



Upcoming Virtual Trainings/Meetings:

Contact your therapist or Ken Summers at Ksummers@thebabyfold.org for more information. Client (under 18 yrs old) groups are for current ASAP clients only.

- ❖ **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 1x a week.
- ❖ **Wednesday Daytime group:** is similar to the group above but is offered during the day. Meets 2x a month.
- ❖ **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. Meets 1x a week.
- ❖ **Mom’s Support group:** Primarily focuses on support, celebrating successes and share/discuss 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.
- ❖ **Teen Group:** Tuesday evenings where teens throughout The Baby Fold services can connect to get support on personal, social, and school related issues. Meets 1x a week.
- ❖ **Transracially Adoptee Support group:** A safe space for transracially adopted kids/youth to talk about things that are not talked about, yet necessary. Topics to include, but not limited to, race, culture, identity challenges, colorism, isolation, and other important topics. Tuesdays 3-4pm (7-12yr olds), 4-5 pm (Teenagers). Meets 1x a week.
- ❖ **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. Mondays starting June 7th, 2021.

"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

TBRI Tip of the Month

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, 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.