



Assisting families on their  
lifelong journey

# The Journey

Oregon Post Adoption Resource Center  
(ORPARC)  [www.orparc.org](http://www.orparc.org) 

Volume XXXII

Summer 2007

ORPARC is a program of Northwest Resource Associates

## Deborah Gray comes to Portland!

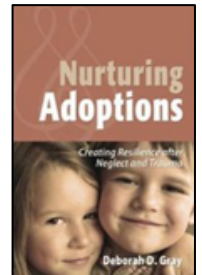
ORPARC is bringing Deborah Gray to Portland on Saturday, September 22nd to speak on **Attachment and Special Issues with Teens**. See trainings on page 3 for details.

Deborah Gray, founder of Nurturing Attachments, is a clinical social worker specializing in the areas of attachment, grief, and trauma. She has spent over 15,000 hours in the last 15 years counseling children who have been fostered or adopted from the United States or internationally. Her private practice philosophy is one of empowering parents with information and techniques so that their skills and styles are used in meeting the needs of their children. Her passion is helping children and families develop close, satisfying relationships.



## Deborah Gray's new book

Deborah Gray, whose 2002 book, *Attaching in Adoption: Practical Tools for Today's Parents*, is one of the most frequently borrowed books in our library, has just come out with a new book, *Nurturing Adoptions: Creating Resilience after Neglect and Trauma*. Here is a toolbox to help therapists and other professionals whose practices are *not* focused specifically on adoption and attachment. It lays out the foundations of research in this field, explaining how and why children respond to stresses of their early lives. From there, Gray helps professionals and families to create a milieu that will build self-esteem in their children and guide them into strong, healthy relationships and productive adulthood. Both books are available in the ORPARC library.



Deborah stresses practical approaches of promoting attachment, shaping behavior, and working through trauma and grief. She was a keynote speaker for the 2005 ATTACH conference and has keynoted national conferences including the Joint Council of International Children's Services, American Association of Adoption Attorneys, Midwest Adoption Conference and Families for Russian and Ukrainian Adoption. She is a faculty member for the University of Washington's Trauma Certificate program and has taught for Portland State University and Northwest Adoption Exchange post-graduate foster care and adoption therapy programs. She trains regularly for public and non-profit foster care and adoption programs.

## A Gift of Time Retreat

September 7-9, 2007

A weekend retreat for grandparent/relative and family caregivers.

See page 4 for further details



## NAFA's 2007 Campout July 27-29, 2007



Northwest Adoptive Families Association has reserved Barton Park, West for the 2007 NAFA Family Campout. This event will be a private party for NAFA families and friends. Visit [www.nafaonline.org](http://www.nafaonline.org) → "Calendar" to download a Registration Form. For questions, call Patti McMahan at 503-761-5003, Joni Radcliffe at 503-777-6593, or e-mail [information@nafaonline.org](mailto:information@nafaonline.org).

☎ 503-241-0799 Telephone  
☎ 800-764-8367 Telephone  
☎ 503-241-0925 Fax

Oregon Post Adoption Resource Center  
621 SW Morrison Street, Suite 450  
Portland, Oregon 97205

E-mail: [orparc@nwresource.org](mailto:orparc@nwresource.org)  
Website: [www.orparc.org](http://www.orparc.org)

## Welcome aboard Toni & Momi!

ORPARC is pleased to announce the addition of two new family support specialists to our team.



Momi Buren, MSW joins us from California with 8 years experience working with children and families in adoptions and the foster care system. She has a Master of Social Work from San Jose State University and a Bachelor of Arts from Pacific Christian College. She has worked in all aspects of the adoption process from initial placement to ongoing supportive services and finalization. Momi is also an experienced trainer for foster and adoptive families with particular expertise in the de-escalation and managing of crisis situations. Momi enjoys her two cats, and working on her new fixer upper home in Newberg. She also volunteers her time to a non-profit organization, Haven of Hope Ranch, which provides Equestrian Therapy to restore the heart, soul, mind, and strength of disadvantaged children.

