



Upcoming Virtual Trainings/Meetings:

Contact your therapist or Ken Summers at Ksummers@thebabyfold.org for more information about Parent Support Groups:

- ❖ **Tuesday Night Parent Support group:** provides education and support related to parenting, trauma, and self-care within the context of adoption and foster care. Meets 2x a month.
- ❖ **Tuesday Daytime group:** is similar to the group above but is offered during the day. Meets 2x a month.
- ❖ **Mom’s Support group:** Primarily focuses on support, celebrating successes and sharing/discussing challenges. Meets 1x a month.
- ❖ **Dads Sharpen Dads:** A safe place for dads to share their unique challenges, as well as education and support for each other to be their very best. Meets 1x a week.

Currently taking a break, and plans to return at a later date. Please inquire if interested in the following groups:

- ❖ **Ethnic Hair and Skin Care Parent group:** Join a supportive group of adoptive and foster parents in learning all about how to care and maintain your child’s skin and hair.
- ❖ **Single Parent Support group:** is for single caregivers who are raising a foster or adopted child. Possible topics include anxiety, stress, self-care, balance, etc.

Other Resources:

[Parenting Connections: Virtual Theraplay Parent Support Groups](#)

Join The Theraplay Clinic’s Zaya Gillogly, MSW, LCSW and Kirsten Rieck, MSW, LCSW for an opportunity to connect with other parents, share informal mutual support, and discuss parenting challenges and strategies from a Theraplay perspective.

Date: June 16, 2022

Time: 7:00 to 8:00 pm CST

TBRI Tip of the Month

"Deep down, these children want desperately to connect and succeed but don't understand how. As parents, it's our job to show them."

-- Dr. Karyn Purvis

Theraplay Nurture Groups are structured activities that develop and strengthen attachment while practicing the 4 skills for social competency—the ability to give care, the ability to receive care, the ability to negotiate needs, and the ability to be autonomous in self as well as with others. While Nurture Groups are facilitated by a therapist, the 3 rules for Nurture Groups can be helpful to use in the home, or at school.

❖ *Three Rules for Nurture Groups:*

- **Stick Together:** This means that we work together as a team, maintain close proximity, take turns, and listen respectfully while others talk.
- **No Hurts:** This rule helps to develop understanding of inside hurts (emotional) and outside hurts (physical), practice expressing hurts (needs) and giving/receiving care for them.
- **Have Fun:** It is important to disarm fear by engaging in safe, structured playfulness; remember, best learning occurs when children feel emotionally safe and are interested in the activities.



THE BABY FOLD **PARENT SUPPORT GROUP**

**1ST AND 3RD TUESDAY OF EACH MONTH
8-9PM**

EMAIL EMILY BACKODE AT EBACKODE@THEBABYFOLD.ORG OR
CARLEY JACOBI AT CJACOBI@THEBABYFOLD.ORG FOR MORE
INFORMATION

**“You cannot lead a child to a place of healing
if you do not know the way yourself.”**

-- Dr. Karyn Purvis

The Baby Fold



Open to Foster, Adoptive, and any Parents that need support surrounding behavioral, emotional, and attachment difficulties.

2nd & 4th Tuesday of the month

Location: Virtually through Microsoft Teams

Time: 12:00 – 1:00 pm

Contact **Liz Fultz** (Lfultz@thebabyfold.org or 309-531-7444)

Nicole Hrabik (nhrabik@thebabyfold.org or 309-532-1230) or

***Please email to be put on parent support group or if you need assistance with Teams.**

Dads Sharpen Dads

“As iron sharpens iron, so one man sharpens another.”

The Baby Fold

Dad’s Support Group

Monday evenings

7:00 pm—8:00 pm

Email Ken Summers at ksummers@thebabyfold.org

to sign up!

“ If we can communicate to our children,
It’s you and me against your history,

We have a strong place to begin.”

Dr. Karyn Purvis

Ethnic Hair and Skin Care Parent Group



This is a support group where parents can come together get assistance with ethnic hair care, protective styles, and referrals for hair braiding and natural hair care. This support group is open to all.

Frequency: The support group will be every Monday for 6 weeks

When: Monday, April 4, 2022 through May 9, 2022 at 7:30pm-8:30pm

Where: via Zoom. Link will be sent out one day prior to the class.

Facilitators: Carolyn Johnson cjohnson@thebabyfold.org 217-766-7297

Michelle Hooks mhooks@thebabyfold.org 309-433-6516

Contact either Carolyn or Michelle to register!



What have you done for yourself this week?

Come join us:

Single Parent Support Group

Every other Thursday 8pm – 9pm

Open group: Join when you can

Starts: October 1, 2020

Possible topics include:

Self-care, Stress, Anxiety,
Communication, Balance, Etc.

Contact us for remote group link and questions:

Brooke DeClerck

bdeclerck@thebabyfold.org

309-826-5268

