



PARC NEWSLETTER

FOR ADOPTIVE AND GUARDIANSHIP FAMILIES

Region 5

Volume 20

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Are You Ready for Some Summer Fun?

It can sometimes be difficult for parents to entertain their children over the long summer months. We have been looking for inexpensive, free, and safe activities that your whole family can enjoy and we are excited to share some great ideas listed below.

Safety-related activities:

- Teach your child to cross the street safely.
- Play hide and go seek to teach your child how to remain calm while they are looking for you.
- Teach your child the buddy system.
- Teach your child what an emergency is and how to dial 911.

Art-related activities:

- Arrange five or six photos to make a poster or scrapbook page.
- Color the sidewalk with chalk. Wash it away with water.
- Make a magic wand using all available materials.
- "Paint" the sidewalk with water and a brush.

Education-related activities:

- Sign up for your local libraries summer reading program.
- Read all but the last page of a storybook and ask your child to suggest an ending.
- Check out a book of simple science experiments and try some of them at home.



Nature-related activities:

- Go to a botanical garden.
- Look for shapes in the clouds.
- Host your own movie marathon on a rainy day.
- Watch the sunset.
- Feed the ducks.
- Help your child take pictures of outside nature.
- Collect and/ or paint rocks.
- Go star gazing.

For more summer fun visit this website:

<http://www.friendshipcircle.org/blog/2012/06/20/8-2-summer-activities-for-families-with-special-needs/>

For more free summer activities visit these websites:

<https://www.kidsbowlfree.com/>
<http://kidsskatefree.com/>

Michigan's adoption medical subsidy program may cover up to \$500 towards a therapeutic summer camp. Contact our office for more information.



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In Association With



PARC FAMILY PAGE

WRITING SUBMISSIONS FROM OUR FAMILIES

Peer-to-Peer Support - Research has found peer-to-peer support to be extremely beneficial. This is very true for adoptive/guardian families. Below are two entries from PARC families sharing their thoughts on what you might find helpful too. One is from a parent and one is from a youth. If you would like to submit your thoughts in an effort to support others, please send them to us.

A significant part of being a parent is instinct - Bill Cervený is the father to four children. Three of his children joined his family through adoption. Bill finds there are a lot of books and parenting classes to guide you but feels instinct ultimately plays one of the biggest roles in parenting. Classes, workshops and books may contribute to your instinct, but it is this instinct that will help you in the way you guide and grow your children from one day to the next. Instinct is crafted by experience. What works with your child? What does not work? You know your child better than anyone else. You can read a book and not really absorb what it means or what perspective it is suggesting. You need to ground your instinct in approaches that work based on experience. If the approach doesn't work, you must find a different approach. Approaches can take time to make a difference. Hopefully, an approach may only take days before change is seen, but the reality is that change could take days, months, years or even a lifetime.

How you refine and use your instincts will have a profound impact on your children's future. Just because your parents' instinctual approaches worked with you or your previous instinctual approaches worked with some of your children doesn't mean that new approaches won't be more successful with other children. The effort you expend to adapt your instincts will pay off in the future for your kids and you. Your kids are counting on you.



Making New Friends - Rozie Borck, age 11, loves to read and write. Rozie says that making new friends at school has been tricky at times, so she came up with the following plan to help guide her and other kids who might be struggling in the same way.

How to find a true friend

Every day I have steps to see if my new friends are true friends (A true friend is a person that is kind and likes to talk to you).

Step 1) Introduce your new friend to your other friends that you know.

Step 2) Ask your new friend if she wants to play with you and your friends or if she wants to play with you only.

How to find a false friend

Every day I have steps to see if my new friends are false friends (A false friend is a person that is kind but sarcastic).

Step 1) Let the new friend talk to you and stop talking to the new friend to test and see if they are going to talk to you.

Step 2) You should never tell your new friend your secrets to see if your new friend is a true friend.

IF YOU OR YOUR CHILD WOULD LIKE TO HAVE AN ARTICLE PUBLISHED IN OUR NEWSLETTER,
PLEASE SEND YOUR SUBMISSION TO RACHEL BY EMAIL AT
RACHEL_KORNIALKIS@JUDSONCENTER.ORG

Meet Our New Employees & Intern

New PARC Family Worker

Phyllis Robinson



Helping to heal the hearts of individuals who have experienced traumatic events is Phyllis' ultimate goal. During her career, Phyllis has worked with individuals who have had emotional or physical impairments, as well as individuals in rehabilitation programs.