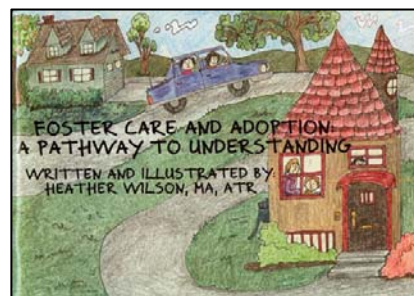
Toni Ferguson, MSW, comes to us from Portland State University's Graduate School of Social Work and Child Welfare Partnership where she has been an instructor for the past 6 years. While there she was instrumental in the development of the Post Graduate Certificate Program in Therapy with Adoptive Families. Prior to that position, Toni was a member of the innovative Post Adoption Family therapist Team (PAFT) at DHS, where she provided highly specialized, intensive treatment services to adoptive families of special needs children. Before PAFT, Toni had acquired over 20 years' experience in education and child welfare systems including the positions of Permanency Worker, Foster Home Certifier, School Social Worker, and Adoptive/Foster Parent Trainer. Toni's Bachelor of Science degrees are in Psychology and Sociology from Portland State University, and she holds a Master's of Social Work from the School of Social Work and Child Welfare at Walla Walla College. Toni and her husband have raised six children through birth and adoption who are now thriving adults.

We are excited to welcome these highly skilled professionals to our team, and are confident that you will find them to be knowledgeable, warm and caring individuals ready to assist with your needs and concerns.

### Foster Care and Adoption: A Pathway to Understanding

By Heather Wilson, MA, ATR

*Foster Care and Adoption: A Pathway to Understanding* was created so that parents and professionals could help children in foster care gain a clearer picture of where they have been and what is happening to move them along the path to permanency. Filled with colorful illustrations and pages for the child to fill-in with his or her own information and illustrations, it is similar to a lifestory book and much more. It explains the process of transition and the roles of various professionals that foster youth meet along the way – case workers, therapists, attorneys, judges, and CASA's. And, it contains useful information and advice on personal space, dealing with feelings meeting your adoptive family, etc. You can borrow this book from ORPARC's library which will provide supplemental sheets of paper for your child to write and draw on, or you can purchase it from Kinship House by calling 503-460-2796 or order it from their web site: <http://kinshiphouse.org/resources/kinshippress.html>



You can borrow this book from ORPARC's library which will provide supplemental sheets of paper for your child to write and draw on, or you can purchase it from Kinship House by calling 503-460-2796 or order it from their web site: <http://kinshiphouse.org/resources/kinshippress.html>

### *In their Own Voices: Transracial Adoptees Tell their Stories*

By Rita J. Simon and Rhonda M. Roorda ~ Review by Jennifer Ricks, MSW Intern at ORPARC

I was initially drawn to read this book by a desire to learn more about transracial adoption issues, and also because adoptees tell their own stories. Something I did not realize when I chose this book was that one of the authors, Rhonda M. Roorda, is a transracial adoptee, which added a depth to the interviews that only another transracial adoptee could bring and allowed her to pose insightful questions regarding issues adoptees faced and continue to face. From adoptees like Donna Francis who had a very positive adoption experience to Jessica Pelton who continues to struggle with her identity, all of the people interviewed bring a depth of experience and knowledge to the book. There were common themes such as identity, respect of culture, and familial relations that came up in almost all of the interviews that I found very interesting. There is also a summary at the end of the book, which I found to be very informative. If you have adopted transracially, or are considering it, it would behoove you to consider this book. It is an engaging read, and at times I had trouble putting it down.

Book review

# ORPARC Summer Trainings

**Register for trainings at:**  
☎ 503-241-0799 ☎ 1-800-764-8367  
E-mail [orparc@nwresource.org](mailto:orparc@nwresource.org)

## METROPOLITAN REGION

### Attachment and Special Issues with Teens

Presenter: Deborah Gray  
Saturday, September 22, 2007 ♦ 9:00 am to 4:00 pm  
*Site to be determined* — Portland, Oregon

### Supernanny Video, Pizza and Discussion

Tuesday, July 10, 2007 ♦ 6:00 to 7:45 p.m.  
Tuesday, August 21, 2007 ♦ 6:00 to 7:45 p.m.

