Art and Apples
In the Orchard!

Join us for apple picking and outdoor art on display at
Park Hill Orchards in Easthampton

Saturday, October 2nd, 11:00 a.m.-12:30 p.m.

Join us for “The Art of Fruit”: apple picking followed by fresh cider treats and a stroll through the outdoor large-scale sculpture installation in a picturesque setting overlooking the hills! Art In the Orchard is a walking sculpture trail which winds through a large field of fruit and herb gardens. Bring a picnic basket and enjoy a family picnic afterwards if you’d like. Learn about the Orchard [HERE](#).

Pre-registration is Required. Cost is $10 per family which includes one whole peck of apples. Enough for pies and applesauce! (Scholarship available.)

Registrations must be received by September 20th

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Apple Picking at Park Hill Orchards on Saturday, October 2nd

Pre-registration & payment is required by September 20th

Fill out the info below and mail to Adoption Journeys, PO Box 60006, Florence, MA 01062

Please include $10 per family. Checks should be made out to Child & Family Services, Inc.

Family Name: ________________________________________________________ # people attending ________

Names of those attending __________________________________________________________________________
Workshops on Developing and Continuing Life Books with Adopted Children of All Ages

If you have been wanting to create or continue a life book, here is your chance to feel inspired and get support!

Please join us for two evenings of online parent workshops led by Nancy Solow, LICSW

Tuesdays: November 16th and 30th from 7:00—8:00 p.m.

Sign up by emailing Lisa at lmintz@cfservices.org

Developing a cohesive self narrative, or life story, is one of the main ingredients for the achievement of attachment and stability. Life books go way beyond a photo album or scrapbook, and can (and should!) continue past early childhood. Join us for two Tuesday evenings in November to learn about:

*Why life books matter and how they can improve self esteem, relationship building and stability
*What are the nuts and bolts of life book work
*How and why life book work can happen at every developmental stage

We will share some strategies and resources with you, and gather for the second evening to address questions, check in on progress, and develop some community around the use of life books in your family.

You are welcome to join us at any stage of your life book-making process. Please call or email to sign up!

Teen Activity Group is BACK!
Get on the list to get invites to monthly events this fall

Teen Activity Group is an in-person once-a-month meet-up on Saturdays for teens ages 14-17.

Fun activities will include seasonal outdoor options as well as masked indoor events in large well-ventilated venues in the community. This group will be facilitated by Micki McInnis, and Jobe Kele, both of whom are adult adoptees. For more information or to be put on the outreach list for this monthly teen program, please email Micki at mmcinnis@cfservices.org.

First event is in October. Contact us now!
Parent-Child Circus Workshop
At SHOW Circus Studio, Easthampton

Sunday, November 7th, 2:30-4:30 p.m.
For kids age 6-10 and their grownups

Registration deadline is October 11th

Join other Adoption Journeys families in this unique, private workshop designed for parents and their kids to have fun together and learn new tricks! Balance, spin, and bounce! Give the kids a chance to amaze you during this 2-hour inter-ACTIVE workshop!

Parents stay in the studio and fully participate in this program. Hold hands while balancing on the tight wire, or try juggling scarves. Swing from the low trapeze. Experiment with the soft and magical fabric. SHOW Circus Studio provides lots of soft crash pads and expert professional instruction. Enjoy the open space and maybe discover a new talent! (Scholarship available.)

This is an indoor event in the spacious circus studio. Find the joy of moving your body and have fun with your kids! Learn more about their studio at www.showcircusstudio.com.

CIRCUS WORKSHOP REGISTRATION FORM

Cost is $20 per family. Checks payable to Child & Family Services, Inc. Space is quite limited, so send in your registration right away if you want to come play! Register by October 11th at the latest.

Adult Names: ____________________________________________________________

Name and age of child(ren) participating: ______________________________________
__________________________________________________________

Daytime Phone: __________ Email: ________________________________
Adoption Journeys is and remains a program that is anti-racist. Among our ongoing efforts to include this awareness in our work with adoptive families, we are offering the following programs this winter and spring.

**Adoptive Parents of Global Majority (PGM) Support Group**

A state-wide online group: 2nd Wednesday of the month 7:00-8:30 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 has been one of the most unprecedented of times, and we know as parents of color you have the unique added layer of combating your own experiences of racism while being present for your children. We hope that this support group will help you gain insight into the challenges and triumphs that make up the lives of families built by adoption, led by parents of color.

