



# Post Adoption Resource Center Newsletter Oakland & Macomb County

## Taking Control & Maintaining Hope

Facing difficulties can be a little easier if we have a sense of some control. In a time where we are all feeling a little (or a lot) overwhelmed, having hope can help us be more creative and engaging in altered behaviors and activities.

When you have no hope, you may see any efforts to change your life as useless. You might feel that you cannot manage or succeed in life, accepting whatever happens as beyond your control and feeling a sense of hopelessness.



LEARN *from yesterday,*  
LIVE *for today*  
HOPE *for tomorrow.*  
-Albert Einstein

When you don't have hope, you lack energy and motivation. By taking control and finding hope, things begin to seem a little easier and enjoyable, which fuels even more hope!

See page 2 for some different strategies that can help you feel hopeful and are in your control, even amid the pandemic.

*(Continued on Pg. 2)*

## PARC UPDATE: COVID-19

Orchards Children's Services and the Post Adoption Resource Center Program hopes your family continues to be safe and healthy during the Covid-19 pandemic. Orchards continues to keep family safety at the forefront of our services. We continue to practice safety precautions, such as wearing a mask for any face to face contact and social distancing when around others. Our PARC staff have enjoyed seeing families during our past monthly support activities. We feel so connected to you and thank you for allowing PARC the opportunity to get to know your family. While we miss seeing everyone in person, as we move forward in our planning for upcoming training and groups please reach out and let us know what type of support would be most helpful during this time. We know it is not ideal, but we hope you are able to join us in our virtual setting until we can all be together again. PARC will continue to update families via our website, email communications and our Facebook page.

Connect with PARC at:

**Website:** [parc-orchards.org](http://parc-orchards.org)

**Facebook:** [www.facebook.com/OCSPostAdoptionResourceCenter](http://www.facebook.com/OCSPostAdoptionResourceCenter)

**Email:** [parcoocs@orchards.org](mailto:parcoocs@orchards.org)

Orchards  
Children's  
Services

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*For more information on the Post Adoption Resource Center please contact us at*  
**313-530-9746**

*Or visit our website at*  
**PARC-orchards.org**



## Taking Control & Maintaining Hope (continued)

**Demonstrate love.** Demonstrating love for yourself is just as important as it is for your children. Be kind to yourself and your body by making sleep and movement priorities during this stressful time. Show kindness and care to your children by noticing them often and offering appreciations for the little things they do or say.

**Show grace.** Show grace for yourself and your students. This is a time to make a shift to reasonable expectations, a time to ask for help and to offer support if you see someone might need it.

**You and your children deserve happiness and fun, so go for it!**

Take 5 or 10 minutes at some point in the day, to have fun. Laugh, play music, sing a song, have a dance party, ask family members to share funny stories or jokes.



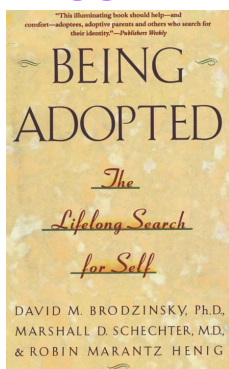
**Encourage the sharing of successes.**

Take inventory every day of your small wins. Ask children to do the same “what made you feel good about yourself or others today?” Remember, a win and success doesn’t mean perfection. Instead look for anything you did, said or noticed about others that made you feel good.

**Let go of regret, worry and perfection.** Those things squash hope. Instead, focus on love, grace, successes and happiness to uplift and renew hope.

