

## Post Adoption Resource Center Newsletter Wayne County November 2012

### Fun Family Activity...A Tree of Thankfulness

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**“He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has.”**

**~ Epictetus**



In the spirit of giving and being thankful Orchards Children's Services Post Adoption Program would like to take this opportunity to thank each and every family that has participated in the PARC Program and helped to make it successful. Our goal is to create a program where families feel welcome and are confident that by reaching out they can find the support they need. Continuing in the spirit of being thankful, we have designed this quarter's Fun Family Activity around the idea of the greatness that comes with recognizing the good things in our life, successes we have had, and the good things we can look forward to in the future. Thus, our activity for November's PARC Newsletter is a Tree of Thankfulness.

#### **What you will need:**

1. A Green Foam Sheet—12" X 18"
2. White Poster Board—22"X 28"
3. Foam Sheets any size in bright/fun colors.
4. Black permanent marker
5. Glue
6. Scissors
7. Other decorating items

as you see fit.

\*Note all needed items can be found at your local craft store.

#### **How to make your tree of thanks:**

1. Use the green foam paper to make your bare tree. You can cut it out like a Christmas tree... or whatever shape tree you find most appropriate.
2. Carefully cut the tree form out of the green foam sheet, center the tree on the poster board, and glue it.
3. Draw a simple ornament pattern on one of the colored foam sheets and cut it out. Hold the ornament against the bare tree to make sure the size is appropriate and adjust as necessary. Use this as your guide for creating more ornaments.
4. Once all of the ornaments are cut, you and your children write what you are thankful for on each ornament.
5. Carefully glue all ornaments on the tree.



#### **Creative Suggestions:**

-Every family member could get their own tree and add a new ornament each day until your holiday of choice occurs.

-A new tree could be created each year to see the achievements an individual or family has earned.

- The tree or other "thankfulness object" could be kept up all year long to remind us of all of the wonderful life moments that we should be thankful to be a part of!

## What's Been Happening and What Do We Have To Look Forward To....

*"Sometimes reaching out and taking someone's hand is the beginning of a journey. At other times it is allowing another to take yours."*  
~Vera Nazarene, *The Perpetual Calendar of Inspiration*

The PARC program is excited about our past events and the rate at which families are taking advantage of our community and program activities. The last two months have been the PARC Programs most successful in terms of our Adoptive Parent Led Support Group. We have been so excited to see the families, their excitement, and the momentum they are gaining as a result of this fantastic resource. The camaraderie that is being achieved via the support group, not only between the parents, but also the children who participate in the support group activity, has been so exciting to watch unfold. During the last two months we have had seven families participate in each support group meeting and have had upwards of twenty children partake in the youth activity aspect of the support group which has been a great opportunity for both children and parents.

In addition to the support group, the PARC program was able to link all of it's participants to a Halloween event, that included Trick or Treating and crafting. Families that took advantage of the event reported enjoying it very much.

The PARC program is excited for this upcoming holiday season and witnessing a number of our families being able to take advantage of both community and agency sponsored events. Below is a list of our upcoming events for the remainder of the year and looking ahead into the year 2013.

- On 11-19-12 upwards of 30 PARC families will be provided with "turkey baskets" designed to provide each family with a complete holiday meal.
- On 11-27-12 the PARC program will be hosting a training on "Parenting the Defiant

Child" from 5:30—7:30 PM.

- On 12-6-12 four of our PARC children will be receiving brand new bikes and helmets via donations from Automotive Credit Corporations.
- On 12-11-12 four of our PARC children will get to go shopping with the Detroit Lions to purchase gift items for their family members.
- On 12-16-12 all PARC families are invited to attend our holiday party, at Forgotten Harvest, which will be filled with food, music, crafts, and giveaways.
- On 12-18-12 seven of our PARC children will get to take part in a Christian Fellowship event and receive holiday gifts.
- On 12-20-12 selected PARC families will be provided with gifts via Orchards Children's Services Toy Distribution day to ensure that each and every child has something to open during the holidays.
- On 1-16-12 PARC has our Wayne County Task Force Meeting at Catholic Social Services.
- On 1-29-12 the PARC Program will be hosting it's monthly support group from 5:30—7:30.

