Adoption Journeys, a program of Child & Family Services, Inc., is a service available to families living in Massachusetts who have children through adoption or permanent legal guardianship. All types of adoption qualify, as long as the family is a current resident of Massachusetts. Families can join our program by calling us at 781-444-1042.

We offer a range of services to families, including in-home support, parent groups, and social activities. We are grant funded, so clinical services carry no cost to families. We are a very flexible program and aim to help however we can!

Inside this newsletter you’ll find information about our support groups, upcoming activities, and community resources.

Please do not hesitate to call or email with any questions!
### Seasonal Calendar

Here’s what’s happening at Journeys in the Winter. Further details are on the following pages.

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Parent Support Groups

Support groups are a great opportunity for parents to connect with other parents in a supportive setting, to explore common interests, concerns, and experiences, and to give and receive support. These groups are open to any parent who has been involved with Adoption Journeys, and you can come any time. Support groups are co-led by Adoption Journeys staff.

_Pizza and light refreshments will be served._

If you’re planning to attend, please email: ahart@cf-services.org

**Daytime Dedham Support Group: A Support Group for Parents of School Aged Children (up to age 15)**

Second Tuesday of every month
Dates on Page 2

10:30 am - 12:00 pm

St. Luke’s Church, Dedham
950 East Street
Dedham, MA 02026

**Dedham Support Group: A Support Group for Parents of Transitional Age Youth (16-22)**

First Tuesday of every month
Dates on Page 2

6:30 pm - 8:00 pm

St. Luke’s Church, Dedham
950 East Street
Dedham, MA 02026

**Waltham Support Group**

This group is open to parents of children of all ages.

Third Wednesday of every month
Dates on Page 2

6:30 pm - 8:00 pm

Adoption Journeys office
395 Totten Pond Rd, Ste 204
Waltham, MA 02451

_Our office is located on the 2nd floor, accessible by stairs or elevator._
_There is a large, free parking lot._
How else can Adoption Journeys help my family?

Every family has different needs at different times. Adoption Journeys is a flexible program that can support the ever changing needs of your family. In addition to the support groups and social activities described in this newsletter, at any time you can also access:

Regional Response Team

These supportive services offer families advocacy and coordination of services as well as home-based counseling. Some examples of when Regional Response Team can be helpful include discussion about birth family, identity issues, parental support, navigating complex systems, and understanding trauma and loss. We are also always happy to be a part of any school or team meetings!

Our team aims to collaborate with families to develop plans that support your strengths, and help you restore your family functioning.

Ann’s Book Nook!

A quarterly review of helpful adoption related books perfect for adoptive parents, children, and/or families!

Twenty Things Adopted Kids Wish Their Adoptive Parents Knew, by Sherrie Eldridge

Twenty Things Adopted Kids Wish Their Adoptive Parents Knew by Sherrie Eldridge outlines in twenty short chapters questions, feelings, insecurities, and fears that many adopted people have, the way these may play themselves out in behaviors, and strategies for parents to deal with these issues. These issues include many different types of loss, trauma, identity, and special needs (both diagnosable and those more hidden) that adoptive children generally experience. Eldridge stresses the importance for adoptive parents to realize that while adopted children have these questions and feelings of loss, this is in no way a rejection of the adoptive parents. In fact, she notes, the more adoptive parents can understand and make room for these concerns, the closer the relationship with their adopted children will be. Eldridge also notes questions and feelings that adoptive parents may have. Sherrie Eldridge is an adopted person herself, and brings her own personal experience to the book as well as personal experiences of other adopted people and adoptive parents and research in the field. Though the book was first published in 1999, the topics that Eldridge addresses are still relevant for adoptive families today, and are backed up even more solidly now by continuing research in the field.

