



## Upcoming Virtual Trainings/Meetings:

Contact your therapist or Ken Summers at [Ksummers@thebabyfold.org](mailto:Ksummers@thebabyfold.org) for more information about....

### Parent Support Groups:

- ❖ **Supporting and Celebrating Neurodiversity:** A support group for caregivers of children with diagnoses such as Autism, Sensory Processing Disorder, Learning Disorders, ADHD, OCD, executive functioning difficulties, and so forth. Meets 2x a month. Open to all interested families.
- ❖ **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.
- ❖ **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.
- ❖ **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. Meets every other Tuesday starting on 11/2.

**Other Resources: CORE Teen groups** are starting up: To Register CALL: 877-800-3393 or EMAIL [DCFS.TRAINING@ILLINOIS.ORG](mailto:DCFS.TRAINING@ILLINOIS.ORG)  
 We begin with a comprehensive understanding of the effects of trauma on the brain and ongoing discussions about how to better meet the needs of youth effected by trauma, as well as meeting our needs as a caregiver

- 7 Consecutive Tuesdays from 6pm-9pm beginning January 18, 2022
- 7 Mondays from 9am-12pm beginning January 24, 2022, skipping holidays
- 7 Consecutive Mondays from 6pm-9pm beginning April 11, 2022
- 7 Consecutive Tuesdays from 1pm-4pm beginning April 12, 2022

**“Tell your children ‘you are precious,  
 you are valuable, and nobody else is  
 created like you.’”**  
 -- Dr. Karyn Purvis

## TBRI Tip of the Month

### Understanding Regulation

- “The supportive process between caring adults and children, youth, or young adults that fosters self-regulation development is called ‘co-regulation’.
- This term began as a description of adult support for infants, but is now used to describe an interactive process of regulatory support that can occur within the context of caring relationships across the lifespan.
- Co-regulation will look different at different ages as child capacity for self-regulation grows, but remains a critical resource across development” (Rosanbalm 2017).
- Click on this link to read more: [Co-Regulation From Birth Through Young Adulthood: A Practice Brief](#)

THE BABY FOLD PRESENTS

# SUPPORTING *and* CELEBRATING NEURODIVERSITY

LEARNING DISORDERS

TIC DISORDERS

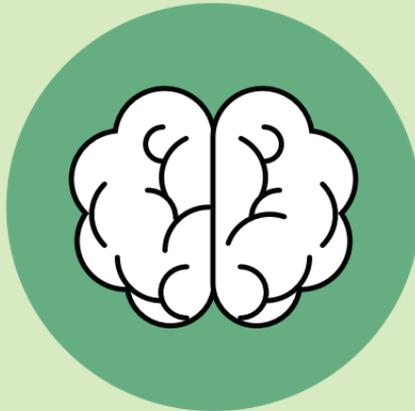
EXECUTIVE  
FUNCTIONING  
DIFFICULTIES

AUTISM

ADHD

SENSORY  
PROCESSING  
DISORDER

OCD



FETAL ALCOHOL SPECTRUM DISORDERS

A SUPPORT GROUP FOR CAREGIVERS

HELD VIA ZOOM

OPEN TO ALL INTERESTED FAMILIES

1ST AND 3RD WEDNESDAY OF EACH MONTH

STARTING OCTOBER 20TH, 2021

7 PM - 8 PM

PLEASE CONTACT MORGAN JOHNSON AT  
MJOHNSON@THEBABYFOLD.ORG OR MELISSA LEGENDRE AT  
MLEGENDRE@THEBABYFOLD.ORG FOR MORE INFORMATION

# The Baby Fold



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

**2<sup>nd</sup> & 4<sup>th</sup> Tuesday of the month**

Location: Virtually through Microsoft Teams

**Time: 12:00 – 1:00 pm**

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

**Nicole Hrabik** ([nhrabik@thebabyfold.org](mailto:nhrabik@thebabyfold.org) or 309-532-1230) or

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



## THE BABY FOLD **PARENT SUPPORT GROUP**

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**1<sup>ST</sup> AND 3<sup>RD</sup> TUESDAY OF EACH MONTH  
8-9PM**

EMAIL EMILY BACKODE AT [EBACKODE@THEBABYFOLD.ORG](mailto:EBACKODE@THEBABYFOLD.ORG) OR  
MARY ROBERDS AT [MROBERDS@THEBABYFOLD.ORG](mailto:MROBERDS@THEBABYFOLD.ORG) FOR MORE  
INFORMATION

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

**-- Dr. Karyn Purvis**

# What have you done for yourself this week?

Join us:

## Single Parent Support Group

Thursdays 8pm – 9pm

Open group: Join when you can

Topics include:

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

RSVP and Questions:

Brooke DeClerck

[bdeclerck@thebabyfold.org](mailto:bdeclerck@thebabyfold.org)

309-826-5268

Marge Parker

[mparker@thebabyfold.org](mailto:mparker@thebabyfold.org)

309-433-6536

