



# Post Adoption Resource Center Newsletter Oakland & Macomb County

## Winter Activities!



### Collage Art with Magazines

- Start with a piece of paper, a stack of old magazines, catalogs, ads, or comics, some scissors and something to stick with (glue, tape, etc).

- Browse through the images and see what catches the eye, then snip, stick and create!

- Furniture store catalogs are great for designing a dream house.
- Seed and nursery catalogs make good fairy gardens.
- Comics let your children include their favorite characters and superheroes in the picture.
- Car sales pages and photographs from newspapers are good to make cityscapes.

### Paint the Snow

- Remove the top of the bottle and add 2-3 heaping tablespoons of powdered tempera paint to each bottle, fill with water, replace the lid, and shake to mix. (food coloring can also be used, but is not washable!)

- Spray your snow creations!



### Coffee Filter Snowflakes

- Fold your coffee filter in half and then in half again, creasing the folded edges. You can fold another time or two, but for the little kids this is generally enough.

- Cut shapes & lines - Use your scissors as you would with a regular paper snowflake and snip triangles, lines, and shapes along all of the

edges of your folded coffee filter.

- Carefully unfold to reveal your coffee filter snowflake design!

**Orchards  
Children's  
Services**

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### Inside this issue:

**Managing  
Secondary Trauma  
Stress** 2

**PARC in the  
Community & JBF** 3

**Suggested Read** 3

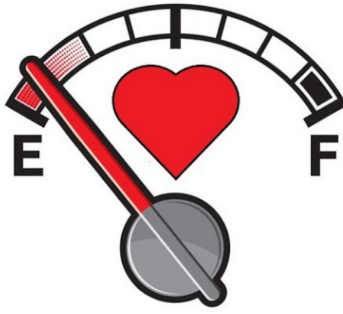
**Upcoming in PARC 4**

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

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



# Managing Secondary Trauma Stress



Secondary trauma stress is “the emotional duress that results when you hear about the firsthand trauma experiences of another.”

You are providing a safe, healing space for children who have experienced tremendous loss, grief, abuse, and other trauma. When you open your heart to raising adopted, foster, or kinship children, you are also opening yourself to experiencing their pain which can cause you to experience secondary trauma stress.

## How Can I Manage Secondary Trauma Stress?

Taking care of yourself IS taking care of your child. With that as your starting point, consider these ideas for managing secondary trauma stress.

### 1. Educate yourself.

Learn all you can about early childhood trauma, your children’s experiences, trauma responses, and how to help them heal. Figure out how to model new behaviors and practice them until they become familiar. [CreatingaFamilyEd.org](http://CreatingaFamilyEd.org) has excellent resources to learn about the impacts of trauma.

### 2. Practice mindfulness.

Identify the emotions and impacts you feel in your body. Practice awareness skills to help you learn your triggers, using the art of “the pause” to help you focus on what is happening inside you.

### 3. Begin health-focused self-care.

Engaging in self-care is critical when raising kids who have experienced trauma. Encourage your partner in this area as well. Engage in physical activity that feels good and keeps your body moving. Don’t call it “exercise” if that is an obstacle for you! Eat healthy and limit junk food or stress eating.

### 4. Create a self-care plan.

Find one thing each week that you can look forward to, put it on the calendar, and don’t cancel on yourself! It might even help to plan one small thing a day and a “bigger” event each week. Remember to incorporate downtime as a regular part of healthy self-care!

### 5. Set limits and boundaries.

It can be very challenging to say “no” to the many things you get asked to do. That’s okay, try it anyway. Ask yourself, “Does this event serve me or my family well this week?” If not, let it go!

### 6. Express yourself.

Practice healthy language to express your needs and boundaries. Take a deep breath when you feel your emotions rising, and calmly say what you need at the moment. Example: “Can we take a ten-minute pause and come back to talk about this later?” Modeling communication is contagious!

### 7. Write it out in a journal.

Journaling can be an effective tool to sort out your feelings and set goals for self-care.

### 8. Nurture your adult relationships.

We need adult relationships that bring perspective, support and care to our lives. Figure out who your safe, trusting people are and seek ways to strengthen those relationships to refuel yourself.

### 9. Seek therapy.

Seek a trauma informed therapist or counselor to help you identify your unresolved losses or trauma and learn new skills for coping.

## Practice Self-Compassion to Manage Secondary Trauma Stress

You cannot and should not tackle all nine of these tips at once! Instead, consider how to practice self-compassion as you implement them. Some parents might practice only one tip at a time and add the next after several weeks. You might combine several of these ideas to develop your unique path forward. It will be empowering to see your progress as you manage secondary trauma stress for you and your children.