- Ann Clarke
MLK Day of Service with City Year

City Year is a national non-profit organization through AmeriCorps. City Year Boston Team Members work within Boston Public Schools to bridge the gap in what students need and what students are getting in the classroom. This is met through small group interventions, in-class support and goal setting with a focus in attendance, social-emotional learning and academics. Every year, City Year hosts a volunteer event at a school within Boston Public Schools to support the school’s climate goals and ensure that the teachers and students have helpful supplies for the second half of the school year. This year the event will be held at Excel High School! Volunteers will have the opportunity to paint murals, the cafeteria and student lounge. If painting is not your style, then you can help prepare MCAS Testing Kits. This is an event that is open to the public. Chelsea will be in attendance and wanted to share this opportunity in case you wanted to join as well!

Monday, January 20th
8:30 am - 1 pm
Excel High School
95 G Street, South Boston 02127

RSVP with Chelsea at canderson@cfservices.org
Deadline to register: Friday, December 20th
Museum of Science

Questions? Come seek for answers and expand your wonderings! Join other Journeys families for a fun day of exploration at Boston’s Museum of Science.

**Saturday, January 11th**
10:30 am - 12:30 pm
$15 for Adults
$10 for Kids Ages 3-11
Free for Kids 3 & Under

Boston Museum of Science
1 Science Park Boston, MA 02114

Deadline to register:
Friday, December 27th

Teen Respite Event

Roll into February break with some roller skating! Come meet and greet other teens. If you get tired feet, take a break and explore the bounce houses. Pizza and soda will be served.

**Saturday, February 8th**
1pm - 3pm

This is a FREE event
For Teenagers ages 12-18

Chezvous Roller Rink
11 Rhoades St.
Dorchester, MA 02124

Deadline to Register:
Friday, January 24th

Rock on Adventure Respite Event

Parents, are you looking for a couple hours to yourself? Drop your kids off for an exciting afternoon of rock climbing, ninja warrior obstacle course and a dance party! Plus, pizza will be served!

**Saturday, March 21st**
11 am - 1 pm

This is a FREE event
For children ages 6 and up

661 Pleasant St.
Norwood, MA 02062

Deadline to Register:
Friday, March 6th
Nashoba Valley Overnight

Come and enjoy a winter weekend overnight with your family!

On Saturday, pizza will be served at 6pm and the bingo party will begin at 7pm. Prior to the bingo party, parents are required to participate in the viewing and discussion of an informational video (TBD). Childcare will be provided at this time. After the training, families will come together and enjoy the bingo party! There is a pool on site, which can be enjoyed before dinner or in the morning!

On Sunday, please enjoy a complimentary continental breakfast a the hotel before hitting the slopes with other Adoption Journeys families! Snow tubing is at Nashoba Valley from 10 am - 12 pm.

Saturday February 29th—Sunday March 1st

Overnight at Hampton Inn
9 Nixon Road Westford, MA
Check In: Saturday @ 3 pm or later
Check Out: Sunday by 12 pm

Nashoba Tubing
179 Great Road Littleton, MA
www.skinashoba.com
Non-tubers $30
Tubers $38
*Tubing is available for ages 6+

*Reminder*: Space is limited for this event and it has filled quickly in years past. Rooms are booked on a first come first served basis, so please respond and send your payment as soon as you are able.

Deadline to register:
Monday, January 24th

* Social Activity Policies *

* In order to register for activities, complete and mail in the attached registration form with payment.
* All activities are filled on a first come, first served basis. A spot will not be secured for your family until registration and payment are received to the Adoption Journeys office.
* If you are unable to attend an activity please notify Adoption Journeys within 72 hours of the activity. This allows us sufficient time to notify families on the waiting list.
* Refunds are considered on a case-by-case basis. Adoption Journeys has to pay in advance for activities, and refunds are not always possible.
* If a family misses an activity without prior notification, the family may be asked to pay full price for the next activity that they register for. The purpose of this policy is to ensure that all interested families are able to attend the activities.
* It is the family’s responsibility to contact Adoption Journeys with any questions or concerns.