Dear Parents,

As spring comes on, Adoption Journeys is planning to shift and adapt by moving into a hybrid of in-person and remote events and services. Please feel free to contact us for some version of an in-person clinical meeting, if that is what you prefer — we are ready to accommodate. And please look for both the in-person and online activities and support groups we are offering in the coming months. It's all about connection, laughter, and mutual support.

As we emerge into the warm weather, and as more and more people get vaccinated against the COVID-19 virus, we are reflecting on some of the insights the pandemic has brought, from what many of you shared with us of your experiences over the past year, including:

Our credo of "make the world small and close" when dealing with stress worked very well for some children and families; we heard about new levels of calm and closeness, when the demands of the outside world quieted. (Conversely, the strain of being at home without other outlets was very stressful for others.)

Some children continue to do well with online school, while the in-person experience of regular school is still sorely missed by others. Either way, important information was revealed about the individual child and what works best.

Our need for interconnectedness is primal, and primary; the imperative to connect has risen above focus on productivity and traditional markers of "success". We have also learned to value quiet, alone time for rest, reflection and restoration.

We are adaptable. Many were able to balance out the disconnection by adapting to Zoom, Facetime, and other technology to meet up with friends, go to school, go to the doctor, consult with colleagues and counselors, cook, take an art class, sing, exercise — you name it!

We look forward to seeing you in the upcoming in-person events, and also online where we can enjoy your full smiles.

Nancy

Nancy Solow, LICSW
Regional Program Manager, Adoption Journeys
Adoption Journeys is and remains a program that is anti-racist. We are committed to anti-racist awareness, stance and work. We stand against all acts of hate and violence, as well as all forms of racism — including the most recent targeting of Asian Americans. We know that public episodes of racial violence (and public legal trials) can shake the sense of safety and security we strive to maintain in ourselves and our families. In the service of caring for ourselves, our families, our community and nation, here are some resources that may be helpful to draw on at this time. We are also here, as always, to offer support as we move through these challenging and transformative times.

Among our ongoing efforts to combat racism, we offer the following programs this spring, and invite you to explore the resources below

**Violence Against Asian Americans: How Do We Support the Children?** Dr. Anatasia Kim  

Webinar: *Nurturing Resilience in a World of Racial Aggression and Violence*, and many many other resources in the EmbraceRace website: [https://www.embracerace.org](https://www.embracerace.org)

Anti Racist Parent Dialogues from The Gordon School [https://www.gordonschool.org](https://www.gordonschool.org)

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**Adoptive Parents of Global Majority* Support Group**

*A state-wide online group: 3rd Wednesday of the month 7:30-9:00 p.m.*

We hope you can join us in this safe space of telling your stories, speaking your truths, and making your voices heard. There’s no doubt that this year continues to be extremely challenging, and we know as parents of color, you have the unique added layer of combating your own experiences while being present for your children. This support group aims to offer insights into the difficulties and rewards for families built by adoption and led by parents of color. Join these meetings to build connection, community and network.

*People of Global Majority* is an empowering term used by many to collectively refer to Black, Indigenous and People of Color.

**To attend this group, please RSVP to Maya at mrcolt@cfservices.org**

Facilitated by:  
Maya Rege-Colt, LICSW;  
Susan Botzko, BS; and  
Taisha Alexis, MPH
**Transracial Parent Support Group**

**Meets Friday mornings**
8:30 a.m.—10:00 a.m.
April 16th through June 18th, (1st and 3rd Fridays)

When and how do we talk to our children about race & racism? How does white privilege affect my relationship with my child? What to do with the pain of raising a child of color at a time of racial divisions and violence? Let’s face these complex issues together and celebrate the strength of our families!

This group is open to all parents in transracial families.

**Contact Maya with questions or to register:** mrcolt@cfservices.org

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**Raising Children in Transracial Adoptive Families**

**A 2-part parent meeting:**
Mondays June 21st and June 28th,
7:30-8:30 p.m.

You are invited to join us for a 2-part online meeting to connect with other parents in transracial families.

We will explore: how the complexities and pain of race and racism in society affects our families; how we foster resilience and positive identity in raising our adopted children of color; and how opening up the conversations about racism for ourselves supports our children and family.

For continuity, you are strongly encouraged to join both dates, if you can!

**Contact Maya with questions or to register:** mrcolt@cfservices.org

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**What is Transracialization?**

Consider this terminology used by John Raible, a multicultural educator, transracial adoptee, adoptive parent, and scholar-activist.

“Transracialization is a term I use to describe a positive outcome that can happen when a person of one race spends a lot of time with individuals of another race. Transracialization can be understood as an alternative to the more typical socialization process known as racialization.

For example, by engaging in long-term relationships of caring with racial “Others,” a white individual can become immersed in wider social networks populated by people of color. Doing so allows the white individual to develop a more sophisticated appreciation for differences among people of color (e.g., refuting stereotypes that imply that all people of one race think the same about a given issue). The individual can transcend the myth of color-blindness and come to a deeper understanding of the role of race and discrimination based on color-consciousness in our society….

