Adoption Journeys Newsletter
A seasonal update of our programming for adoptive families living in Western Massachusetts

Drop, Shop & Roll!
Get some holiday shopping done at the mall while your kids have fun roller skating!

Private Roller Skating Party for Adoption Journeys.

Join us at Interskate 91
at the Hampshire Mall in Hadley - for ages 6-17

Sunday evening, December 11th, 6:00 p.m. - 8:00 p.m.

- Your fee is $7 per skater: includes admission for up to 2 hours of skating & skate rental.
- Fee required for skaters only. Parents are welcome to join us.
- Skaters must be able to manage independently on their skates.
- Parents must stay at the Hampshire Mall during event.
- Hampshire Mall shopping open until 9 p.m.
- Children age 6-17 may stay without a parent.
- Children under 6 must have an adult stay.
- Pre-registration required.

Mail-in Registration for Roller Skate and Shopping Night

Register by December 2nd

Mail with payment to: PO Box 60006, Florence, MA 01062

Parent Name: ______________________________________________________________________________

Names and ages of skater(s) ___________________________________________________________________

Phone number where you can be reached during the day:________________________________________

$7.00 per skater. Amount enclosed (check or cash) ____________________________
The Newest Parent Support Groups at Adoption Journeys

These groups are ongoing, and parents are welcome to join in anytime. Pre-register by phone or email to get dates, details and a reminder message before each group meeting. Groups are a great way to diffuse tension, gather resources and grow your community of support.

Ongoing Discussion Nights for Dads

This group aims to build bonds and camaraderie among fathers in the Adoption Journeys community. Men are welcome to attend some or all of the Wednesday group nights. (no fee)

7:15-8:45 p.m. Discussion Nights for Dads
One Wednesday a month
Nov-June
December meeting 12/14

Location:
140 Pine Street, Florence

Facilitated by
David Scherer, Ph.D.
UMass Psychology Professor and Adoptive Parent

Please contact office to register.

Single Parent Support Group

This group aims to build resources and overcome isolation sometimes experienced by parents who face the challenges of parenting on their own. A place for stress relief, laughter, friendship, and support. (no fee)

6:00-7:30 p.m.
Every Second Thursday,
Oct-June
Childcare offered.
Groups are open to all single, adoptive parents.

Location:
140 Pine Street, Florence

Facilitated by
Rebecca Bryer
Adoption professional and Adoptive Parent

Please contact office to register.
Swim Party!
Teens, age 13 and up!
Water Slides, Spaghetti, and Arcade Games!
Come swim, have supper and chill out with friends.

Friday, January 27th. 5:30-8:00 p.m.

$10 Registration Fee includes access to water slides, spaghetti supper and tokens for the arcade. All located inside the Clarion Hotel in West Springfield.
Clarion Hotel, 1080 Riverdale Street, West Springfield, 01089

Mail-in Registration for Water Slides and Spaghetti Night for Teens
Registration Deadline January 6th
Friday Night, January 27th 5:30-8:00 pm, Clarion Hotel, West Springfield

Parent Name __________________________________________________________________________
Names and ages of teens attending________________________________________________________________________________________
________________________________________________________________________________________

$__________ Amount Enclosed. $10 per teen, includes dinner and 10 arcade tokens.

Phone number where we can reach you during the event: ______________________________

Please describe your teen’s swimming ability: ________________________________________

Please confirm we have your correct email: ___________________________________________

Mail registration with payment to Adoption Journeys, PO Box 60006, Florence, MA 01062
**Do You Know About Our Adolescent Girls Group?**

_for ages 13-17_

*This one-of-a-kind group is a great opportunity for girls to explore issues of identity, adoption and adolescence in a supportive small-group environment.*

Through games, discussion and creative projects, this facilitated group is a place for girls to each feel supported in her unique experience as an adopted teen. We strive to develop trust & safety, and connect to each other through laughter & fun. Group members often develop meaningful friendships and can choose to stay in the group for repeated sessions. This unique 8-session program has been offered twice a year for over 12 years and has proven to be an invaluable experience for adopted teen girls.

Girls Group meets twice monthly in Amherst on Thursday nights for 12 meetings. The spring session, which starts in early February 2017, will be open for registration in December. Call Maya soon for more information and to schedule your January pre-group screening appointment! 413-320-4680.

