age 2 FREE.

A Day at Breezy Waterslides and Picnic Grounds
Please fill out and return this Registration Slip by July 19th!
Mail with payment to Adoption Journeys, P.O. Box 60006, Florence, 01062

Adults attending: _______________________________ #Adults _____ # Kids under 18 ________
Name & ages of youth attending: ___________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

$8 per person (regardless of age). Please make checks out to Child & Family Services.
Enclosed is a check made out to Child & Family Services for $______ Best daytime phone:______________________

Fee includes all-day entrance to waterslides, picnic grounds and lakefront!
This event is only open to household members of Adoption Journeys families.