Join ORPARC staff and other adoptive parents in watching an episode of *Supernanny*. Afterward, there will be a discussion about how the methods and techniques applied in the show may work for parents to help transform behavior.

Both discussions will meet at:  
Multnomah County Library, Holgate Branch  
7905 SE Holgate Boulevard, Portland, OR 97206  
*Pizza dinner offered!*

### Recognizing Early Signs of Substance Abuse in Teens

Guest speaker from:  
Center for Family and Adolescent Research (CFAR)  
Tuesday, July 17, 2007 ♦ 7:00 to 8:30 p.m.  
Legacy Emanuel Hospital  
501 N Graham Street, Portland, OR 97227  
*Adoption Support Group*  
*Cookies and drinks; No childcare provided*

## SOUTHERN REGION

### Advocating for Your Child's Educational Needs

Tuesday, September 11, 2007 ♦ 6:30 to 8:00 p.m.  
Department of Human Services  
726 NE 7th Street, Grants Pass, OR 97526  
*This training will follow the regularly scheduled business of the Foster and Adoptive Parent Association meeting.*

## WESTERN REGION

### Talking with Children about Adoption

Thursday, August 16, 2007 ♦ 6:30 to 8:30 p.m.  
Department of Human Services  
Downstairs Conference Room  
450 Marine Drive, Suite 210, Astoria, OR 97103  
*Register with June Stanfield to attend training and reserve childcare at 503-325-9179 ext. 304*

## EASTERN REGION

### Understanding Attachment

Presenter: Lynne Herbert, LPC, from the  
Attachment Center of Central Oregon  
Monday, September 10, 2007 ♦ 6:00 to 8:00 p.m.  
Department of Human Services  
702 Sunset Drive, #300, Ontario, OR 97914  
*Training held at the foster/adopt support group*  
*Register with Elvira Ramirez at 541-889-9194 x 324*

### Understanding Attachment

Presenter: Lynne Herbert, LPC, from the  
Attachment Center of Central Oregon  
Tuesday, September 11, 2007 ♦ 6:00 to 8:00 p.m.  
Department of Human Services  
809 W Jackson, Burns, OR 97720  
*Training for foster, adoptive and guardian families residing in Grant and Harney counties*  
*Register with Colleen Smerski at 541-573-2086*  
*Call the branch about childcare ♦ Pizza dinner provided*  
**5:00 Support Group Organizing Meeting**  
Meeting prior to training with ORPARC Program  
Manager for parents interested in starting an  
Adoptive/Foster Parent Support Group in Burns.

ORPARC trainings are free of charge to DHS adoptive, foster and assisted guardianship families, and DHS/SNAC adoption professionals. Others may attend trainings for minimal charge on a space available basis. Childcare and travel expense reimbursement as funds allow; please request upon registration. Trainings are held in accessible locations. Auxiliary aids and alternative forms of written materials are available to persons with disabilities. Please request these services two weeks in advance.

# Community Partner Trainings

## A Gift of Time Retreat ♦ September 7-9, 2007

Macleay Christian Retreat, 2887 74th Avenue SE, Salem, OR 97301

- Description:** Those who are parenting again can take time for self-renewal and fellowship in a peaceful setting with others in similar situations. Participants will have a chance to relax, meet new people, attend educational seminars, listen to music, visit with others, browse resource tables, receive a massage, and enjoy wonderful meals.
- Cost:** Cost is \$50.00 per person, which includes two nights, five meals, social activities, and educational seminars. Scholarships available for ORPARC eligible families. Call ORPARC at 1-800-764-8367 for details.
- Trainings:** Several workshops will be offered at this retreat. Please check ORPARC website for upcoming details. ORPARC will be presenting the following two workshops:
- *Advocating for Your Child's Educational Needs*
  - *Talking with Children about Adoption: Questions & Answers about Adoption, Foster Care & Guardianship*
- Registration:** Registration information will be coming shortly. Please check the ORPARC website at [www.orparc.org](http://www.orparc.org) for further details or to download a retreat flyer or call 1-800-764-8367.
- Sponsors:** The retreat is sponsored by AARP Oregon, Brookdale Foundation's Relatives As Parents Program (RAPP), Oregon Department of Human Services, Oregon Post Adoption Resource Center, and Oregon State University Extension Services

### Support Group Leader Workshop

As part of A Gift of Time retreat...