*\*Information expanded from: Dr. Caelan Soma, PSYD, LMSW & Karyn Hall PhD*

## Suggested Read



***Being Adopted: The Lifelong Search for Self***

*Authors: David M. Brodzinsky, Marshall D. Schechter, Robin Marantz Henig*

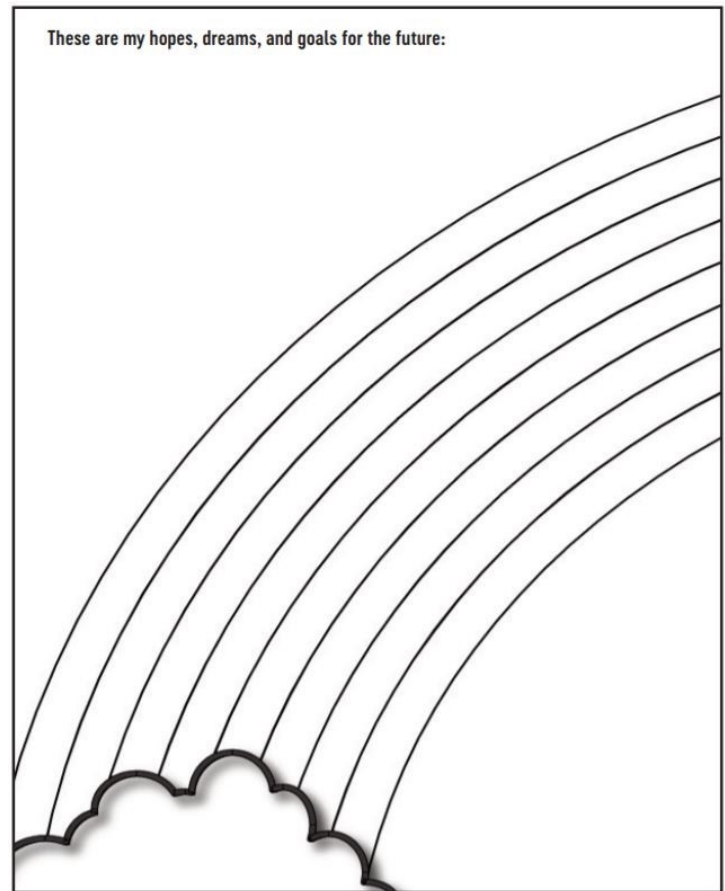
The voices of adoptees and adoptive parents are used in this book to explore the experience of adoption and its lifelong effects. This book normalizes the questions that many adoptees and their adoptive parents have. The authors use psychological and educational theory to construct a model of the normal yet unique stages of adoptee development.



## Family Activity

“My Future” Rainbow: Draw or print a rainbow, similar to the one pictured. Write down hopes, dreams, and goals for the future on the rainbow and then color in the rainbow. (NOTE: if you are having difficulty thinking too far ahead, the future does not have to be too far off; it can be for the new year, summer break, next school year, etc.)

Discussion and Thought: It is important every once in a while to stop and think about what our hopes, dreams, and goals are for the future. Thinking about the future acts like a magnet that keeps us moving forward, experiencing new things, and growing! Discuss the excitement to learn more about the things that each family member wants to do and experience in the future.



*\*Information expanded from: One-Minute Resilience Building Interventions for Traumatized Children and Adolescents*

## PARC in the Community

Things are a little different this holiday season and with difference comes the need to think outside of the box! On



December 12, Santa joined our PARC team to drive around and visit some of our families. Santa hung out with us for eight whole hours, delivering goodie bags, smiles, and posing for photos. The weather might have been a little cold and wet but the



joy this brought to everyone was well worth it! We look forward to more creative opportunities to deliver smiles to our families faces in the upcoming months!

## Upcoming Virtual Meetings, Trainings & Events

|   |   |  |   |
|---|---|--|---|
| ★ <b>Training:<br/>June D.<br/>Hawkins-<br/>Purifoy</b><br><br>(2 <sup>nd</sup> Tuesday of the month) | <b>Tuesday, 1-12-2021<br/>6:00pm – 7:30pm</b> | <b>RSVP to:<br/>248-530-5381</b><br><b>Please include Name,<br/>Phone Number &amp;<br/>Email Address</b> | <b>Zoom Meeting ID:<br/>828 2058 2620</b><br><b>Zoom Meeting Password:<br/>wKU1iE</b> |
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### ★ **June D. Hawkins-Purifoy Training:** ★

**Title:** The Question Inside of Me: An Adopted Daughter's Quest for Connection

**When:** **Tuesday, January 12, 2021 from 6:00 – 7:30 PM**

**Facilitator:** June D. Hawkins-Purifoy

**Where:** Virtual Training – Zoom

Despite the love and care she received from her adoptive parents, nagging questions about her first family increased in intensity with the passing of every year. June, like many of our children, needed to know about the missing pieces in her biological history. June will share her journey which she captures in her memoir, *The Question Inside of Me; An Adopted Daughter's Quest for Connection*. If you've ever wondered how to broach this subject with your children or wondered what they were thinking, feeling, and how to support them, join PARC in welcoming June D. Hawkins-Purifoy for this enriching training.

**PARC will purchase the book afterwards and deliver it to families that participate in the training.**

**Website:** <https://parc-orchards.org>

**Facebook:** @OCSPostAdoptionResourceCenter

**Dates are subject to change, please RSVP to ensure for program availability**

### Stay Tuned...



Coming this February, you have the opportunity to have a “family fun night” delivered right to your door! This will be on a first come, first served basis, so follow us on social media for further details!

