



Upcoming Virtual Trainings/Meetings:

Contact your therapist or Ken Summers at 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 Mondays for 6 weeks. Starting 4/4.

Other Resources:

CORE Teen groups are starting up: To Register CALL: 877-800-3393 or EMAIL 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 Mondays from 6pm-9pm beginning April 11, 2022
- 7 Consecutive Tuesdays from 1pm-4pm beginning April 12, 2022

What Happened to You? By Bruce Perry, MD, PhD and Oprah Winfrey – Click on [“Book Club guide created for Parents”](#) and download to view.

TBRI Tip of the Month

The Importance of Mindfulness

- Mindfulness Strategies involve caregivers becoming acutely aware of what thoughts, beliefs and behaviors they bring to interactions, and how those might influence ongoing relationships. A mindful adult will know his/her own emotional triggers and will possess the ability to self-regulate in order to remain “in the moment.”
- Mindful adults are often able to maintain a calm presence in order to more effectively co-regulate a child; they are also more often able to be flexible in responding to negative behaviors, and they are able to be creative in problem-solving (using authoritative rather than authoritarian parenting tactics).
- Mindfulness is possible in both securely attached adults as well as those with insecure attachment styles! Developing increased mindfulness can help lead to becoming “Earned Secure,” which means being able to tell your story with fierce honesty, but then let it go.

“At-risk adopted children may appear to be a certain age physically, but inside they are playing catch-up- emotionally, behaviorally, and developmentally.”

-- Dr. Karyn Purvis

THE BABY FOLD PRESENTS

SUPPORTING *and* CELEBRATING NEURODIVERSITY

LEARNING DISORDERS

TIC DISORDERS

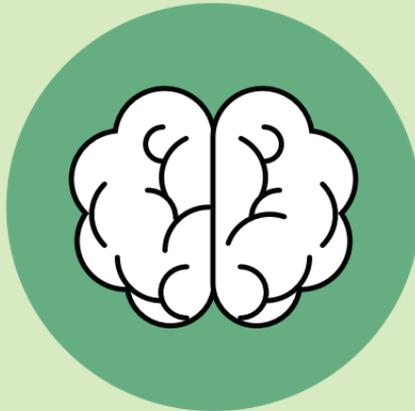
EXECUTIVE
FUNCTIONING
DIFFICULTIES

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 **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.**

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



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!

