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Judson
Center

100
YEARS

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**FINDING TIME FOR
YOURSELF SO YOU
CAN BETTER CARE
FOR OTHERS**



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TAKE A MINUTE TO BREATHE!

It's the time of year where kids are back in school, the weather is getting cooler out, football games are back on and cider mills are open! It is important to take a minute to think about all the things we do for others and also to take note on what we do for ourselves. We need to take care of ourselves so we are able to care for others. I know that with our kids being back in school it relieves some of the pressure to entertain them during the day. However, it also brings on its own set of tasks: making sure you check the backpacks, ensuring homework is completed, packing snacks, picking out outfits for the next day, checking the lunch schedules for the following day, etc. The lists seem to go on and on. We need to make sure we are utilizing self-care so we can keep up with all of life's demands. Some people think self-care has to be going somewhere and participating in an activity. Self-care refers to the proactive measures individuals take to maintain and improve their physical, mental, and emotional well-being. It involves engaging in activities that promote health, reduce stress, and enhance overall quality of life. Joining a support group is also a great way to talk to others about things that are going on in your life. PARC offers several support groups. You can check them out on the last page. Just remember, even if you can only fit in a short walk during your lunch break, take the walk! It will help to clear your mind by getting some fresh air and stretching your body. And if you're lucky and have extra time, stop and smell the roses!

SELF-CARE: SURE IT'S IMPORTANT, BUT HOW DO YOU DO IT?

Self-care is essential for parents as it enables them to maintain balance, remain present, and serve as a positive role model for their children. By prioritizing self-care, parents can cultivate an environment of well-being and resilience that benefits the entire family. This insightful article from Child Mind Institute covers 8 basic tips of self-care, from acknowledging that parenting is hard, to the importance of connecting with friends outside of parenting:

8 Self-Care Tips for Parents



Plan a day trip to a *Cider Mill*



Visiting one of Michigan's many cider mills has become a cherished annual tradition for countless individuals. However, even if you haven't experienced one yet, there's no better time than now to explore! The crisp autumn air and the vibrant colors of the changing leaves make for a perfect backdrop as you explore these charming destinations. At the cider mill, you can indulge in freshly pressed apple cider, warm and fragrant donuts, and even pick your own apples. Many cider mills also offer hayrides, corn mazes, and pumpkin patches, making it an ideal outing for families and friends alike.

25+ Michigan Cider Mills Perfect for a Fall Day Trip



Build connections and
get support from others
who truly understand!

What are people saying about PARC?

"These people are my tribe. This support group has helped me get through so many things."

"My PARC worker helped to keep me from jumping off the ledge many times. I **never** felt judged, only supported."

"My experience was wonderful, our worker was a **huge** help to us. We truly appreciate all of the support!"

"Our PARC worker has been a true blessing to our family. Their kindred spirit helped me through a difficult time."

For a complete list of events and resources, visit www.parc-judson.org/calendar

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3840 Packard Rd. Suite 170
Ann Arbor, MI

Region 5 Phone
734-794-2988

Region 6 Phone
810-732-8510

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MONTHLY ONLINE SUPPORT GROUPS



FABULOUS FOSTER & ADOPTIVE PARENTS

First Monday of every month
6:30 - 8:30 p.m.

To register, contact:
parc_5@judsoncenter.org
or 734-794-2988



ADOPTIVE FAMILY CONNECTIONS

First Thursday of every month
7:30 - 8:30 p.m.

To register, contact:
Somer_Vickery@judsoncenter.org
or (810) 577-4067