#### Grandparents & Relatives Raising Children

Friday, September 7, 2007 ♦ 10:00 am - 3:00 pm



Who should attend: Grandparents/relatives who are facilitating or interested in developing a support group

- Workshop topics:
- Issues faced by Grandparents & Relatives
  - Principles of a successful support group
  - Accessing community resources

### Transracial Parenting

Presented by Adoption Mosaic

Saturday, August 25, 2007

9:00 a.m. to 1:00 p.m.

(Workshop A)

\$40 per person/\$70 per couple

For further details visit

[www.adoptionmosaic.org](http://www.adoptionmosaic.org)

Workshop B: October 20th

Workshop C: November 17th

## Oregon Parent Training & Information Center → [www.orpti.org](http://www.orpti.org)

July 9	<i>Grade to Grade Transition: Planning for Success</i>	Toledo	<a href="mailto:lskipworth@orpti.org">lskipworth@orpti.org</a>
July 10	<i>Record Keeping: "My Child's Life Care Notebook &amp; Organizer"</i>	Medford	<a href="mailto:jwiley@orpti.org">jwiley@orpti.org</a>
July 10	<i>ADHD and Aspergers: What's the Same, What's Different</i>	Salem	<a href="mailto:lskipworth@orpti.org">lskipworth@orpti.org</a>
July 13	<i>Can You Hear Me Now?</i>	John Day	<a href="mailto:dhelman@orpti.org">dhelman@orpti.org</a>
July 21	<i>Putting the Pieces together (Part 2): Rights, Responsibilities &amp; Advocacy</i>	Estacada	<a href="mailto:lskipworth@orpti.org">lskipworth@orpti.org</a>
July 26	<i>Record Keeping: "My Child's Life Care Notebook &amp; Organizer"</i>	Medford	<a href="mailto:jwiley@orpti.org">jwiley@orpti.org</a>
August 1	<i>Can You Hear Me Now?</i>	Enterprise	<a href="mailto:dhelman@orpti.org">dhelman@orpti.org</a>
August 16	<i>Is your Child a target of Bullying?</i>	Medford	<a href="mailto:jwiley@orpti.org">jwiley@orpti.org</a>
August 21	<i>Supporting Your Child in Special Education</i>	The Dalles	<a href="mailto:vhaight@orpti.org">vhaight@orpti.org</a>
August 23	<i>Understanding Autism</i>	Madras	<a href="mailto:dhelman@orpti.org">dhelman@orpti.org</a>
August 24	<i>The IEP Dance, Learning the Steps</i>	Bend	<a href="mailto:dhelman@orpti.org">dhelman@orpti.org</a>
August 30	<i>The IEP Dance, Learning the Steps</i>	Bend	<a href="mailto:dhelman@orpti.org">dhelman@orpti.org</a>
September 22	<i>IEP Process</i>	Eugene	<a href="mailto:lskipworth@orpti.org">lskipworth@orpti.org</a>

Contact OrPTI at 1-888-505-2673, 503-581-8156, or e-mail [info@orpti.org](mailto:info@orpti.org).

Download a complete list of OrPTI trainings at [www.orparc.org](http://www.orparc.org) or visit [www.orpti.org](http://www.orpti.org).

# Respite Care Resources and Information

## A Caring Place

Meets in Eugene  
Call Libbie Marshall  
for information

☎ 541-686-7555 x 5219



Tuesdays, Thursdays: 2:00 to 5:00 p.m.  
Thursdays: 9:00 a.m. to 12:00 noon

## Child Care Information Services

Marion, Polk and Yamhill counties

☎ 503-585-2491, 1-800-289-5533

A Caring Place is a FREE therapeutic respite care center for foster children, ages 6 weeks through 6 years, and provides an opportunity for children to receive some one-on-one attention and to learn social skills. Staffed by the Relief Nursery and trained volunteers, this is a great resource not only for foster kids but also for foster parents who need a break. Birth and adopted children of foster parents are eligible to attend ONLY if a foster child in the home is enrolled in the program.

