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

Two Lunchtime Parent Discussions in October for Parents Raising Children of Color.
Are you a white parent raising adopted child/ren of color in Western Mass? We are planning a brown bag lunchtime group just for you! Come share, listen, celebrate, commiserate, and learn with other parents facing similar challenges in connection to being a transracial family.

Join us at the Adoption Journeys office and bring your lunch! Beverages and light dessert will be offered.

Two Thursday Dates:
Oct 3rd and Oct 17th, 12:15 - 1:15 pm
Location: 140 Pine Street, Florence

An open facilitated conversation with Maya, Nancy, and YOU! RSVP required so we know how many of you to expect. Please call or email us to let us know you can join us! 413-320-4680. lmintz@cfservices.org.

Save the Date for a very special evening of Music and Food at the Dam Cafe in Holyoke Friday, March 6, 2020
with singer, musician, songwriter, and adoptive parent, Lisa Schneckenburger

Mark your calendars for a unique musical experience. This exclusive Adoption Journeys parent evening will feature music from Lissa’s newly released CD, Thunder in my Arms, taking parents on a moving and melodic song cycle about the ongoing effects of early trauma and the healing power of community, understanding, and love. Tickets $7.00/ea.
For music, videos and more info, visit www.lissafiddle.com or click HERE to watch her music video for “Look Away”.

We hope you will join us on March 6th. More details to follow.
Annual Family Day of Apple Picking
Art in the Orchard with Adoption Journeys
Sunday, October 6th
11:00 a.m.-12:30 p.m. at Park Hill Orchards, Easthampton

Join us for apple picking followed by fresh cider treats and a stroll through the outdoor large-scale sculpture installation “Art in the Orchard” in a picturesque setting overlooking the hills! Art In the Orchard is a walking sculpture trail which winds through productive fruit gardens. You can also picnic or stop at the farm stand for other fall treats.

This is a sweet way for parents and children to connect easily with new friends.

Please arrive by 11:00 a.m. so we can head into the orchard together.

Learn about the orchard and the sculpture at http://parkhillorchard.com/

Pre-Registration is Required.
Cost is $10 per family
Fee includes your entrance and one peck of apples!
(How many apples in a peck? About 30 apples or 10-12 lbs)

Apple Picking at Park Hill Orchards on Sunday, October 6th
Pre-registration and payment is required by October 1st
Fill out the info below and return with your payment! $10 per family.

Family Name: _____________________________________ # people attending _______

First Names of those attending (Please include kids’ ages): ______________________________
____________________________________________________________________

Total amount enclosed: $___________ Daytime Phone Number: ______________________
Kids Movie Night - TARZAN
Join us for pizza, games, and a film
(with informal Parent Chat downstairs)
Friday, October 18th, 6:00-8:30 p.m.
Kids age 7-11 are invited!
Location: Florence Adoption Journeys Office

Kids age 7-11 are invited to come play a game or two and watch the film, Tarzan. Join us for a viewing of a Disney classic. Tarzan the Ape Man is raised by a family of gorillas until the day that a new creature comes to the jungle; humans. With the help of friends, both new and old, Tarzan must find out where he truly belongs and take his place in this world of adventure. Micki McInnis and other helpers will supervise a fun night with pizza and popcorn! Parents are welcome to gather for relaxed tea and conversation in a separate cozy setting on site while kids have fun.

Kids and parents can enjoy a pizza supper together before the movie.

Supper at 6:00 and film at 6:30.

Kids Movie Night Mail-in Registration Slip for TARZAN

Registration deadline: October 2nd.
Fill out info below and return with payment! $5 per child. (no cost to parents)

Family Name: ______________________________ Total number of people eating pizza _______

First Names of those attending (Please include kids’ ages): ________________________________

__________________________________________  Allergies? No. Yes! (specify) ____________

Total amount enclosed: $_______  Daytime Phone Number: ________________________________

Mail to: Adoption Journeys, PO Box 60006, Florence, MA 01062  Questions? email: mmcinnis@gmail.com
Why and How to Attend our Family Social Respite Events

Why Attend?

As shared here in a reflection on a recent event, a mom articulates beautifully what the supportive outcomes can look and feel like for parents and for children.

“So many elements of yesterday were so valuable to us. Hearing other parents talking about similar challenges but still seeing us actively delighting in our wonderful families. Seeing the kids experience people at different stages of life who have gone through similar challenges but are thriving despite the struggles. All the kids in our [group] totally overcame their fears and found their own individual senses of mastery.”