Kick-off meeting, led by Vivian Smith-Barnes, M.Ed., will be an educational parent workshop on: Racial Trauma and Its Effects on Our Parenting Wednesday, October 13th, 7:00-8:30 p.m.

Vivian is the Diversity, Equity & Inclusion Strategy Director for Child & Family Services

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

Facilitated by:
Maya Rege-Colt, LICSW
Susan Botzko, BS
Taisha Alexis, MPH

**Transracial Parent Support Group**

Meets alternate Friday mornings 8:30 a.m.—9:30 a.m.
Optional Listening Partnerships 9:30-10:00 a.m.

When and how do we talk to our children about race & racism? How does white privilege affect our relationship with our children? What can we 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 online group is open to all parents in transracial families!

Begins September 24th. Join anytime.

To participate and receive dates, email reminders, and links, please email Maya: mrcolt@cfservices.org.
Adoption Journeys Support Groups

All support groups will continue to meet online at this time, unless indicated. 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 Parent Support and Education Series: Open Parent Group for parents raising children of any age. Find laughter, connection and support. Meets on the 1st and 3rd Wednesday evenings of the month from 6:30-8:00 p.m. Starts September 15th. We will have parenting education presentations on alternate meetings. Contact Maya to sign up.

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 September 28th. Join anytime. Please email Lisa to register.

Transracial Parent Group — Open to all adoptive parents in transracial families. This group meets on alternate Friday mornings, starting September 24th, 8:30-10:00 a.m. Please email Maya to register.

Adoptive Parents of Global Majority Support Group — Open to any adoptive parent identifying as a person of color, this ongoing statewide group meets on 2nd Wednesday evening of the month, starting October 13th, from 7:00-8:30 p.m. Please contact Maya for more info or to register.

Groups for Youth

Youth Adoption Group—Now for youth 11-13. This group is an online group that meets every other Wednesday over twelve weeks this fall (6 sessions). We play games, hang out, and learn about our shared experiences. The group is facilitated by AJ staff member Micki McInnis and education professional Cait Mortenson. Space is limited and screening call with a parent is required. Please contact Micki if interested.

Teen Activity Group (TAG) — Teens (age 14-17) are invited to get together for a monthly in-person activity to have fun and just hang out. Starts in October. Email Micki to get all of the info about where and when we will meet.
Adoption Journeys
Parent Support & Education Series
1st & 3rd Wednesdays, 6:30-8:00 p.m. online

FIRST Wed: Oct 6, Nov 3, Dec 1
Open support group format, open to all adoptive and guardianship parents.
Facilitated by Erin Smith, AJ parent group leader and adoptive parent.

This group is a place for stress relief, laughter, support, information sharing and friendship!
We are an open group and welcome parents raising children of any age to join at any time.

THIRD Wed: Oct 20, Nov 17, Dec 15
Educational Parent workshops for all adoptive and guardianship parents.
Led by Karen Green, professional parent educator and experienced adoptive parent.

Presentations and interactive parent workshops on topics related to raising children with histories of early loss and trauma:
Oct 20: What to do when others step in to discipline your child?
Nov 17: LYING: what does early trauma have to do with it?
Dec 15: STEALING: what lies beneath this behavior and how do we respond effectively?

To learn more about the group or to register please email Maya: mrcolt@cfservices.org, or call (413) 320-4680 so we will be sure to send you the links and reminders for the meetings.
FAMILY FORT NIGHT
Create your own magical hideout for a cozy winter family night!

We will deliver (to your doorstep) fun fort-making supplies, snacks, and ideas for you to create your dream fort. We will “zoom in” for a tour of your cool construction, and stream some family-friendly movie shorts to watch together. So join us for forts and shorts! We can all use a quiet corner all to ourselves. This event got rave reviews last year, and families had a blast making their forts. We are excited to host it again and can’t wait to get a virtual tour of your hideout! Just sign up by email.