Phyllis' educational background includes a bachelor's degree in psychology from Rochester College and an associates in applied sciences in social work from Mott College Flint. Phyllis' training includes intervention therapies such as cognitive behavioral therapy and Adlerian therapy. Using these approaches has helped individuals gain more control of their lives and become more successful in their relationships and in society. Phyllis is very excited to join the PARC team and continue to help others.

New PARC Family Worker

Jennifer Patrick



Jennifer Patrick graduated with her bachelor in arts in communications from Western Michigan University. She has worked for the Kalamazoo Gospel Mission and Big Brothers Big Sisters in cooperation with Kalamazoo Youth for Christ. During that time, she became licensed for foster care and provided respite services for foster families. Jennifer and her husband are birth, foster, and adoptive parents to three awesome kids under the age of 8.

At one point in her family-building journey, Jennifer realized that rather than continuing to foster and adopt, she would have more impact building and bringing support systems to foster and adoptive families. Upon that realization, she pursued a masters-level certification in Family Life Education at Spring Arbor University. Jennifer also serves as co-coordinator of the Southwest Michigan Faith Communities Coalition. Jennifer looks forward to strengthening and supporting adoptive and guardian families through PARC's incredible services.



New PARC Intern - Alexa Lukowski, is a 23 year old student attending Eastern Michigan University. Alexa is pursuing a bachelor's degree in social work. Alexa is responsible for coordinating our youth groups, researching valuable information for families and much more. Alexa is also employed at Dawn Farm, assisting those in recovery. Alexa is passionate about social work, and serving different communities through her work.

QUOTE OF THE QUARTER: "FAMILIES DON'T HAVE TO MATCH. YOU DON'T HAVE TO LOOK LIKE SOMEONE ELSE TO LOVE THEM." – LEIGH ANNE TUOHY





Region 5 Meetings, Support Groups, and Trainings!

Build connections with and get support from others who truly understand!

In addition to adult meetings, PARC youth groups for older children and childcare for younger ones are available at most meetings!

Resource Family Support meeting in Richland- Childcare is provided.

When: Second Tuesday of the Month
 Time: 9:00 am – 11:00 am
 Location: Radiant Church 8157 East DE Ave. Richland, MI 49083 Please RSVP to Jennifer_Patrick@JudsonCenter.org or by calling (269) 993-9671

Lunch at the PARC now in Battle Creek- Bring your own brown bag lunch

When: Second Thursday of each month Time: 12:00-1:00 PM
 Location: Battle Creek at the Family Enrichment Center 415 28th Street South, Battle Creek, MI 49015 Please RSVP to Jennifer_Patrick@JudsonCenter.org or by calling (269) 993-9671

Keep Calm and Parent On Regulated Parenting Workshop- Presenter: Jonathan Albert, PARC Program Supervisor

When: July 15, 2017 Time: 9 a.m. – Noon
 Meeting Location: Family Enrichment Center 415 28th St. S. Battle Creek, MI 49015
 Registration required. Child care available, must call to reserve: 269-660-0448

Fabulous Foster and Adoptive Families Group- Special July 22, 2017 Picnic

When: First Monday of each month Time: 6:00-8:00 PM
 Location: Arbor Bridge Church, 2500 S. Main Street, Ann Arbor, MI 48103.
 Group starts with a potluck; please bring a dish to pass if you are able.

Please note there will be no regular meeting for the Fabulous Foster and Adoptive Parent Support Group in July due to the holiday but we invite all families to join us for the annual picnic on July 22, 2017 11 a.m. – 2 p.m. at Independence Lake.

Please RSVP to Rachel_Kornilakis@judsoncenter.org or contact us here at Judson Center at 734-794-2988.



Online Calendar Link:
www.parc-judson.org/calendar

Adoptive Family Resource Spotlight

Stacy Manning is the founder of the Intentional Parenting Coaching Group. She is the mother of three biological children and three adoptive children. After adopting she realized that she needed to take a different approach with how she parented.

Through her Intentional Parenting Group parents can participate in LIVE sessions that meet online every week.

During these live sessions parents can:

- Ask questions
- Develop a plan that is specific to the needs of their child
- Find resources that are relevant to their situation.

Visit her webpage for more information:
<http://www.tohavehope.com/stacy.html>

Contact Us



Please feel welcome to contact the PARC office in your region, visit our website for information, or connect with us via social media!

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