A Family Day of Apple Picking  
Art in the Orchard with Adoption Journeys  
Sunday, October 1st  
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 walk the labyrinth or stop at the farm stand for other fall treats.

Bring a picnic basket and a blanket and enjoy a family picnic afterwards if you’d like.

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

Learn about the orchard at http://parkhillorchard.com/  
Pre-registration is Required  
Cost is $10 per family  
which includes one peck of apples!  
(How many apples in a peck? About 30 apples or 10-12 lbs)

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Apple Picking at Park Hill Orchards on October 1st  
Registration Form

Pre-registration and payment is required by Monday, September 25th  
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: ____________________
Creative Writing Group For Adopted Youth

Ages 12-16
A 6-Session Workshop
Hosted by Adoption Journeys
October-November

Everyone deserves a safe place to express themselves on paper. Using general topic writing prompts, young people can experiment with stories, poems, letters, songs, or illustrations that speak from their individual voices and inner lives. (Sharing your writing is always optional.) If you have a child interested in exploring him/herself in this way, please call Adoption Journeys to register or ask us for more information. Group size is limited!

**What:** Six weekly 1-hour writing workshops just for adopted teens. Participants agree to attend on all dates in the fall 6-week cycle below.

**When:** Six Tuesday evenings: October 3rd, 10th, 17th, 24th, November 7th &14th.

**Time:** Workshop runs from 6:30-7:30 p.m.

**Cost:** $30 for all six sessions. Payable on first night to instructor.

**Where:** Adoption Journeys office, 140 Pine Street, Florence 01062

**Facilitated by:** Writing Instructor, Jennifer Delozier, M.Ed.

**Pre-registration is REQUIRED.**
Contact the Adoption Journeys office to reserve your space by September 30th.
Dinner and a Documentary
Parents are invited to join us for an evening of dinner and an adoption-themed film
Come meet new friends, enjoy a light supper while watching a great documentary together. Informal discussion to follow the film.

When: Friday, November 3rd, 5:30-8:00 p.m.
Dinner at 5:30, film starts at 6:00.
Location: Adoption Journeys office in Florence
Cost: $5 per person contribution to offset the cost of dinner

Off and Running
A documentary film by Nicole Opper
With white Jewish lesbians for parents and two adopted brothers, Brooklyn teenager Avery is growing up in a unique and loving household. But Avery’s curiosity about her African-American roots compels her to contact her birth mother, thrusting her into a complicated exploration of race and identity. Off and Running follows Avery on her quest as she attempts to pick up the pieces of her life and make sense of her place in the world. Rich with compelling adoption themes of identity, family, culture, acceptance, loss and love.

Bowling Night Just for Teens
at Spare Time Bowling Lanes in Northampton
Connect with other adopted teens early in the year!
Friday, September 22nd 6:30-8:30 p.m.
Spare Time Bowling Alley at 225 North Pleasant Street in Northampton,
Just $5 per person includes 2 hours of bowling plus pizza and those nifty multi-color rented shoes!

Register by calling or emailing the office: lmintz@cfservices.org
$5.00 fee is payable to Adoption Journeys on the night of.
Sign-Up Deadline is September 15th.
Join Adoption Journeys for Story Time and Play
Parents and their young children, age 5 & under are welcome.

“Embracing Adoption”
3-part morning series
for parents with young children

Three Friday Mornings This Fall 10–11:30 a.m.
Mark Your Calendars: September 22, October 6th, October 20th.

Come meet new friends and share an adoption-themed story time and craft together.
Stories read by our Adoption Journeys volunteer, Jagyaseeni, a young adult college student who was adopted from India. We are looking forward to meeting you!

Families must pre-register so we know to expect you! No fee.

Call or email the office and let us know if you plan to join us.

VISIT THE SPRINGFIELD MUSEUMS. IT’S ON US!

Our pass offers FREE general admission for up to 4 visitors to the Springfield museums. Regular admission fee is $12.50/adults and $6.50/kids.

Fabulous youth and family activities scheduled throughout the fall! Family Science Adventures, and Children’s Literature Festival and many more special events on their calendar. You may borrow our pass for up to two weeks!

Simply call Adoption Journeys to reserve the pass, and we’ll mail it to you! 413-320-4680. Or email us!
Discussion Nights for Dads

This group aims to build bonds and camaraderie while sharing what is unique to fatherhood in adoptive families. We talk about our successes and our challenges, finding support to be the best fathers we can be to our kids.

7:15-8:45 p.m. Once-a-month meetings, September-December. Fall and Spring Series. Sign up now for fall. (no fee)

Location: Adoption Journeys Office, 140 Pine Street, Florence

Facilitated by
David Scherer, Ph.D.: UMass Psychology Professor and Adoptive Parent

Please contact office to register and receive email reminders for meetings.

Single Parent Support Group

This group aims to build resources and overcome isolation sometimes experienced by parents who face the challenges of parenting on their own. A place for stress relief, laughter, friendship, and support. We are offering a 4-session series in the fall. (no fee)

Join us for a September Family Potluck! We are kicking off the fall season with a casual potluck for single parent families on Sunday evening September 17th at 5:00 p.m. at Look Park in Northampton. Please contact the office to RSVP!

Dates for our fall cycle of single parent group
Four Monday night meetings: 10/2, 10/16, 10/30, 11/13
6:00-7:30 p.m.