How to Attend?

* Ask for our help to see if a particular event could be a fit for your family.
* Tell your kids that all families are adoptive at our events.
* Expect resistance from kids and teens and help them make a transition if they need it. Stay flexible.
* Remember that most parents aren’t sure the social event will be a huge success, but they come anyway.
* Ask for contact info from new connections made by you or your kids.
* Afterwards, ask your family what it felt like to hang out with other adoptive families.

Inexpensive and Convenient Monthly Webinar Series offered by the Center for Adoption Support and Education (C.A.S.E.)

This series is a GREAT way to gather wisdom and find support. Take a look at these fall webinars and follow the link to reserve your space. For those who sign up early, often C.A.S.E. offers free spaces through grants they receive. You can learn more about C.A.S.E. at www.adoptionsupport.org and look under the “Education and Resources tab, then select “for parents and families.” Sign up for their e-newsletter to receive free webinar codes monthly! Click HERE to see the whole schedule.

September 19th: Strategies to Help Children with ADHD Thrive Academically and Socially
October 17th: Cultivating Racial Awareness for Transracial Adoptive Families
November 21st: Unpacking the “No” of Older Youth Adoption
December 5th: Helping Kids with Trauma Histories Get Through their School Days
Please join us on November 8th for:

**The Movement of Imperfection**

a presentation by the best-selling authors of

*Shut Up About Your Perfect Kid*

We are excited to host the Shut-Up Sisters at the Dam Cafe in Holyoke.

Friday, November 8th, 6:30-8:30 p.m. $7/seat.

Reserve seats by Oct. 20th!

On a perfection-preoccupied planet, imperfect sisters, speakers, authors, and mothers, Gina Gallagher and Patricia Terrasi, dare to openly speak about the frustrations, stigmas, joys and challenges they face as parents raising kids who don’t exactly meet the textbook definition of “perfect.” Come learn tips on how to cope, break stigma, adjust expectations and find the joy.

Please join us for a humorous and hopeful presentation, based on their best-selling book, “ShutUp About Your Perfect Kid,” a Survival Guide for Ordinary Parents of Special Children”. The Shut Up Sisters’ presentations are known to have participants laughing out loud and celebrating the joys, gifts, and milestones of raising children with unique challenges. You might laugh, you might cry, but you will be sure to be in good company at the Dam Cafe with Adoption Journeys!

Your tickets include the presentation and light snacks at the Cafe. The Cafe will be open to JUST US for you to purchase additional food and drinks. Easy parking across the street. Arrive at 6:30 for food and schmooze, presentation starts at 7:00!

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Please Reserve My Seats for the Shut Up Sisters at the Dam Cafe!

**Friday, November 8th, 6:30-8:30 p.m.**

Name(s) of parents or guardians attending ____________________________________________________________

Contact email: __________________________________________ Contact phone: ___________________________

I am enclosing $7.00 for each seat. Total enclosed $________________

Mail to: Adoption Journeys, PO Box 60006, Florence, MA 01062

Space is Limited!

First-come-first-served.

Reserve by October 20th
Adoption Journeys Groups for Parents and Youth

If you are interested in participating in any of our support groups, please contact us for more information about specific 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.


Groups for Teens

Teen Adoption Group (age 13-17) - Amherst. (Formerly known as Adolescent Girls Adoption Group.) A support and friendship group 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 for an 8-session fall and spring group. Call for more information or to sign up.

We invite you to speak with us if we can help you determine which of our groups or programs could be the best support for you.

To participate in any of our groups, please call or email the Adoption Journeys office to register.
Support Group News from Adoption Journeys...

Teen Adoption Group open for enrollment!
Our group for adopted teens who identify as female, (formerly known as Adolescent Girls Adoption Group), is open for enrollment and accepting new participants. This is a group for friendship and reflection for youth who are looking to connect with other adopted peers through games, creative activities and discussions facilitated by Adoption Journeys staff. Curious to learn more? Call Maya now for more information!

Happy to announce our new facilitator for Dads Group!
Starting this fall, we have a new facilitator for our Discussion Nights for Dads. We warmly welcome Richard Romboletti, Ph.D., a clinical psychologist, consultant, educator, and private practitioner who brings a full career of experience working with parents, families, and youth in a variety of settings including mental health clinics, residential programs, hospitals and schools. He is a longtime men’s group enthusiast and brings much creativity and compassion to his work. We are looking forward to his leadership of our Dad's Discussion Nights this year. If you are a dad, please join us!
Call Lisa to register.