*\*Information expanded from: [Creating a Family](http://CreatingaFamilyEd.org)*

## PARC in the Community

PARC sends a huge **THANK YOU** to the **Jockey Being Family** program that continues to support our family activities.



**JOCKEY**  
BEING FAMILY.

Did you know that not only does the Jockey Being Family program support our PARC program it also provides training opportunities for adoptive and foster families. Check out their website at: [creatingafamily.org](http://creatingafamily.org) to register for many free trainings and sign up to receive their newsletter.

PARC continues to hold several monthly activities including parent support group now led by Betsy Tomas and Dana Wright, "Matters of Culture" virtual parent group, a monthly Jungle Java meet-up geared towards the younger kids and their families, and "Art You Powerful" and trauma informed yoga for the kids and teens.



November was adoption month, and we loved being able to celebrate with our families!

The hustle and bustle of the holiday season has quickly approached! Thanksgiving baskets filled with Thanksgiving essentials were provided to many of our families. We hope that everyone had some time to reflect on the things they have to be thankful for. PARC is so thankful for all of you!

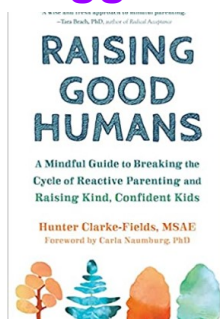


Santa has had so much fun bringing smiles to our families faces the past few years, that Santa decided to join us for another year of our Santa Drive-Thru! Lots of goodies were shared and many smiles were seen!

This year, PARC was able to host a holiday party. We had so much fun eating delicious food, making gingerbread houses, and having good conversation, all while in our pajamas!



## Suggested Read



### **Raising Good Humans: A Mindful Guide to Breaking the Cycle of Reactive Parenting and Raising Kind, Confident Kids**

Hunter Clarke-Fields MSAE (Author), Carla Naumburg PhD (Foreword)

With this book, you'll find powerful mindfulness skills for calming your own stress response when difficult emotions arise. You'll also discover strategies for cultivating respectful communication, effective conflict resolution, and reflective listening. In the process, you'll learn to examine your own unhelpful patterns and ingrained reactions that reflect the generational habits shaped by your parents, so you can break the cycle and respond to your children in more skillful ways.

## Upcoming Meetings, Trainings & Events

### MATTERS OF CULTURE

**When:** 1st Thursday of the month    **Time:** 7:00 - 8:00 p.m.  
**Where:** via Zoom - **Meeting ID:** 874 0274 0930    **Passcode:** Zns8rs  
**Facilitator:** Kathy - a transracial adoptive parent



### JUNGLE JAVA

**When:** 1st Saturday of the month    **Time:** 9:00 a.m.  
**Where:** Jungle Java is located at 6481 N Canton Center Rd.  
Canton, MI 48187  
PARC will provide coffee for adults and each child will receive a snack box.  
Kids are **REQUIRED** to have socks on and outside food is **NOT** allowed.



### ADOPTIVE PARENT SUPPORT GROUP

**When:** 2nd Tuesday of the month    **Time:** 6:00 - 7:30 PM  
**Where:** 24901 Northwestern Hwy, Suite 500, Southfield, MI 48075  
**OR** via Zoom – **Meeting ID:** 847 9379 5161    **Passcode:** Nw5gP6  
**Facilitators:** Meet our new facilitators, Betsy and Dana, starting in October!



### KIDS TRAUMA INFORMED YOGA

**When:** 2nd Tuesday of the month    **Time:** 5:30-6:00pm (Dinner).  
Children under 10: 6:00 - 6:30 p.m.  
Children 11+: 6:45 - 7:15 p.m.  
**Where:** 24901 Northwestern Hwy, Suite 600, Southfield, MI 48075  
**Facilitator:** Carly Cenit



### Art You Powerful

**When:** 1st & 3rd Tuesday of the month    **Time:** 6:00 - 7:30 p.m.  
January 17th - April 4th  
Children under 12: 5:30 - 6:30 p.m.  
Children 12+: 6:45 - 7:45 p.m.  
**Where:** 24901 Northwestern Hwy, Suite 600, Southfield, MI 48075  
**Facilitator:** Antonio Hervey



### Parent Training - ADHD, ODD, Autism...Maybe Not

**When:** January 28 & February 4, 2023    **Time:** 9:30 a.m. - 3:30 p.m.  
**Where:** 24901 Northwestern Hwy, Suite 600, Southfield, MI 48075 OR via Zoom  
**Zoom Meeting ID:** 854 3750 7603    **Zoom Passcode:** Qr9VBH  
**Facilitator:** Dan Dubovsky, MSW



★ We are continuously working on adding trainings and activities, (and always have a few things in the works!) Please keep an eye out for updates via email and social media! Connect with PARC at:

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

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

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