Child Care Information Services (CCIS) provides parents with referrals to child care in their area. Services for child care providers include training, scholarships and support.



## Family Caregiver Support Program

Program serves Clatsop, Marion, Polk, Tillamook and Yamhill counties

Program Coordinator:

Jenny Cokeley, 503-304-3429

- Clatsop: 503-738-5191
- Marion, Polk, Yamhill: 503-304-3429
- Tillamook: 503-842-2770

The Family Caregiver Support Program, a program of NorthWest Senior and Disability Services, provides supportive services to grandparents and other relatives, 55 years of age or older, who are raising a grandchild or another family member. These caregivers may be eligible for supportive services if a child, age 18 or under, is living in their home, and may be eligible for services such as trainings, support groups, counseling, and respite.

## Family Caregiver Support Program

Multnomah County

Loriann McNeill, Coordinator

☎ 503-988-3646

✉ [loriann.mcneill@co.mulnomah.or.us](mailto:loriann.mcneill@co.mulnomah.or.us)

Respite funds are available for family caregivers through Multnomah County's Family Caregiver Support Program. Financial assistance is available for grandparents and other relatives, age 55+, who are raising children ages 18 and younger. Funds may be used for respite, childcare, after school activities, summer programs & camps, and classes/workshops to assist elders raising a relative child.



## Adoption Research Projects

### Adopted Adolescent Attachment Study

Dr. Stephen Erich, at the University of Houston-Clear Lake, Texas, is carrying out an exciting new adoption research project to study adopted adolescent attachment. This research may help to identify factors related to adolescent attachment. Results will help professionals make better adoptive placement decisions as well as support adoptive family functioning. If you have adopted adolescents 11-18 years old living in your home, you are invited to complete the survey at the link below. Participants from diverse family types are encouraged to participate. Survey link at:

[www.surveymonkey.com/s.asp?u=356622345303](http://www.surveymonkey.com/s.asp?u=356622345303)

### Inclusive Child Care Program Survey



The Inclusive Child Care Program is conducting a statewide inventory of resources which support childcare for children and youth with special needs. The project is requesting that parents of children with special needs and childcare providers complete a survey that will help gather information on local resources. Survey links at:

Parent survey:

[www.surveymonkey.com/s.asp?u=485823733728](http://www.surveymonkey.com/s.asp?u=485823733728)

Provider survey:

[www.surveymonkey.com/s.asp?u=46913733730](http://www.surveymonkey.com/s.asp?u=46913733730)

Visit ORPARC web site at [www.orparc.org](http://www.orparc.org) for a more complete description of these research projects.

# Summer Camps for Children, Teens

Complete summer camp listing at [www.orparc.org](http://www.orparc.org)

Camp can be a great learning experience and a lot of fun for your child, or it can be stressful and challenging. By taking time to find the right camp for your child, you can help promote a more positive experience for everyone. There are many different types of camps covering a variety of interests. A number of camps offer opportunities for children with special needs or in need of scholarships. We recommend that you research the camp and setting that best serve the needs of your child. Organizations under “Suggested Camp Resources” contain helpful suggestions on questions to ask camps to ensure a good fit for your child. Please call ORPARC if you would like a free Metro Parent Magazine Summer Education, Camps and Travel Guide, or for more information on camps.