In the words of one white sister who has African American siblings, “If it’s a direct offense against my brother and sister, it’s a direct offense against me.” For this woman, racism has become her issue; it is no longer just an intellectual or abstract “ism” to be aware of, but a reality she perceives and struggles with in her own life-world.”

**To read the full article, go to John Raible Online at:**

[https://johnraible.wordpress.com/about-john-w-raible/what-is-transracialization/](https://johnraible.wordpress.com/about-john-w-raible/what-is-transracialization/)
Family Shaving Cream Print Party!

Come explore your art-making skills and creative potential! Join Adoption Journeys for a fun afternoon of online art for all ages.

Sunday, May 16th, 4:30-5:30

Shaving cream printing is an art and sensory experience all in one! Create beautiful marbled papers by forming a layer of shaving cream on a tray, add food coloring and swirl the color through the cream, lay a paper on top and then scrape away the shaving cream to reveal the marbled patterns on the paper — magic! Each print is unique and can be turned into notecards, wrapping paper or used for collage or decoration! We will deliver all the supplies you will need, right to your door!

Art Always

Our fearless art instructor, Lindsay Fogg-Willits from Art Always will guide us through this super-sensory printing project.

Please fill out the registration slip below and send it in with your fee by May 1st to get your materials in time!

This event is for all ages, and parents MUST be present on the Zoom call. Important Note: A package of supplies is enough for two artists; that cost is $10. Please add $5 for each additional participant.

Family Shaving Cream Print Party! Sunday, May 16th 4:30-5:30
Please mail with payment by May 1st, to PO Box 60006, Florence, MA 01062

Names of family members making art:______________________________________________________
________________________________________________________________________________________

Total Number of Family Members Making Art _______ Parents, please count yourselves if you are playing!

Your $10 package of supplies is enough for two participants. Please send an additional $5 for each additional artist, so we send enough stuff. Make check payable to Child & Family Services Inc.

Enclosed is a check for $_____________ Best email:____________________________________________

Street address for art materials delivery:______________________________________________________

Adoption Journeys 413-320-4680 lmintz@cfservices.org
Art Night Just for Parents

Come unwind with us on a Friday evening. Join us for a relaxing art-making event using supplies we will deliver to you. We will show you how, and give you everything you need to create unique and beautiful gel prints.

Friday May 21st 7:00-8:00 p.m.

What is Gel Printing?

Gelatin printing is an easy form of monotype (one-of-a-kind) printing for both the novice and experienced artist! Ink and a variety of other textured materials are laid on a gelatin slab, resulting in detailed and unique images that do not require a press. This is a great opportunity to try your hand at printmaking and/or to further develop your inner artistic voice through a new medium! No prior art experience or talent is needed. We will send you everything you need and you can add objects from home to enhance your creations. Once you get the hang of it, you are going to want your own workshop! Join us for some time without the kids.

Art Instructor, Lindsay Fogg-Willitz from Art Always will guide us through the creative process of gel printing. If you’re tempted and want to learn more, you can go HERE for a 15-minute beginner tutorial to give you an idea of what we will be doing together.

Art Always

Fill out the registration slip below to assure that your package of materials will be delivered in time!

Your cost is $10 per package. If more than one adult would like to participate, then please reserve 2 packages of supplies.

Art Night Registration Just for Parents, Friday May 21, 7:00 pm

Please mail with payment by May 1st, to PO Box 60006, Florence, MA 01062

Names of adult(s) attending:______________________________________________________________

Please send $10 per participant, and make check payable to Child & Family Services Inc.

Enclosed is a check for $____________ Best email:__________________________________________

Street address for art materials delivery:__________________________________________________
Adoption Journeys Support Groups

All support groups will continue to meet online at this time and will continue through June. Groups take a break in the summer.

If you are interested in participating in any of our programming below, please email us to register and to receive reminders and event links.

Groups for Parents

Adoption Journeys Online Parent Group: Open Parent Support Group for parents raising children of any age. Find laughter, connection and support. Meets on the 2nd and 4th Wednesday evenings of the month from 6:30-8:00 p.m. We sometimes invite guest speakers for parenting-related presentations. Contact Maya to sign up: mrcolt@cfservices.org.

Single Parent Group — Connection and support just for adoptive parents who are parenting solo. This group welcomes single caregivers parenting children of any age. Meets alternating Tuesday evenings from 8:00-9:00 p.m., starting April 13th. Join anytime. Please email Lisa to register: lmintz@cfservices.org.

Transracial Parent Group — Open to all adoptive parents in transracial families. This group meets on the 1st and 3rd Friday mornings of each month, 8:30-10:00 a.m. Please email Maya to register: mrcolt@cfservices.org.

