Tips, Tricks and Magic for Surviving the Holidays

Wednesday, December 11th
Lunchtime Discussion, 12:15 to 1:15 p.m.
Adoption Journeys office
140 Pine Street, Florence
RSVP by email or phone. No fee.

Come make a plan for joy and connection! Create a more manageable and meaningful holiday season for your household. Together we will learn how to minimize the stress and strain of the holiday season by shifting goals and being better prepared for difficult moments. This workshop is appropriate for families with children of any age.

Call 413-320-4680 or email by December 9th to hold a seat.
Facilitated by Karen Green, longtime parent educator and adoptive parent.

Parent Discussions
for Transracial Adoptive Parents

Are you a white parent raising adopted child/ren of color in Western Mass? Come share, listen, celebrate, commiserate, and learn with parents facing similar challenges in connection to being a transracial family. Join us for open facilitated discussions with Maya. Upcoming winter dates below. Please RSVP!

**West Springfield Location:**
First Church UCC, 108 Park St
Mondays, January 13th and 27th
2-part tea-time series
4:00 - 5:00 p.m.

**Florence Location:**
140 Pine Street
Thursdays: Dec. 12th, Jan. 9th, Feb. 6th.
lunchtime group
12:15 - 1:15 p.m.

RSVP required by email mrcolt@cfservices.org or phone 413-320-4680 so we know how many of you to expect. We hope you can join us for these valuable conversations in either of these two locations.
Sensory-Friendly Saturday at the Museum
Join us for a fun morning with other Adoption Journeys families!

The lights are lower, the sound is softer, and the crowd is smaller!
If this sounds like a better way for your family
to experience a children’s museum, please join us!

January 11th, 9:00-11:00 a.m.

Our group ticket will allow us access to a more sensory-friendly Dr. Seuss Museum and the Science Museum. The early start means that there will be fewer patrons as the museum opens to the general public at 10:00 a.m. The museum offers a classroom reserved for a needed break, and if things don’t go as well as anticipated, the museum will give you a voucher to return any day to try again. And the parking is free on Edwards Street in the two free lots.

Tickets Costs: Please make checks out to Child and Family Services, Inc.
$5 per child (regular price $15)
$10 per adult (regular price $25)

You are welcome to stay at the museum campus as long as you like, (or as long as you can last).

Please Reserve My Tickets for Sensory-Friendly Saturday at the Springfield Children’s Museum on January 11th
Name(s) of parents and children attending ________________________________________________
___________________________________________________________________________________________
Contact email: ____________________________ Contact phone: ____________________________

Cost is $5 for kids and $10 for adults. Total enclosed $________

Please make check out to Child & Family Services Inc.
and mail to: Adoption Journeys, PO Box 60006, Florence, MA 01062
Teen Bowling Night For age 13+
at Spare Time Bowling Lanes in Northampton
Friday, January 24th 6:30-8:30 p.m.

Spare Time Bowling Alley at 225 North Pleasant Street in Northampton
Just $10 per person includes 2 hours of bowling
plus pizza and those fabulous shoes!

Bumper guard rails available for all ages!

Sign-Up Deadline
is January 14th

Please bring $10 on the night of the event!
All A.J. Teens age 13 and older are welcome!
Pre-registration is REQUIRED by email or phone.
413-320-4680

Adoption Journeys families of the Lower Pioneer Valley
are invited to a Family Get-Together at Friendly’s

Dinner is on you, and dessert is on us!
Wednesday, February 5th
6:00-7:30 p.m.

Bring the whole family to Friendly’s!
1094 Riverdale Street, West Springfield

This is a fun and relaxed way to meet other adoptive families from this region, meet our Lower Pioneer Valley Parent Group facilitators and group members.

Please RSVP by February 1st with the number of people attending from your family so we can reserve enough space and have enough cake! Come enjoy a casual night out!

Let us know you will join us! Seating is reserved. 413-320-4680.
Family Swim and Supper!
For parents & kids 4 feet or taller!
Water slides and poolside pizza supper social
Friday, February 7th. 5:30-8:00 p.m.

$10 Registration Fee includes water slides and pizza supper.
Located inside the Clarion Hotel in West Springfield.

Register by January 20th
Clarion Hotel, 1080 Riverdale Street, West Springfield, 01089

Event open to Adoption Journeys families. All participants must be at least 4 feet tall for the slides.

Grab your suits, beach towels, and flip flops and ditch the sunscreen for the indoor slides!

Photo of the Water Slides at the Clarion Hotel.
We will be eating supper poolside in the atrium.

Mail-in Registration for Water Slides and Supper Social for Families
Mail-in Registration Deadline January 20th.
Friday Night, February 7th, 5:30-8:00 pm, Clarion Hotel, West Springfield

Parent Name(s) ____________________________________________________________

Names (and ages for kids) of all attending _______________________________________
____________________________________________________________________________

NOTE: $5.00/person for a parent who will not be swimming, but who will have supper.
$_________ Amount Enclosed. $10/person, SWIM AND SUPPER (max $40 per family).