## Camps for Special Needs Children, Children with Disabilities and Illnesses

- Adventures without Limits, 503-359-2568, [www.awloutdoors.com](http://www.awloutdoors.com) (Portland Metro)
- Autism Training and Support, 541-689-2327, [www.autismtraining.com](http://www.autismtraining.com) (Eugene)
- Camp Ky-O-Wa, the Inclusive Camp, 503-223-7279, [www.thearcmult.org/CampKy-O-Wa.htm](http://www.thearcmult.org/CampKy-O-Wa.htm) (Portland)
- Camp Millennium, 541-677-0600, [www.campmillennium.org](http://www.campmillennium.org) (Roseburg)
- Camp Rivendale, 503-629-6355, [www.thprd.org/facilities/jenkins\\_cr.cfm](http://www.thprd.org/facilities/jenkins_cr.cfm) (Aloha)
- Camp Starlight, 503-223-5907 x 208, [www.cascadeaids.org/events.html](http://www.cascadeaids.org/events.html) (Portland; children affected by AIDS/HIV)
- Camp Taloali, 503-769-6415, [www.taloali.us](http://www.taloali.us) (Stayton)
- Camp Ukandu, 503-295-6422, [www.campukandu.org](http://www.campukandu.org) (Rockaway)
- Camp without Barriers, 503-228-5108, <http://or.easterseals.com> → “Residential Summer Camp” (Vaughn, WA)
- Rogue Valley Summer Day Camp, 541-842-2199, <http://or.easterseals.com> → “Medford Day Camp” (Medford)
- Gales Creek Camp, for kids with Diabetes, 503-968-2267, [www.galescreekcamp.org](http://www.galescreekcamp.org) (west of Banks)
- Hearing & Speech Institute, 503-228-6479, [www.hearingandspeech.biz](http://www.hearingandspeech.biz) (Portland)
- Hemophilia Foundation of OR, 503-297-7207, [www.hfo.info](http://www.hfo.info) (Oregon Coast)
- KindTree Prod. Summer Autism Camp, 541-521-7208, [www.kindtree.org](http://www.kindtree.org) (Florence)
- Meadowood Springs, Speech/Hearing Camp, 541-276-2752, [www.meadowoodsprings.org](http://www.meadowoodsprings.org) (Pendleton)
- Mt. Hood Kiwanis Camp, 503-452-7416, [www.mhkc.org](http://www.mhkc.org) (Rhododendron; children & adults with disabilities)
- Royal Family Kids Camps, 714-438-2494, [www.rfkc.org](http://www.rfkc.org) (faith-based camps for abused/neglected children)
- Spiritlife: Special Needs Family Camp, 541-432-1271, [www.gocamping.org/wallowa.html](http://www.gocamping.org/wallowa.html) (Joseph)
- Talisman Camps and Programs, 888-458-8226, [www.talismansummerncamp.com/oregon.html](http://www.talismansummerncamp.com/oregon.html) (Redmond)

## Adoption Specific Camps

- Holt International Adoptee Camp, 541-687-2202, [www.holtintl.org/camp](http://www.holtintl.org/camp) (Corbett, transracial adoption)
- Camp To Belong: Camps for Foster/Adopted Siblings, 888-7-BELONG, [www.camptobelong.org](http://www.camptobelong.org) (CO & NW)
- Colorado Heritage Camps for Adoptive Families, [www.heritagecamps.org](http://www.heritagecamps.org) (Colorado)

## Other Camps for Children and Teens

- Camp Howard, 503-695-2972, [www.cyocamphoward.org](http://www.cyocamphoward.org) (Corbett; Christian-based; Catholic Youth Organization)
- Camp White Branch, Youth Camp, 541-822-3511, [www.campwhitebranch.com](http://www.campwhitebranch.com) (McKenzie Bridge, Christian-based)
- Upward Bound Camp, 503-897-2447, [www.upwardboundcamp.org](http://www.upwardboundcamp.org) (Stayton, Christian-based)
- Camp Rosenbaum, 503-335-3118, [www.camprosenbaum.org](http://www.camprosenbaum.org) (N Oregon Coast, camp for low-income families)
- YWCA Family CampOUT, 503-294-7400, [www.westwind.org](http://www.westwind.org) (Neotsu, children of gay and lesbian parents)
- Eugene Recreation Services, 541-682-5311, [www.eugene-or.gov](http://www.eugene-or.gov) → “Residents” → “Recreation” (teen oriented)
- OMSI Residential Science Camps and Adventures, 503-797-4662, [www.oms.edu/classes](http://www.oms.edu/classes) (Portland, science)
- YDay Camp, 503-327-0007, [www.ychildcare.org](http://www.ychildcare.org) (Portland)
- YMCA Camp Collins, 503-663-5813, [www.campcollins.org](http://www.campcollins.org) (Gresham)
- YMCA Camp Silver Creek & Greider, 503-399-2759, [www.salemycacadamps.com](http://www.salemycacadamps.com) (Salem)