Groups are open to all single, adoptive parents.
Location: Adoption Journeys office, 140 Pine Street, Florence
Facilitated by: Rebecca Bryer: Adoption professional and Adoptive Parent

Please contact the office to register and receive email reminders for meetings.
IS THE IEP DOCUMENT CONFUSING YOU?

If you are looking for a small group setting with other adoptive parents where you can get your questions answered, sign up below! This workshop is appropriate for those establishing the first IEP or for those advocating for adjustments or updates.

AN IEP FOR MY CHILD

Understanding the IEP document, the laws and the lingo
A parent training presented by Mary-Beth Landy

Date: October 24th
Time: 6:00-8:00 p.m.
Location: I-91 Professional Center, Atwood Drive, at Exit 18 in Northampton
Fee: $10 per household.

Our Trainer: Mary-Beth is the Call Center Coordinator and Information Specialist in the Parent Training Center at the Federation for Children with Special Needs. She has over 11 years experience as a family advocate in the areas of mental health, adoption, and trauma. She is a parent to two young adult daughters, adopted through DCF.

Understanding the IEP document: the laws and the lingo
Registration Form
Pre-registration is required by Friday, October 13th
Return with your payment to reserve your seats! $10 per household.

Family Last Name: ________________________________ # people attending ________
First Names of adults attending: _______________________________________________
Total amount enclosed: $___________ Daytime Phone Number: _____________________

Please mail with payment to: Adoption Journeys, PO Box 60006, Florence, MA 01062
Harvesting Resilience: Two Parent Evenings

Please join us for this special two-night event focusing on resilience and how to build it in ourselves and our families.

On Wednesday, October 11th from 5:30 p.m. to 7:00 p.m.
join us for a FREE screening of the documentary film, Resilience.

And on Wednesday, October 18th, from 5:30 p.m. to 7:00 p.m.
please join us for a special Parent Café discussion.

Complimentary dinner will be offered at 5:00 on both evenings.
At Parent Cafés we share information and ideas in small groups that help us take care of ourselves, build strong relationships with our kids, and raise children who thrive. Together we can talk about the challenges of parenting and build the resilience we need to be good parents.

No Fee!

Resilience:
The Biology of Stress & the Science of Hope
Watch the trailer: http://kpjrfilms.co/resilience/

This new documentary reveals the effects of toxic stress in children, and chronicles the movement to build resilience to counter those effects.

All events will take place at the Bridge Family Resource Center, 101 University Drive, Amherst. Childcare and dinner will be provided for free.

This special program is a collaboration between Adoption Journeys, Clinical & Support Options, Berkshire Children and Families, and Western Mass Training Consortium.

To reserve your space at one or both of these parent evenings, please contact Adoption Journeys directly 413-320-4680 or lmintz@cfservices.org
Adoption Journeys

GROUPS FOR ADOPTIVE PARENTS AND YOUTH

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

**Single Parent Series - Florence.** This group meets on Monday evenings as a 4-session cycle in the fall and again as a 4-session cycle in the spring. Meetings are two weeks apart. Build connections and take part in supportive topical discussions specifically related to single parenting. Contact us to register.

**Dads Discussion Group - Florence.** This group is offered in the fall and again in the spring. Each cycle is 4 meetings; one Wednesday evening a month. Fathers only. Get involved with a great group of dads and share perspectives on fathering in adoptive families. Call us to register for the fall series.

**Parents of children of any age - Amherst.** Support and discussion on variety of topics related to adoptive parenting at any stage. Each cycle is 8 meetings; meets twice monthly on Thursday evenings in the fall and spring. Ongoing group. Join anytime. Contact us for dates or more info.

**Parents of children of any age - West Springfield.** Supportive discussion for adoptive parents in the Springfield area raising children of any age. On-site childcare is available. Meets monthly on the fourth Monday. Call for dates and details.

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

Groups for Youth

**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. Fall session starts on September 14th. Next session begins in February. Schedule your pre-group screening now.

**Creative Writing Group for Youth age 12-16 - Florence.** This 6-session writing workshop meets weekly on Tuesday evenings. Fall series begins in October. Join this small group of young creative writers and experiment! No writing experience required! Contact the office to learn more. Small fee.

**Teen Activity Series for ages 13 and up.** A chance for teens to connect with other adopted teens doing a variety of social activities. Don't miss out! Contact the office to get on our outreach list.

To participate in any of our groups, please call or email the Adoption Journeys office to register.
Activity Series for TEENS age 13+

Join us for as many events as you can this year!

Pre-registration is required for all events. Contact the office to get on our list to be sure to receive the reminders and registration information for all events. Sign up for Bowling Night NOW!

September 22nd
Bowling Night at
Spare Time in
Northampton

January 26th
Annual Swim Party
Water Slides &
Spaghetti dinner in
West Springfield

December 16th
Roller Skating and
pizza at
Interskate 91,
Hadley Mall

March
Rock Climbing at
the Hadley Rock
Gym!
Date TBD

May 26th-27th
TEEN GETAWAY
Special weekend
overnight in Becket
(High School teens only)
Adoption Journeys Newsletter
A seasonal update of our programming for adoptive families living in Western Massachusetts

We’ve got a lot going on this fall! Open for more info.

- Apple Picking and Art in the Orchard for all ages
- Get IEP questions answered at our parent training
- Potluck Social for Single Parents
- Bowling Night just for Teens
- Writers Group for Youth
- Parent Support Groups
- Dinner and a Documentary Night for parents
- Early Years Morning Program for younger families
- Parent Film and Café evenings