Friday evening, December 10th, 7:00 p.m.—8:00 p.m.
RSVP by email required by November 22nd: lmintz@cfservices.org

Tents, dens, tree houses, attic hide-aways, lookouts and forts of all sorts are a universal need: a chance to build a tiny home away from home. Forts have always been an important part of child development and can soothe the soul for grown-ups, and teens too!! We can all use a comfy space to shield us from the outside world. If you need inspiration, CLICK HERE for a great article about why forts are important for us all.
Adopted Teens Share Experience, Wisdom, & Truth. Hot off the press!

This past spring, a group of Adoption Journeys’ teens came together to self-publish a book about the joys and struggles of being a young adopted person today. Their book, *We Have A Voice!,* is a culmination of shared experience and a celebration of differences. A special thanks to our awesome and creative group of teens! AJ families can borrow it from our library. Let us know if you are interested.

**Parent Resources Just for Adoptive Families...**

Jessica Sinarski’s new book is available online and in our library. [Riley the Brave Makes It to School: A Story with Tips and Tricks for Tough Transitions](https://www.rileythebrave.org/). A wonderful storybook that creates a safe space to talk about big feelings in connection to school. Go [HERE](https://www.rileythebrave.org/) to learn more about the book or go to https://www.rileythebrave.org/

**Born in June, Raised in April: What Adoption can Teach the World:** An Apple podcast with April Dinwoodie, a nationally recognized educator in the adoption world, offers a journey exploring the adoption experience seeking love, identity, family and connection. 68 Episodes to choose from! Click [HERE](https://adoptionsupport.org/syfwebinars/) to connect.

**Center for Adoption Support and Education Parent Workshop Series:** A wonderful monthly parent training series that address many common questions. The next workshop is on November 18th: Transracial Adoptee Panel — Storytelling as a Path to Learning. [First 600 registrants are FREE!](https://adoptionsupport.org/syfwebinars/)

**What Happened to You?: Conversations on Trauma, Resilience, and Healing.** Bruce Perry and Oprah Winfrey team up and write a book about understanding trauma: Available on audiobook.

**Embrace Race: Resources for young children, caregivers and educators,** offering learning materials for “raising children in a world where race matters.” [https://www.embracerace.org/resources](https://www.embracerace.org/resources)
Adoptive families are our BEST RECRUITERS!

It’s a fact— Adults are more likely to consider adoption from foster care when they personally know someone who has done it. There is nothing more powerful or inspiring than the voice of adoptive parents themselves.

This is why MARE, the Department of Children and Families and Jordan’s Furniture are collaborating on the Plus One Adoptive Parent Challenge. We are looking to YOU—an experienced adoptive family—to share your passion and wisdom to help us find homes for the nearly 800 children and teens who still wait. If every adoptive family recruited just ONE more family to take the same journey, no child in Massachusetts would be left without a place to call a home.

Spread the Word!

Many of your friends and family are aware of your family’s story, but have you considered sharing with others. Here are 8 ways you can spread the word about adoption from foster care:

1. Chat up your barber, barista, librarian or gym buddy. You never know who might make a great adoptive parent
2. Speak with members of your child’s network, considering teachers, coaches, and camp counselors
3. Host a coffee or cocktail hour with your neighbors to share more about the process
4. Organize a Lunch & Learn with colleagues at your workplace
5. Engage leadership at your place of worship to speak at a service or share your story in a bulletin
6. Consider your community groups—Book Clubs, PTOs, Alumni Associations, Rotaries or Fraternities & Sororities
7. Tap into your social media network to offer to speak to folks individually about your experience or to share upcoming information sessions—MARE offers lots of ways to share content on Facebook and Instagram (@massadopt)
8. Contribute to a blog, write an op-ed for your local paper, or be featured in a MARE media story

The Greatest Impact

Personal stories have the greatest impact when they are:

- Genuine and informative
- Honest with focus on the positive
- Respectful of your child’s confidentiality
- Consistent—if someone expresses interest, don’t be afraid to reach back out a few weeks later to offer additional guidance

We are here to support you in this effort. You are not expected to be an expert on the child welfare system, so MARE is always available to provide additional information, next steps, and personalized follow-up to any family interested in learning more. Please refer all new families to the MARE website to create a family account so they can receive updates, notifications of info sessions, and inspiring stories from adoptive families

https://mailchi.mp/mareinc/plus-1-challenge#subscribe
https://www.mareinc.org/

Massachusetts Adoption Resource Exchange:
617-964-6273