## Suggested Camp Resources

- The Oregonian publishes a summer camp guide for the entire state. Request a “Back Copy” (\$1.50) at 503-221-8240 or visit the Summer Camp Guide on Oregon Live, [www.oregonlive.com/ospecials](http://www.oregonlive.com/ospecials)
- Metro Parent Summer Educ. Camps & Travel Guide, [www.metro-parent.com](http://www.metro-parent.com) (underserved/financial assistance)
- NW Kids “Camps and Activities,” [www.nwkids.com](http://www.nwkids.com)     ▪ Camp Safety Guide, [www.campsafetyguide.com](http://www.campsafetyguide.com)
- American Camping Association, 800-428-CAMP, [www.acacamps.org](http://www.acacamps.org)



# Summer t-i-i-i-i-me, and the livin' is easy!

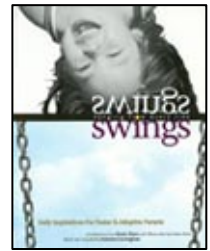


Yes, it's that time of year when the kids are home from school, "and the livin' is easy" ... for them, maybe, but what about you? In addition to all the other things on your plate, now you have the little one(s) to entertain and cater to. Fear not. It's ORPARC's friendly library to the rescue. Below are some ideas to help keep things on an even keel. Many of the titles speak for themselves.

## Taking Care of Yourself

Books

- 📖 **When Your Body Gets The Blues: The Clinically Proven Program for Women Who Feel Tired and Stressed and Eat Too Much**
- 📖 **Swings Hanging from Every Tree: Daily Inspirations for Foster & Adoptive Parents** a page for every day of the year, each page contains a quotation and a story from an adoptive or foster life or a poem or words to live by
- 📖 **The Daily Relaxer** a book to help people deal with the stress in their lives, it is comprised of tension-relieving exercises that you can learn in five minutes; audiotapes for each part, to be borrowed separately

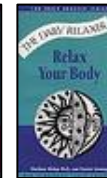
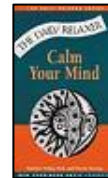


CD's

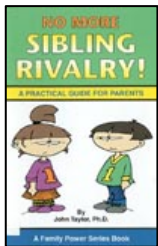
- 🎧 **Laughter and Parenting: The Importance of Laughter When Nothing Seems Funny**
- 🎧 **Parenting with Humor** Somewhere along the line, many of us who adopt find ourselves losing our sense of humor. Learn how with laughter, we can find joy in the midst of whatever life throws our way.

Audiotapes

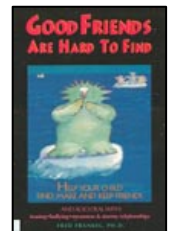
- 🎧 **Finding Inner Peace when Coping with Special Needs and Difficult Children**
- 🎧 **The Daily Relaxer: Calm Your Mind**
- 🎧 **The Daily Relaxer: Improve Your Mind**
- 🎧 **The Daily Relaxer: Refresh Your Spirit**
- 🎧 **The Daily Relaxer: Relax Your Body**
- 🎧 **The Daily Relaxer: Relieve Your Worry**
- 🎧 **Autogenics and Meditation** a 1-week program on audiotape to help you attain total relaxation, lower blood pressure, and improve health
- 🎧 **Stress Inoculation** helps one cope with stressful situations and difficult people



## Helping Kids Get Along

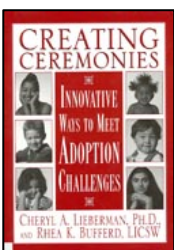


- 📖 **Siblings Without Rivalry**
- 📖 **No More Sibling Rivalry: A Practical Guide for Parents**
- 📖 **It's So Much Work to Be Your Friend: Helping the Learning Disabled Child Find Social Success (DVD)** also available as a book
- 📖 **Good Friends Are Hard to Find: Help your child find, make and keep friends**
- 📖 **101 Activities for Kids in Tight Spaces** full of fun, creative ideas to keep kids busy in "tight spaces"
- 📖 **The Out-of-Sync Child Has Fun: Activities for Kids with Sensory Integration Dysfunction**



