Annual Summer Family Picnic

Tuesday, June 26th
at Stanley Park, Westfield
5:00 p.m. ‘til dusk

Take a summer evening to relax, enjoy the outdoors, and meet new friends! Bring your favorite dessert, a picnic blanket and toys to share (frisbee, soccer balls, etc). There is a large grassy area and an enclosed play structure adjacent to our pavilion.

We will provide beverages, burgers, dogs and trimmings! Please bring a dessert to share.

Special guest from SHOW Circus Studio bringing “Circus Games on the Lawn”

For planning purposes, we must know in advance if you will attend. RSVP REQUIRED by phone or email. (Please include the number of people in your RSVP.)

Location: Stanley Park: 400 Western Ave., Westfield. Use the Recreation Entrance, directly across from The Woodward Center, and look for us on the left under the pavilion adjacent to giant play structure. Bring your bikes! Free entry and parking.

Please RSVP
We need to know you are coming!
Summer Family Fun Day
Bousquet Mountain in Pittsfield, Thursday, July 26th, 1:00-6:00 p.m.

Join us at Bousquet Mountain for an afternoon of swimming, sliding, and minigolf for the whole family. Bring snacks and sun screen and come take a mini-vacation with us! $10 per person (payable to Adoption Journeys) gets you into the shallow pool, the giant water slides and unlimited rounds of 18-hole mini-golf. Also included is a family BBQ at 4:30 p.m. of burgers, dogs, salads, and drinks. Arrive at 1pm and spend the afternoon. Depart by 6pm.

Bousquet’s three giant water slides drop into a 4-foot deep “landing pool”. There is a 2-foot deep activity pool with gradual entry for little ones who can enjoy the three easy slides. Or move on up to the three big slides for fast fun on the white water. The 18-hole mini-golf course is located next to the slides and offers a challenge between dips. **NOTE: Large water slides have a 4-foot height requirement and are for strong swimmers.** Tickets for additional activities such as zip lining, climbing wall, and go karts are also available for extra fees. Pools and activities close at 5pm; park closes at 6pm.

To learn more about the park, please go to [www.bousquets.com](http://www.bousquets.com)

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Please fill out and return this Registration Slip by July 2nd!
Mail w/ payment to Adoption Journeys, PO Box 60006, Florence, 01062

Adults attending: ___________________________ #Adults _____ # Kids under 18 ______

Name & ages of youth attending ___________________________________________________
______________________________________________________________________________

Enclosed is a check for $__________________ Best daytime phone_____________________

$10 per person (regardless of age) includes entrance to both pools, unlimited mini-golf, and BBQ dinner. This event is only open to household members of Adoption Journeys families.
Yoga and Art for Young Families at the Eric Carl Museum
Join other Adoption Journeys families
for a summer morning (or two) in Amherst

Two Tuesday mornings, July 17th and August 14th

Yoga for Kids and their Caregivers 10:30-11:30; ages 3-6
Fun in the Art Studio 11:30-12:30; all ages welcome
Bring a picnic lunch and we can sit on the grass outside together if it’s nice.
Enjoy the museum on your own after lunch!

The specially designed yoga class for children and their adult caregivers brings everyone together to enjoy and explore yoga. Classes take place outside in the meadow! Yoga activities include a welcoming circle, breathing time, sun salutations, and movements inspired by what we see in nature. Advance sign-up with Adoption Journeys is required at least 10 days before your Tuesday event.

$10 per family - payable on the day of the event to Adoption Journeys
Please meet at 10:00 a.m. in the lobby for museum admission and maybe a little story time before Yoga class!

Families must RSVP 10 days in advance to Adoption Journeys.
lmintz@cfservices.org or 413-320-4680

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Appalachian Mountain Club and Adoption Journeys Team Up for a Family Camping and Paddling Weekend at Barton Cove!

July 20-22nd (no camping experience required!)

Barton Cove is located in the Pioneer Valley at 83 French King Hwy (Rte 2) in Gill. Check-in for this AMC Outing will be at 4:00 p.m. on Friday and and check-out is at 11:00 on Sunday. The weekend will be relaxed and fun with good company, good food, lots of outdoor fun with a mix of leader-led activities including paddling with instruction, as well as free “play time” for kids and families. Lots of local hiking and swimming available nearby.

If your family is interested in learning more about this family-friendly camping experience, please contact Dee Dice. If you don't have a boat you can rent them: $25 for 2 hours, or $40 per day. Families are only expected to bring their own tents and sleeping gear. Fee includes cooking gear, site rental, leadership, paddling instruction, and all the food for your meals and campfire s'mores. Bring your guitars and unplug!

**FIRST STEP:** Call Dee to arrange your family weekend Planning Phone Call and get all your questions answered. 508-566-9565 or email: green@dicehome.com. All registration paperwork and payment is handled directly through Dee. (Please note this is not an Adoption Journey-only event.)
Adoption Journeys
GROUPS FOR ADOPTIVE PARENTS AND TEENS
ALL RESUME IN THE FALL

If you are interested in participating in any of the programming below, please contact us to receive more information regarding 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.