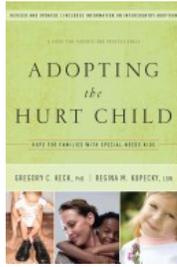
If you would like further information on any of the upcoming activities **contact us at 313-530-9746 or visit our website at [www.parcwayne-orchards.org](http://www.parcwayne-orchards.org).**



Also, on our website you can get a complete list of free and/or low cost activities happening in and/or around you neighborhood. In addition to the noted events coming up, the PARC program is anticipating the beginning of a training series on Trauma occurring during the months of February and March 2013 so stay tuned!

## Featured Reading...

Our featured reading this month (which is available in our library) is *Adopting the Hurt Child*, by authors Gregory



Keck and Regina Kupecky. Written in 2009, without avoiding the grim statistics, this book reveals the real Hope that hurting children can be healed through adoptive and foster parents, social workers, and others who care. The lending library is some-

and dear to our hearts. For a complete list of our available readings please contact:

**Jennifer Harmon at 313-530-9746 or visit our website at [www.parcwayne-orchards.org](http://www.parcwayne-orchards.org).**

## Parenting Tip

**THE DAILY GROOVE~**  
by Scott Noelle  
[www.enjoyparenting.com/dailygroove](http://www.enjoyparenting.com/dailygroove)

### “Do Over”

Children in their natural state are totally focused on pleasure. They aim to maximize the FUN in every moment. We can learn a lot about practical happiness by observing them. For exam-

ple, when kids are playing a ball game, and the ball lands too close to the line to tell if it’s “in” or “out,” they don’t waste their time and energy arguing about it. There’s no fun in that!

Instead, someone call out, “DO -OVER!” and they all return to the beginning of the last play to have another go at it. The do-over is a great tool for par-

Parents too. When an interaction between you and your child turns sour, just stop, remember that you would rather feel good than be ‘right,’ and say, “Let’s have a do-over!” Then you can redo the interaction with a clear intention to enjoy it.

For more tips like this visit:  
[www.enjoyparenting.com/path/info](http://www.enjoyparenting.com/path/info)



## Featured PARC Family

Mrs. Jones adopted six children via the foster care system; she has a passion for foster care and adoption and made a commitment to provide as many children with a loving home as she could. Mrs. Jones is an open minded person and has been an excellent advocate for all of her children in the areas of therapeutic services and educational services specifically. However, Mrs. Jones was forced to ask for outside help after one of her adopted son’s (Joseph) behavior became to much to manage and resulted in him having to temporarily leave her home, Mrs. Jones was at a loss. Mrs. Jones’ normally supportive family were upset with Joseph and decided against taking him in and she had to turn to a shelter placement for Joseph while she waited for residential

placement to be approved . Through the kindness of an amazing shelter organization Joseph was able to have stable housing and another advocate to work with his mother in an effort to achieve the needed services and placement for Joseph. Eventually, Joseph was placed for an extended period stay into a locally based residential facility. Mrs. Jones maintained regular contact with Joseph during this time by maintaining weekly phone contact with both Joseph and his therapist, as well as, bi-weekly visitation and participation in family therapy sessions. Mrs. Jones was and continues to be 100% committed to Joseph and to assisting him in accepting and overcoming his past. Approximately six months ago, Joseph was returned home to Mrs. Jones and has made some fantastic improvements. Mrs. Jones

reported that Joseph is now better able to accept responsibility for his actions, he is able to calm himself down, and he seems to be beginning to understand that his past does not need to dictate his future. Recently Joseph was witnessed sharing his story with other adopted teens, which seemed to have a direct, immediate, and positive effect on them and their interactions with Joseph. Mrs. Jones and Joseph’s struggle was not one that is too easily explained, especially in this limited space. Nevertheless, it is a story of commitment and of agencies coming together to work towards the best interest of a family. This is just one of the families that PARC has had the opportunity to work with. (Names have been changed to protect the family’s identity.)



# Orchards

CHILDREN'S SERVICES



To inquire further about any topics in our newsletter or if you would like further information about PARC please contact us at 313-530-9746 or visit us at [www.parcwayne-orchards.org](http://www.parcwayne-orchards.org).



*Use the pictures above as a guide or suggestion to get you and your family on your way to creating your own tree of thankfulness!*

*We wanted to again thank all of our PARC participants and leave you with this, "What you truly acknowledge truly is yours. Invite your heart to be grateful and your thank yous will be heard even when you don't use words." `by author Pavithra*