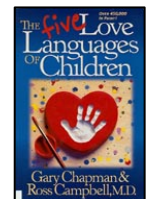
## Different and Fun Approaches

- 📖 **55 Favorite Communication Techniques: That Get Kids Talking & Thinking** For ages 3 to 10
- 📖 **Connecting with Kids through Stories: Using Narratives to Facilitate Attachment in Adopted Children**



- 📖 **Creating Ceremonies: Innovative Ways to Meet Adoption Challenges**
- 📖 **Off Road Parenting: Practical Solutions for Difficult Behavior** this book and DVD, with Stone Soup cartoons, guides the reader to positive and caring solutions with clear and simple language
- 📖 **Perspectives on a Grafted Tree: Thoughts for those touched by adoption** poetry from birth parents, adoptive parents, adoptees and other members of families expanded by adoption
- 📖 **Sacred Connections: Stories of Adoption** 24 biographical essays tell a variety of adoption stories from all points of the triad - eloquent prose, and crisp, revealing, black and white photography

- 🎧 **Songames For Sensory Integration** audiotape with booklet offers 25 therapist-created "Songames" to enhance skills while decreasing tactile, auditory, visual and sensory defensiveness in kids age 3 to 8
- 📖 **For Love of a Child: Stories of Adoption** the 19 contributors tell their own stories—all members of the triad, including a birthfather and family members—international, domestic, kinship, infant, older child, sibling group, and open adoptions
- 📖 **Designing Rituals of Adoption: For the Religious and Secular Community**
- 📖 **The Five Love Languages of Children** suggests that your child has one primary "language" with which he or she expresses love & understands it from you: physical touch, words of affirmation, quality time, gifts, and acts of service





## Support Group Summer Picnics

### Parenting Connections: The RAFT

(RELATIVE, ADOPTIVE, AND FOSTER FAMILY TEAM)

Annual Picnic at Creston Park

4476 SE Powell Boulevard, Portland, OR 97206

Saturday, August 18, 2007 ♦ 12:00 to 5:00 p.m.

✓ *Pot-luck style picnic*

✓ *Face painting, entertainment, pool*

*Last names A-M: Dessert; N-Z: Main dish*



### Jackson Co. Family Support Group

Oregon Family Support Network (OFSN)

Summer Picnic

Friday, July 27, 2007 ♦ 12:00 to 2:00 p.m.

Fichtner-Mainwaring Park in Medford, OR

*Food & entertainment provided ♦ Activities for children*

In collaboration with the Jackson County Mental Health, Southern Oregon Autism Association, OrPTI, and the Downs Syndrome Association

## New Support Groups

### Relatives as Parents Support Group

3rd Tuesday of every month ♦ 11:30 a.m. to 1:00 p.m.

Blue Mountain Community College, Room 106

311 N Columbia Street, Milton-Freewater, OR 97862

Janelle Woody, 541 938-5658 / Dee Jackson, 541-938-4925 x 238

Group is co-sponsored by Horizon Project,

Milton-Freewater Youth Services, & Umatilla DHS

### PLAYTIME at the PARC

Parents Learning About Youth: Training, Informing,

Mentoring, Encouraging (PLAYTIME)

Post-Adoption Resource Center (PARC)

Support group for Adoptive, Guardianship, and Kinship Parents

1st Thursday of each month ♦ 6:30 to 8:30 p.m.

Children's Center Conference Room

415 W 11th Street, Vancouver, WA 98660

Barbara Fullman, 360-699-2244, [barbaraf@thechildrenscenter.org](mailto:barbaraf@thechildrenscenter.org)

### Family Potluck Picnic in the Park

July 5th from 6:00-8:00 p.m. and August 2nd from 6:00-8:00 p.m.

Marshall Community Park, 1015 E McLoughlin, Vancouver, WA



Support  
Groups

For a complete statewide list of Adoptive Parent Support Groups, visit the ORPARC website at [www.orparc.org](http://www.orparc.org), → "Support Groups" and then click Quick Reference.