

POST  
ADOPTION  
RESOURCE  
CENTERS



Judson  
Center

100  
YEARS

ISSUE 50 • SPRING 2025



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**LOOKING FORWARD  
TO SPRING AND  
FINDING WAYS TO  
ENJOY EVERY SEASON**



# BRIGHTER DAYS *Ahead!*

As winter ends, many look forward to spring, but the cold months can lead to Seasonal Affective Disorder (SAD), a type of depression. Light therapy, involving 30 to 45 minutes in front of a bright light box each morning, can improve mood. To boost spirits, people may take up indoor hobbies or enjoy outdoor winter activities like sledding and ice skating. Families should balance indoor and outdoor time, engaging in fun activities like building snowmen or snow forts while ensuring children stay warm. It's safe to be outside when windchill is above 32 degrees, but breaks are needed when it's colder. Hot cocoa is a great way to warm up afterward.

The good news is that spring is just around the corner, so look forward to brighter days ahead! Springtime is the time of year that seems to help brighten your mood. The flowers are starting to bloom, green grass is growing and the birds are chirping. Many people take advantage of this time of year to do some spring cleaning and spruce up things outside. Lucky for us we live in Michigan and are able to experience 4 seasons. Spring time is great time to get outdoors, go for walks, and ride your bike. Make sure you make time to slow down and stop to smell the flowers. You could also visit the Tulip Time festival, Cherry Blossoms in Traverse City, Sleeping Bear Dunes or Pictured Rocks. We live in a beautiful state so take some time to get out there and see some amazing sights this spring!

## WINTER/SPRING ACTIVITIES

Fun for the entire family!

- [How to Make Snow Paint](#)
- [100+ Outdoor Winter Activities for Kids](#)
- [12 Great Outdoor Activities for Kids](#)
- [19 Fun Things to do in Michigan in Winter](#)
- [20+ Things to do in Michigan](#)
- [40+ Places to Visit this Spring](#)

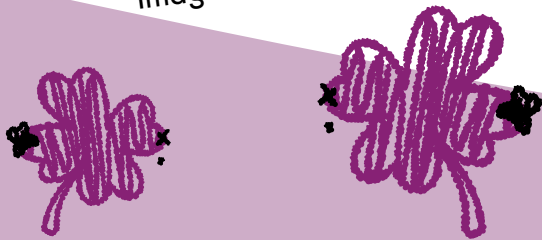


# Make a *Craft Stick Leprechaun Hat*



Image © Amanda Formaro 2020

Searching for an enjoyable and budget-friendly craft to do with your kids? Discover this delightful activity from [Crafts by Amanda](#). In less than an hour, you can have a great time creating an adorable Leprechaun Hat using popsicle sticks and glue.



## Beyond the Diagnosis:

*Parenting Foster & Adopted Children with Unique Needs*

March 7th from 6:00-9:15 pm

**Understanding Autism and Related Behaviors**

*Presented by Alicia Hines, BA, RBT and Gabrielle Thomas, RBT*

**Parenting from the Trenches**

*Presented by Denise Goodman, PhD*

March 8th from 9:00-11:00 am

**A Deeper Dive into Diagnoses**

*Presented by Dr. Stephanie Riolo, MD, MPH*

**FREE  
Registration**

**Virtual  
Conference**

**March 7-8  
2025**

## 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](http://www.parc-judson.org/calendar)

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Region 5 Phone  
734-794-2988

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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](mailto: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:  
[Somerville\\_Vickery@judsoncenter.org](mailto:Somerville_Vickery@judsoncenter.org)  
or (810) 577-4067

