



Post Adoption Press

Serving families formed by adoption in Sonoma,
Lake, Mendocino and Napa Counties

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LIFEBOOKS AT PARENTS PLACE

A lifebook is the story of an adopted child's life, from birth until placement with their adoptive family. It uses words, photos, artwork and memorabilia to chronicle the critical events in their life. It is a simple, truthful story, written through a child's eyes. Lifebooks give concrete form to a child's history and their memories, helping them to understand their past, feel anchored in the present, and prepare for the future. Opportunities for making lifebooks:

Creating Your Child's Lifebook (parents only) meets once per month. Thursday mornings from 9:30 until Noon, with facilitator Barbara Joy. 7/23; 9/10; 10/8; 11/12; 12/3.

Lifebooks for Tweens. Children ages nine through twelve meet in a small group with facilitators Mary Hirsch and Barbara Joy over ten sessions to create their own book, in their words, from their perspective. Parents join the process and sometimes separate from the youth for brief "support groups" giving the kids time for their work. Beginning this Fall, **two Monday evenings per month (5:30-7:00)**. Parents must attend all ten sessions with their child.

Lifebooks for Teens. Similar to the Tween group, for youth ages 13 and over, with a parent. Beginning this Fall, **two Tuesday evenings per month (5:30-7:00)**.

Attendance by parents at one of the following introductory classes prior to registration is mandatory:

For Creating Your Child's Lifebook: **August 27, 2009 or Oct 15, 2009**

For Tween or Teen Fall classes: **August 24, 2009**

Please see back cover for more information



What's Happening at Parents Place

2009 FALL SUPPORT AND SOCIALIZATION GROUPS NOW FORMING !

Parent Support Group meets on the **3rd Wednesday** of each month from **5:30 to 7:30 pm**. This monthly support group is open to all adopted parents and offers childcare free of charge. First 30 minutes is family brown bag dinner. Facilitated by Liz Jimenez, MSW. **Summer Social August 19 at 6 pm. Potluck Picnic at Alicia Park in Rohnert Park.**

Petaluma Parent Support Group This NEW group will meet on the **1st Tuesday** of each month from **5:45 to 7:45 beginning September 1** at B'nai Israel Jewish Center, 740 Western Ave. Facilitated by Liz Jimenez, MSW.

Socialization Playgroup for Preschoolers (3-5) **Thursdays 9:30 to 11:00 am beginning September 10**. This group helps adopted preschoolers to strengthen social skills, build positive relationships, and learn to handle conflict and frustration. Facilitated by Amy McIntyre, MA with concurrent parent support group facilitated by Liz Jimenez, MSW. Limit 6 children.

Interest list now forming for the following;

Teen Socialization Group: Understanding Relationships Through Popular Media: A study of the dynamics of teen relationships with peers, family, and school, examined through such mediums as film, music, art, short story, and poetry.

Socialization Group for Young Children (6-8): Help children in the early school years develop healthy social skills.

Healing Hearts: A small six session parent support group for parents of children who have experienced severe trauma.

RSVP required for all events. To register or for more information call Liz Jimenez 707/303-1509

New Library Addition: Check it out

Attachment-Focused Parenting: Effective Strategies to Care for Children by Daniel Hughes (2009). Hughes deftly explains how to set limits, provide guidance, and manage the responsibilities and difficulties of daily life with a child, while at the same time communicating safety, fun, joy, and love to the child. "This book offers such potent support for parents. It will empower them with the knowledge and practical tools they need to develop the best possible relationship with their child." Dr. Margot Sunderland, Director of Education and Training, The Center for Child Mental Health.

2009 PAS PICNIC face painting, jolly jumping, magic and more



Community News and Events

SONOMA PARADISO PRESENTS

CREATURE FEATURES

Performed by
The Santa Rosa Symphony Orchestra

In conjunction with
Circus Center San Francisco

Narration by Marcy Smothers

Thursday July 30 @ 1 pm

Wells Fargo Center for the Arts

FREE
Tickets
Available

Please call Liz
@303-1509

Thanks to a
Donation
of 50 tickets
From

The Sonoma
Paradiso
Foundation

Sebastopol Area Multicultural Families Adoption Playgroup

Ongoing play group
For children ages 0-5
1st and 3rd Thursday of each month
4:00-5:00 PM
Pioneer Park in Sebastopol.

Are you a family formed through transracial
adoption and living in the Sebastopol area?

Contact Sarah Abbot at sarahandnickabbott@gmail.com
or Kristy Boblitt at kristy@boblitt.com for more infor-
mation about this group or suggestions for forming
others.

Parents Place Summer Workshops

Beyond Sibling Rivalry: Keeping the Peace: Dis-
cover strategies to diminish rivalry and conflict
and help siblings reclaim the joy of the closest of
human relations. With Bonnie Romanow. 7/8

Can You Hear Me Now? Communicating with
your Teen: How do we talk with our adolescent
children about difficult subjects? Learn tips for
maintaining open communication. With Tracy
Greenwald, RN, MPH. 7/15

Going with the Flow: Understanding Your Child's
Temperament: Learn how your child's inborn
temperament is expressed and how to guide his or
her challenges and strengths. With Mary Hirsch,
MFT. 8/5

Free for PAS families; call Anita to register at 571-2048

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Facilitators:

Barbara Joy is a parent educator and consultant with over thirty years of experience. She is also an adoptive mother.

Mary Hirsch is an MFT and Board Certified Registered Art Therapist with many years of experience providing services to families formed by adoptions.

To sign up or get more information, please contact Post Adoption Services Coordinator Liz Jimenez, at 303-1509. Lifebooks classes and supplies are provided **free** of charge thanks to a grant from the CA Dept. of Social Services.



Professionals working with families formed by adoption:
Please join us for an informational session on Lifebooks
Presented by Barbara Joy and Mary Hirsch
Brown Bag Lunch
August 10, 2009 Noon to 1:30

Post Adoption Services @ Parents Place (PAS) offers a variety of services for families formed by adoption. From one-to-one crisis intervention and counseling to support groups for children and parents, we have something to support you and your children. We also provide parent and professional trainings on a variety of topics throughout the year to help build skills and knowledge regarding adoption related issues. Our goal is to be here as a resource for you and your family. We have a free lending library filled with informative books on a variety of parenting, adoption and attachment issues. Our staff and clinicians are knowledgeable and caring. Parenthood and adoption can be both a joy and a challenge. PAS Coordinator Liz Jimenez, MSW can be reached at 707/303-1509

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Post Adoption Services at Parents Place
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