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**Some Tips for the Holiday Season from Adoption Journeys...**

We like to think of holidays as joyful times, moments to reflect and give thanks, to be with loved ones. However, we are all also familiar with “holiday stress” that can accompany the holidays, so we would like to share some tips for survival.

*Remember that holidays are loaded in all kinds of ways. Our senses are often over-stimulated with different sights and sounds, and with the message to be happy. Adults are very often over-loaded and dis-regulated themselves. Routines are interrupted. For children who were adopted at older ages, there may be unhappy memories of past holidays that arise, feelings of loss associated with holiday time, or actual trauma memories that are triggered. What to do:*  
  *As much as you can, try to keep the world small and close. Limit the number of trips, extra activities, shopping, etc. Feed your and your child's senses in small, close ways: bake cookies, snuggle in for a movie or a book, play with clay together.*

*Accept sad, moody, irritable and even angry feelings in yourself and in your child(ren). Leave room for it, acknowledge and name the feelings, and then bring the world in close and attend to the senses.*

*Try to ease the transitions and changes in routine as much as you can. Pace yourself! Change the visual environment (holiday decorating) gradually, keep as much routine the same as possible, build in new grounding rituals to help with all the dis-regulation (a funny handshake in the morning before school, for example, a poem before bedtime).*

*Make connection, laughter and sensory pleasure the priorities, over the pressure to buy gifts or visit relatives. And please feel free to call us anytime to get direct and specific support during this time.*
Creative Writing Group
For Adopted Teens Only
Ages 12-16
A 6-Session Workshop
Hosted by Adoption Journeys
February-March

Everyone deserves a safe place to express themselves on paper. In this 6-session creative writing series, teens can experiment with stories, poems, letters, songs, or illustrations that speak from their individual voices and inner lives. (Note: sharing your writing is always optional.) If you have a teen interested in exploring themselves in this way, please call Adoption Journeys to register or ask us for more information. Group size is limited!

**What:** Six weekly 1-hour writing workshops just for adopted teens. Participants agree to attend all workshops in the 6-week cycle

**When:** 6 consecutive Tuesday evenings beginning February 7th
Workshop runs from 6:30-7:30 p.m.

**Cost:** $30 for all six sessions. Payable on first night.

**Where:** Adoption Journeys office, 140 Pine Street, Florence

**Facilitated by:** Jennifer Delozier, M.Ed.
Teacher, writing instructor, and adoptive parent.

Pre-registration is REQUIRED.
Call or email the Adoption Journeys office to reserve your space by January 30th.
Adoption Journeys
GROUPS FOR ADOPTIVE PARENTS AND TEENS
2016-2017

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

Single Parent Support Group - Florence. This new group meets on the Second Thursday monthly and is specifically for those parenting as a single. On-site childcare is available. Call to register and for more info.

Men's Discussion Group- Florence. This new group runs one Wednesday evening a month. Fathers only. Get involved with a great group of dads. Call us to register and for more info.


Groups for Teens

Adolescent Girls Adoption Group (age 13-17) - Amherst. A great opportunity for girls to explore issues of identity, adoption and adolescence in a supportive environment. Pre-group screening required, so call now if you are interested in spring start. Meets Thursday nights, twice monthly. Call soon for your January screening appointment.

Teen Activity Series for 9th-12th graders. A chance for adopted teens to connect monthly with other adopted teens doing a variety of social activities. Contact the office to get on our list.

To participate in any of our groups, please call or email the Adoption Journeys office to register.
Activity Series for TEENS
Join us for as many events as you can this year!

Pre-registration with payment is required for all events. Contact the office to get on the list to be sure to receive the reminders and registration emails with details for all events.

Dec. 2nd
Pizza party, games and just hang with my friends in Florence

Jan. 27th
Water Slides & Spaghetti party in West Springfield

Feb. 17th
Pizza, games, and more hanging out with my friends in Florence

March 25th
Rock Climbing at the Hadley Rock Gym!

April 28th
More chill time, pizza and fun with my friends in Florence

May 20th-21st
TEEN GETAWAY Special weekend overnight in Becket
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- Roller Skating Party for all ages!
- Teen events every month!
- Dad’s Group continues monthly!
- Single Parent Group is up and running!
- Winter Writers Group

and more ways to stay connected...