Here’s the Update from Adoption Journeys....

We are still here and available to you for support, especially knowing the additional strains this changing environment is placing on families. Our services are adjusted to comply with mandates and to maximize your safety and that of our staff. We are keeping regular office hours remotely and responding to phone calls and emails, and are always glad to hear from you! Here is what we continue to offer to new and ongoing families:

Clinical support: We continue to provide guidance via zoom, phone, and email to new and already-engaged families. We offer support related to trauma-sensitive parenting in this new environment, as well as guidance around self care and stress-reduction strategies for parents and youth.

Support groups: We are holding our ongoing groups in a remote format using Zoom. We hope you will give it a try. It’s nice to see some smiles and connect with other parents. Let us know which groups you might want to participate in.

Parent training: We will continue to share relevant online training resources via email. Keep your eye out.

Social connection: We are currently creating some fun ways to connect online for kids and families. We are also hoping to get back to hosting fun in-person family events. See page 3 for a list of events we are looking forward to sharing together. Of course we are staying flexible, and all dates will be confirmed later this spring.

To reach us, please use our same office number. Although we are working remotely, we are checking messages and one of us will respond to you promptly.

Or, as always, you can email us directly.
Parenting Resources for Support and Connection in an Uncertain Time

Here are some very basic guidelines to keep in mind to reduce overwhelm:
- Try to be your child's primary source of accurate information.
- Follow your child's cues for their tolerance and need for questions to be answered.
- Be a model for a calm body and a calm mind.
- Be reassuring and share hopeful stories to balance out the uncertainty.
- Help children/teens express their feelings; try art, writing, music, singing, and exercise.
- Be developmentally appropriate and sensitive to their unique vulnerabilities and your own!
- Maintain your emotional connections to others outside your home - call, write, or FaceTime.
- Attend to your physical health, stimulate your senses, and be sure you move your body every day!

The Center for Adoption Support and Education (C.A.S.E.) offers solid and concise guidance for adoptive families

Click HERE or on the title to read this very helpful and relevant resource: Parenting Children Who Have Experienced Loss and Grief While Navigating Coronavirus

Until the end of April all of the CASE In-Demand Webinars are FREE if you use the Coupon Code “HOME” at checkout. Go HERE to see all 13 FREE webinars. You have two days to view it from the time you register.

Or check out the monthly Strengthening Your Family series from CASE. The first 600 registrations are FREE! Download their spring 2020 Webinar Schedule HERE.

A few more links to explore...

Child Mind Institute
Talking to Kids about the Coronavirus. An article from the Child Mind Institute.

ADDDitude: ADHD Parenting
How to Explain Coronavirus to a Child with Anxiety

UNICEF
8 Tips to help Comfort and Protect Children
We are hopeful that it will be safe enough to enjoy outdoor activities together this summer. We recognize that dates may need to be adjusted, however we remain optimistic that we can see each other soon!

We will confirm all events later this spring.

**Annual Summer Family Picnic**

**Wednesday, July 1st**  
**at Stanley Park, Westfield**  
5:00 p.m. ‘til dusk

**Pack a Picnic and Come Swim!**  
**Bousquet Mountain in Pittsfield**  
**Wednesday, July 15th, 11 a.m. - 5 p.m.**

**Join Adoption Journeys for Family Fun at Breezy Waterslides**  
**Picnic and Lakefront Swimming**  
Your 1-Day Vacation Getaway!  
**Monday, August 3rd, 9 a.m. - 6:30 p.m.**

**White Water Family Trip with Zoar Outdoor in Charlemont**  
Family White Water Rafting with Zoar Outdoor  
**Saturday, August 8th, 11:30 a.m. - 5:30 p.m.**

**We are going to the Zoo!**  
Join us for a fun adventure at the Zoo in Forest Park  
Come learn about the animals!  
**Summer date TBD**
Adoption Journeys

GROUPS FOR ADOPTIVE PARENTS AND YOUTH

Adhering to local guidelines and for the safety of our community, our groups will temporarily utilize an online format. Please note a few slight adjustments in scheduling. Regardless of your actual location, if you are interested in participating in any of the online group support listed below, please call or email us.

Groups for Parents

Parents of children of any age - Amherst. Currently meeting on Zoom. Support and discussion related to parenting children of any age. Meets two Thursday evenings monthly. Ongoing group. Please let us know if you want to participate and we will send you dates and links. Join anytime.

Parents of children of any age - West Springfield. Currently meeting Wednesday evening twice monthly on Zoom. Support for adoptive parents in the Lower Pioneer Valley area raising children of any age. Call for dates and details and to get the link.

Parents of children of any age - Pittsfield. Currently meeting on Zoom twice a month on Tuesday evening. Come connect with other Berkshire families. Call for dates and details and to get the link.

Dads Discussion Group - Florence. Currently meeting on Zoom. This group runs one Wednesday evening a month. Just for fathers. Get involved with a great group of dads. Contact us to register anytime, and we will send you the link.

Transracial Adoptive Parents Group - Florence. This monthly lunchtime discussion group will resume in the fall. Come share, listen, celebrate and learn with other parents facing similar challenges related to race, racism and being a transracial adoptive family. Please call to let us know if you are interested.

Parents of Children with Histories of Attachment Trauma (P-CHAT) Northampton. Currently meets two Mondays evenings a month on Zoom. A group specifically for parents raising children and teens with Reactive Attachment Disorder. Please call for pre-group screening and details for meeting dates and links.

Groups for Youth

Adolescent Girls Adoption Group (age 13-17) - Amherst. A great opportunity for female-identified teens to explore issues of adoption, adolescence, and identity. Pre-group screening required in August. Call to learn more or to let us know your interest in our next session which begins this fall.

Youth Adoption Group - Florence. An activity group designed for youth ages 10-12 with fun games, crafts and relaxed discussions about identity, family and adoption. Currently running on Zoom and open to new friends to join in the fall! Call for information.

To participate in any of our groups using the Zoom format, please call or email the Adoption Journeys office for more information or to register.