Lower Pioneer Valley Group announces a new co-leader and a new home in West Springfield!
We want to welcome Erin Murrell, MFT, a new co-leader for the Lower Pioneer Valley Parent Support Group. Erin is a Marriage and Family Therapist Associate and adoptive parent with professional experience creating healthy communities and fostering healthy relationships in her work with couples, families, parents and teens. With longtime leader Margo Chapski, we are so glad to have Erin co-lead this group. We are excited about our new home at the First Congregational Church in West Springfield with a comfortable space for parents and lots of room for childcare. To sign up for this group, please contact Maya!

Did you know that our P.C.H.A.T. Group (Parents of Children with Attachment Trauma) is a unique and specialized support group for the “upside-down” parenting that attachment disorders require. This group meets in Northampton every other month Sept-June and is open only to parents raising children with attachment disorders. Please contact Nancy any time if you would like more information and to determine if this group is right for you.

Five Good Reasons to join an Adoption Journeys Parent Group!
1. There is NO waitlist.
2. They are FREE.
3. AJ helps PAY childcare costs you may incur for that night.
4. You get OUT of the house.
5. Groups make you feel GOOD.
GREAT WOLF LODGE
A Winter Weekend Getaway in Fitchburg
Saturday, December 7th - Sunday, December 8th

This family overnight event is available to families by lottery only. Although it is unusual for us to offer programming in this way, we can only accommodate a small group. INTERESTED? Get your name in the lottery by filling out the bottom of this form and mail before October 1st! Send no payment now.

This winter weekend includes
* Saturday required parent training component (to be announced) with childcare provided.
* Saturday light “sandwich” lunch.
* Full access to indoor water parks for the whole family
* Tickets to the ropes course
* Overnight accommodations at the Lodge, double rooms with fridge and microwave.
* Sunday continental breakfast.

Lottery Entry
If you are interested in entering the lottery, we must receive your lottery slip before October 1st. We will let you know if you have a slot by October 15th and send you registration information and request payment at that time.

Cost $50 per person. (Children under 2 are free.) www.greatwolf.com/newengland. Location: 150 Great Wolf Drive, Fitchburg

___YES would like to have my family included in the lottery for this event. Total number of people attending __________
Names of each family members who would attend this event: ______________________________________________________

Please mail this back by Oct 1st to Adoption Journeys, PO Box 60006, Florence, MA 01062
Please Do NOT send a payment with this lottery slip.
Friday Night Games for Teens

Two Fridays, November 15th and December 13th, 6-8:00 p.m.

PRODIGY Game Hall: Eastworks Building, 116 Pleasant Street, Easthampton
Sign up for BOTH nights, and learn more at www.prodigyminigolf.com
You cover dinner at Riff’s Joint. We pay for unlimited games at Prodigy afterwards.
All teens Age 13+ welcome!

Come grab dinner together at Riff’s Joint, and afterwards pick from dozens of games to play at Prodigy!
Meet up with friends from other AJ events! Games include, light-up mini-golf, pub and table sports, bumper pool, air hockey, foosball, dice games, bubble hockey, table games! To sign up please fill out the form below and get it to us by November 1st. Pre-registration is required.

Bring your own pocket money (suggest $15) for dinner at Riff’s Joint nearby and we will cover all games in the new PRODIGY game hall down the block.

NOTE: There are video console games available, however we will be encouraging the group activities instead. Teens can stay longer for screen games after parents arrive for 8pm pickup. There is no additional cost to stay later.

Adoption Journeys GAME NIGHTS for Teens
At PRODIGY in Easthampton,
Fridays, November 15th & December 13th. 6-8:00 p.m.
To Register please return this registration form by Nov. 1st. Enclose no payment.

Family Name: ___________________________________________email: _________________________
First Name of teen(s) attending (Please include age): ____________________________________________

Please mark nights your teen will attend          Nov 15th         Dec 13th              Phone #: ____________

Please mail registration to
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We’ve got lots going on this fall! Open for all the details...

- Apple Picking and Sculpture in the Orchard for all ages
- The Shut-up Sisters present *The Movement of Imperfection* at the Dam Cafe!
- Teen Nights at Prodigy Game Hall in Easthampton
- New Lunchtime Parent Discussions in Florence
- Parent Support Groups Starting in September
- Movie Night for Kids in Florence
- Winter Overnight at Great Wolf Lodge