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.

Grandparents Raising Grandchildren. Meets every 4-6 weeks in Florence. Fall dates to be announced. Please call if you would like to learn more.

Groups for Teens

Adolescent Girls Adoption Group (age 13-17) - Amherst. A great opportunity for girls to explore issues of identity, adoption and adolescence in a supportive environment. Pre-group screening required. Meets Thursday nights, twice monthly. Call this summer to let us know your interest in our next session starting in the fall.

Creative Writing Group for Youth age 12-16. A 6-session writing workshop in Florence. Next series begins in September. No writing experience required! Contact the office to learn more.

To participate in any of our groups, please call or email the Adoption Journeys office to register.
The Moth
True Stories Told Live

Adventures in Saying Yes: The joys and trials of adoption.
by Gina Sampaio
Click HERE to listen
Or go to: https://themoth.org/radio-hour/domestic-affairs
A 13-minute segment that captures how important it is for parents to embrace children’s grief around adoption, and narrates the child's desire to share it. Worth a listen.

Tough love and Help with managing safe internet browsing; Tools that parents have shared with us. Here is a site to learn more:

WHAT IS CIRCLE WITH DISNEY? Circle with Disney is a home internet safety monitoring device which allows you to set filters and restrictions to wifi access. You can’t unplug Circle or turn it off thanks to an internal rechargeable battery. Circle’s a one-time hit in terms of cost and, unless you upgrade to the cellular coverage, there are no subscription fees. A solution to a common problem: Open wifi/Cellular service – if your next door neighbors don’t password protect their wifi, or if your child has the ability to use cellular data instead, they could always leave your wifi and use an open wifi or cell data. While Circle will notify you anytime a device connects to your wifi, it doesn’t notify you if one leaves. Circle Go (accessible via settings) is an additional monthly service that monitors devices on any network, including cellular data and other wifi networks. This additional service isn’t free, but you might still find it worthwhile.

WHAT IS UNGLUE? A relative newcomer to the party, UnGluve is less about parents locking down devices than it is about teaching kids to manage their screen time responsibly. Kids get an allocated amount of online “Entertainment Time” daily that they can spend/track as they see fit. They can also bank time to use later (similar to a rollover data plan). While unGluve also, of course, blocks adult content, ‘pauses’ the internet, and provides activity reports, the main gist is giving kids control. It’s currently free, works across all devices, and runs either off a connected desktop computer or through a $30 dongle that connects to your router.

WHAT IS CLEAN ROUTER? Clean Router is a standalone Wi-Fi parental control router that plugs directly into your modem — so once configured, it covers all devices, all the time (including game consoles if you attach them). It also allows you to filter sites (using their app) in up to nine categories. It also blocks sites by keyword and filters. The basic router is free, but it costs either $13 or $20 per month depending on the chosen plan.
Thank you for your participation in an action-packed year of creating connection with Adoption Journeys!

**Family Bowling night** with the kids was a “striking” success at the Bowling Alley in Northampton! Lots of noisy fun and pizza.

Families enjoyed a fall day of **Art in the Orchard** with apple and pumpkin picking and cider at Park Hill Orchards in Easthampton.

Adoption Journeys family community embarked on its **third mini-documentary film** aimed at raising the voice of a more complex and honest narrative of adoptive families. The soon-to-be-released film will focus on Siblinghood in Adoption.

Many parents attended our **Dinner and Documentary Night** for viewing and discussion of the film, **Closure**, a closer look at transracial adoption and birth family search.

A large group of teens were found climbing the walls at the **Hadley Rock Gym**! A great day of triumphs and high climbing!

A great turnout for our **Summer BBQ and Water Slide** event at Bousquet Mountain out in the Berkshires! Lots of sunscreen and yummy food!

Many families enjoyed a workshop helping their little ones balance, swing, and juggle at **SHOW Circus Workshop** in Easthampton.

A group of teens attended an afternoon of outdoor fun in Shutesbury at **Morse Hill outdoor education center**. Some fresh air and just hanging out with new friends.

A winter afternoon was spent **Roller Blading at the Mall** while parents caught a break or holiday shop. Kids of all ages participated.

**Our Youth Overnight** Adventure in Becket proved to be a great weekend of outdoor games, canoeing and new friends. Tie-dyed T-shirts and all!

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In collaboration with the Center for Adoption Support and Education, Adoption Journeys presents a year-long **Training in Adoption Competency** offering professional clinical training in adoption to local clinicians.

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A **Family Hike to Lithia Springs in Hadley** had record numbers of sign-ups! A rain cancellation dampened the plans, but we see more hikes in our future!

**Annual Picnic in Westfield at Stanley Park** was super fun with families coming in from all over the western part of the state! We had fun juggling scarves and spinning plates and eating burgers!