

Family Ties Youth Group

For adoptive, kinship and foster families



Join us each month for fellowship, support, education and fun! Adoption Network Cleveland's **Family Ties Parent and Youth Group** provides adoptive, kinship and foster families with children ages 2-18 the opportunity to meet, share their experiences, and learn from each other and featured presenters.

The Parent Group, Youth Group (ages 11-18) and child activities (ages 2-10) take place concurrently. A potluck meal is served, and participating families are asked to consider bringing a side dish to share. Childcare is provided free of charge.

In addition to monthly meetings, regular social activities are also planned to help families connect with one another.



About Circle Talk

Circle Talk is an informal gathering, led by an Adoption Network Cleveland program staff, in which youth are encouraged to openly discuss timely topics that bridge their experiences and perspectives.

Meeting Dates

Family Ties meets on the second Thursday each month from 6-8 p.m. at Adoption Network Cleveland. RSVPs to Donikea at donikea.austin@adoptionnetwork.org are requested. Flip over for dates and topics.



For more information

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Family Ties Youth Group

All meetings are held at Adoption Network Cleveland, 4614 Prospect Ave., Ste. 550, Cleveland unless otherwise noted.

2019 Youth Topics

Jan. 10: Keys to the New Year Youth will have a discussion about New Year's goals and opportunities for changing behaviors. Youth will participate in a hands on activity during the group.

Feb. 14: Keep It Together (Healthy Relationships and Boundaries) Youth will gain an understanding of how to create meaningful close emotional connections to others while learning effective communication in healthy relationships. Youth will discuss how relationships differ between friends, family and others in their lives.

March 14: Pushing Buttons (Conflict Resolution) Youth will identify triggers to feelings of anger. Develop an understanding of the cycle of conflict. Identify various effective conflict resolution/mediation tools to negotiate conflict in a constructive manner.

April 11: Self Care Youth will have an open forum about everyday strategies they use for self care. Youth will be provided a space to practice some self care techniques during the group. Youth will participate in a hands on activity during the group.

May 9: True Story Youth will discuss the meaning of honesty as it relate to their life story as well as their family relationships. Youth will discuss how this impacts their relationships and ways that they can promote honesty between themselves and others.

June 13: Friends and Family Celebration Youth will celebrate their accomplishments and the end of the school year with their family and friends at a community cookout. Join us and bring those who support you to our Friends and Family Meet and Greet Cookout at Settler's Bluff Picnic Area in the Ohio & Erie Canal Way Metro Park.

July 11: Rules Youth will discuss the importance of rules and boundaries in a functioning society and home. Youth will discuss how to communicate rules and boundaries for themselves. Youth will participate in a hands on activity during the group.

Aug. 8: Pick One (Decision Making) Youth will learn how to make more positive choices through thoughtful decision making strategies. They will learn to identify emotions being actions and brainstorm various solutions to problems. Youth will learn how to reflect on past experiences and relate them to current decision making processes.

Sept. 12: What's Going On? (Social Awareness) Youth will develop an awareness of empathy skills and how they relate to continuing positive relationships with others. Youth will practice perspective taking, and develop a respect for the unique experiences of others. These skills can be applied to those in the home as well as in the community to strengthen healthy interactions with others.

Oct. 10: Self Awareness Youth will explore their own emotions, thoughts, and values and how they influence behavior. Youth will discuss self-perception versus how others perceive them and how they can reconcile these differences. Youth will identify their own strengths and limitations and practice activities that promote self-esteem.

Nov. 14: Celebrating Families! We recognize November as National Adoption Awareness Month, a month set aside to raise awareness about the lifelong journey of adoption for all involved. Youth will explore national adoption awareness month.

December: Annual Adoption Network Cleveland Holiday Party Date, Time and Location TBD