

Teens, it's time to

# get real – a group for you!

**get real** provides a safe place to talk **and food!** You will be able to meet other teens who are in foster care and **get real** with them about the way you feel about foster care and adoption. The group is co-led by a young adult who aged out or was adopted from foster care, who can share personal challenges and accomplishments with you, and a member of the Adoption Network Cleveland staff.

Meetings are held twice a month for teens, age 14 and up – at the Maple Heights Library – and includes group discussions, activities, and food. The group meets separately for females and males in permanent custody in Cuyahoga County.

**Ask your worker to bring you –  
transportation is provided back home!**

**get real:**  
**fun! food! books! prizes! games!**

## females

**First Thursday  
of the month  
4:30 to 6:30 pm**

## males

**Second Tuesday  
of the month  
4:30 to 6:30 pm**

## 2018 topics

January – New Year  
February – Relationships  
March – Communication  
April – Career Exploration  
May – Advocacy  
June – Self Esteem  
July – Supports  
August – Responsibility  
September – Coping  
October – Identity  
November – Appreciation  
December – Holiday

## Details on back

## Location:

**Maple Heights Branch**  
Cuyahoga County Public Library  
5225 Library Lane, Cleveland

## For more information:

**Contact Donikea Austin**  
Program Coordinator – Youth Services  
Adoption Network Cleveland  
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donikea.austin@  
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Facebook: Get Real Anc

# 2018 **get real** Topics



## **January 4 Girls / January 9 Boys**

### **New Year, New You**

You will reflect on the past year and create goals for the upcoming one. You will identify hopes goals and new challenges. You will be encouraged to identify how your personal strengths and challenges will contribute to achieving these goals.

## **February 1 Girls / February 13 Boys**

### **Is this Love? (Relationship/Intimacy)**

You will identify challenges in maintaining relationships, and problem solve ways of dealing with those challenges. You will gain an understanding of how to create meaningful close emotional connections to others while learning effective communication in healthy relationships.

## **March 1 Girls / March 13 Boys**

### **Talk that Talk (Communication)**

You will understand effective communication techniques and how good communication can affect feelings and relationships with family and friends while identifying bridges and barriers to good communication and practicing good communication skills.

## **April 5 Girls / April 10 Boys**

### **Get a Job (Summer Planning and Career Exploration)**

You will explore summer opportunities; including employment. You will discuss job applications, learn how to write a resume, practice your interview skills and will be provided with resources to assist you in the job search process.

## **May 3 Girls / May 8 Boys**

### **National Foster Care Month – Advocacy**

You will identify committed, caring adults whom you can rely on and trust. You will explore what it means to be an advocate for yourself. You will explore different resources like TAGyc and their GALS as a tool for self-advocacy. You will discuss the importance of advocacy and the different ways you can make an impact with your voice. You will develop an understanding of your rights as a youth in care.

## **June 7 Girls / June 12 Boys**

### **Love your Selfie (Self Esteem)**

You will understand the importance of developing high self-esteem, and resiliency. You will use various activities to encourage you to identify positive attributes and skills you possess individually and how you can contribute this to your families and society.

## **July 5 Girls / July 10 Boys**

### **The Game of Life (Supports)**

You will identify how you fit into the larger community and learn how to access community resources to help overcome obstacles you may encounter in your life as you transition from your foster home. You will be challenged to utilize critical thinking and decision-making skills as well as their strengths as they “solve” the simulated life scenarios they encounter as they navigate the game of LIFE.

## **August 2 Girls / August 14 Boys**

### **It Wasn't Me! (Responsibility)**

You will gain insight into the importance of being personally responsible for your own behaviors and actions. You will learn how changing your behaviors can change the outcomes for some situations. You will be able to identify times when you did not take responsibility and how you can change these behaviors in the future.

## **September 6 Girls / September 11 Boys**

### **In Your Feelings (Coping Skills)**

You will learn the importance of self-care to your overall wellbeing. You will learn to identify effective coping skills you can use to manage difficult feelings surrounding foster care issues such as transitioning, unexpected changes etc.

## **October 4 Girls / October 9 Boys**

### **This is Me! (Identity)**

What masks do you wear? How do you define yourself? You will identify your strengths and how you can use them to take off the “masks” you wear through communication and self-worth. You will explore how your “masks” may change depending on what situations or people you find yourself around.

## **November 1 Girls / November 13 Boys**

### **Appreciation Nation**

You will discuss the virtue of gratitude, identifying and understanding how life lessons encourage this essential character. You will create your own visual interpretation of gratitude through the use of quotes and messages.

## **December 6 Girls / December 11 Boys**

### **Traditions/Celebrations: Holiday Party**

You will identify and share your family traditions and explore how you have stayed the same or changed while you are in foster care. You will enjoy the session celebrating the season with your peers.