Adoptive Parents of Global Majority Support Group — Open to any adoptive parent identifying as a person of color, this ongoing statewide group meets on the 3rd Wednesday evening of the month from 7:30-9:00 p.m. Please contact Maya for more info or to register: mrcolt@cfservices.org.

Groups for Youth

Youth Adoption Group—An online activity group designed for youth ages 10-12 with fun games, crafts and relaxed discussions about identity, family and adoption. Contact Micki for more details and to register for the next May/June series and meets on alternate Wednesday evenings. Pre-registration required. Space is limited. Email Micki by April 30th: mmcinnis@cfservices.org.

We welcome your participation in our groups especially during this time of physical separation. Please note that we require pre-registration and signed consent forms with our program in order to attend, and abide by our same confidentiality guidelines to assure privacy and safety. We hope you can join us.
An Afternoon at the Barn

Join us at Full of Grace Farm for a Special Experience with Horses
Saturday, June 5th, 12:30-3:30 p.m.
105 Stockbridge Rd., Hadley

Are you or your children curious about horses and how they are sensitive to human beings? Join us at Full of Grace Farm, as they teach us about horses and their ability to remember and respond to feelings. “Horses are experts at reading human body language and emotion, and are capable of offering us instant and observable feedback to what is going on so they make excellent teachers.” Learn more on their website www.fullofgracefarm.com

Full of Grace Farm is an Equine Assisted Learning facility in Hadley where all the horses have been rescued and brought home to the safety of this barn. Each horse comes to this farm with their own story and has a unique personality — just like us. Come learn what horses can give to people, that sometimes human beings can’t get anywhere else.

We will spend the afternoon learning about and noticing the connection that people can have with horses and have a chance to interact with the animals through hands-on games and activities. We will learn how to “imprint” yourself on a horse so they will remember you and learn how to speak to the horses. Please note that this is not a riding lesson, and all of our activities will be “on the ground”. We will not be getting on the horses to ride.

Due to the intimate nature of this program, and the limitation on our group size, we are offering registrations to one parent and one youth per family. Kids must be age 9 or older to participate. Space is limited. Register by May 5th or sooner!

An Afternoon at the Barn, Saturday June 5th, 12:30-3:30 p.m.
Please mail with payment by May 5th, to PO Box 60006, Florence, MA 01062

Name of parent and name of youth attending: (Only one parent and one child per family.) (Age 9 or older)
________________________________________________________________________________________

Please send $20 per family, and make check payable to Child & Family Services Inc.
Enclosed is a check for $________ email confirmation:________________________________________
Best phone to reach you during the day:____________________________________________________
Best Email: _____________________________________________________________________________
Ice Cream Meet-Up

Summer is coming at the Creamery!

Come by after camp, or after work and enjoy freshly-made ice cream at the creamery.

The Hadley Scoop in Hadley

Friday, July 16th

3:30-5:00 p.m.

Join us for ice cream and a visit the cows and the corn fields, too.

Sign ups coming early this summer, with the good old-fashioned price of $1 per person!

Save the Date for our

Annual Family Picnic at Stanley Park in Westfield

Wednesday, July 21st

5:00 p.m. 'til dusk

We are going to try again this summer!

The Adoption Journeys Annual Picnic is a fun tradition where families from all over our Western Region gather on a summer evening to enjoy supper together, play, meet up with old friends and make some new friends, too. We are hopeful that we can indeed have our get-together this year and will confirm as we get closer to our July date. For now, please mark your calendars, and plan to bring a family picnic to the park for a fun evening with friends. All welcome!

Sign-ups coming this spring!
Save the Date for a Day of Swimming at the Lake

Breezy Picnic Grounds and Waterslides in Douglas, MA

A one-day vacation getaway

Mark your calendars for August 9th

9:00 a.m.—6:30 p.m.

Bring a picnic and come swim at the lake or head for the slides! $8 per person.

Registration and sign up coming this summer!

Learn more: https://breezysummer.com/

Save the Date for Our Very First Drive-In Movie!!

Saturday August 14th

140 Pine Street parking lot in Florence

7:00 Arrival for cartoons and snacks

$20 per car includes snacks and the movie!

The audio will be set to broadcast on a local available FM radio station.

We will be projecting a family-friendly film onto a supersize drive-in screen for all to enjoy. Let’s get together on a summer evening to enjoy a movie outdoors! Bring a tailgate picnic, a lawn chair or open the back of the car and enjoy the film from the back seat!

We will provide the movie snacks! Tickets go on sale early this summer!

Mark you calendars for a Family Drive in Movie with Adoption Journeys!
A seasonal update of our programming for adoptive families living in Western Massachusetts

We continue to provide a full range of parent support and resources for adoptive families. Stay connected and join us for an upcoming event this spring and summer.

Groups for adults and youth
Art Night Just for Parents
Family Shaving Cream Art Party
An Afternoon at the Horse Barn
Ice Cream at the Creamery
A Day at the Lake and Waterslids
Annual Family Picnic
Our own Drive-In Movie!