Please confirm we have your correct email: ___________________________________

Mail registration with check payable to Child & Family Services Inc.
Mail to: Adoption Journeys, PO Box 60006, Florence, MA 01062
Join Us for a Musical Evening Just for Parents
Entertainment and Delicious Food at the Dam Cafe in Holyoke

Friday, March 6, 2020
Doors open at 5:30, show from 6-8:00 p.m.

featuring singer, musician, songwriter, and adoptive parent,
Lissa Schneckenburger

Reserve your seats for this unique performance for adoptive parents. This exclusive Adoption Journeys 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.

For music, videos and more info, visit www.lissafiddle.com or click HERE to watch her powerful music video for “Look Away”.

Your tickets include the music and light snacks at the Dam Cafe. The Cafe will be open JUST FOR US! You may purchase beverages, appetizers, sandwiches and salads from a modified menu.

Arrive at 5:30 for food and schmooze, music starts at 6:00!

RESERVE YOUR SEATS NOW! SPACE IS LIMITED.

If you buy your tickets before February 1st we will mail you her new CD for FREE!

Mail-in Registration
March 6th Musical Performance at The Dam Cafe in Holyoke
Registration deadline: Feb. 24th

Fill out info below and return with payment! $7 per seat.

Parent Name(s): ____________________________ Total number of tickets _____

Confirm email address to send ticket confirmation: ____________________________

$7.00 per seat. Total amount enclosed: $_____ Daytime Phone: __________________

Mail to: Adoption Journeys, PO Box 60006, Florence, MA 01062
Questions? email: lmintz@cfservices.org

Mail your registration by February 1st and you will receive her new CD for FREE!
To participate in any of our groups, please call or email the Adoption Journeys office to register.

**Ongoing Adoption Journeys Support Groups**

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

**Support Groups for Parents**

**Dads Discussion Group** - **Florence**. Group for adoptive fathers runs one **Wednesday** evening monthly.

**Parents of children of any age** - **Amherst**. Meets two Thursday evenings monthly. Join anytime.

**Parents of children of any age** - **West Springfield**. On-site childcare available. Meets fourth **Monday** monthly.

**Parents of Children with Histories of Attachment Trauma (P-CHAT)** - **Northampton**. Meets every other month Sept.-June. A group specifically for parents raising children and teens with Reactive Attachment Disorder. Please call for pre-group screening and details.

**Group for Teens**

**Teen Adoption Group (age 13-17)** - **Amherst**. (Formerly known as Adolescent Girls Adoption Group.) A support group for female-identified teens to explore issues of adoption, adolescence, and friendship. Meets **Thursday** nights in Amherst, twice monthly for an 8-session spring group. Participants agree to attend all 8 meetings. Call now for spring session screening. **Pre-group screening required.**

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

Adoption Journeys 413-320-4680  lmintz@cfservices.org
Finding Relief from Challenging Behaviors
Ways to support your child using what we know about brain development

Adoption Journeys invites you to a special parent evening of dinner and learning
with Stephen J. Bradley, LICSW, LMHC

Thursday, March 19th, 5:30-8:00 p.m.

Tower Square Hotel, Springfield
Open to Adoption Journeys parents. Deadline to Register is March 1st.
$10 per seat. Space is limited. Please reserve early.

- Learn how the brain is impacted by developmental trauma and how to support brain development after trauma has occurred.
- Discover what lower brain development means, and its key to healing early developmental trauma.
- Identify the kinds of activities that will be most impactful for your child’s needs.
- Plan and create brain-building sensory experiences throughout the week that will effect change.

The neural networks in our brains develop in a specific sequence, and they heal best when treated in that same sequence. Stephen Bradley will help us understand some of the most challenging child behaviors using this neurodevelopmental framework, as developed by widely acclaimed child psychiatrist and neuroscientist, Dr. Bruce Perry, MD, Ph.D. To learn more about this way of understanding trauma and how the brain can heal, go HERE to watch a short video or go to: http://www.stephenjbradley.com

Light dinner and appetizers will be served before the program begins.
Dinner at 5:30. Training begins at 6:00 p.m. No charge for parking.

Presented by Stephen J. Bradley, LICSW, LMHC. Stephen has been a family and individual therapist for 25 years. He is a Child Trauma Academy Fellow, and is Phase II / TTT trained in the Neurosequential Model of Therapeutics (NMT™).

Mail-in Registration Form

Finding Relief from Challenging Behaviors
Thursday, March 19, 2020. 5:30-8:00 p.m. Tower Square Hotel, Springfield

Space is limited for this event. Deadline to Register is March 1st.

Name of Adult(s) attending ________________________________________________

Cost is $10 per person. Check is enclosed for $_________ Best daytime phone:______________

Make checks payable to Child & Family Services Inc., and mail to:
Adoption Journeys, PO Box 60006, Florence, MA 01062
Adoption Journeys Newsletter
A seasonal update of our programming for adoptive families living in Western Massachusetts

We’ve got lots going on this winter! Open for all the details...

- Tips and Tricks for Surviving the Holidays; a lunchtime event
- Transracial Parent Discussions in West Springfield and Florence
- Sensory-Friendly Saturday visit to the Springfield Museum
- Bowling Night for Teens in Northampton
- Get-together at Friendly’s in Springfield - dessert is on us!
- Family Swim & Pizza “mini vacation” in West Springfield
- A parent night out with unique music and delicious dinner in Holyoke
- Two fabulous AJ parent training events you won’t want to miss!

Please note that all of our events require pre-registration. Stay in touch!