

Family Ties Parent 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 Parent Cafés

Parent Cafés are structured, small-group conversations that bring parents together to discuss issues that are important to them. These are essential tools used to engage parents directly in building protective factors and enhancing resiliency for families. Each Parent Café is facilitated by Adoption Network Cleveland staff, a member of the Parent Advisory Team, or a professional in the field.

Meeting Dates

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

For more information



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

2019 Parent Topics

Jan. 10: (Parent Café) Identifying Strengths and Setting Goals Through the creation of a vision board, parents will identify their goals and unique character strengths, identifying how their strengths can be utilized as experiences emerge in their family's life. Throughout the year, the vision board will serve as a reminder of the tools they have available to build positive experiences.

Feb. 14: (Parent Café) Social Media and Your Child Wondering how your kids are using social media? Join us as we discuss some tips and tools you can use to help minimize negative experiences and maximize the positive opportunities that social media has to offer. The group will also discuss the opportunity to create a private Facebook group to use for discussion and information. Bring your smartphones, iPad or tablets so that we can practice together and strengthen our social connections.

March 14: (Parent Café) Transforming Compassion Fatigue Into Satisfaction Compassion fatigue affects those who do their work well. Parents will discuss how this applies to their family life while understanding the importance of taking care of themselves so they can continue to take care of others. The group will share useful self-care tips for foster, adoptive and kinship parents.

April 11: (Parent Café) Six Types of Bullying That Every Parent Should Know and What They Can Do About It There is much more to bullying than meets the eye. Some believe that bullying only consists of physical bullying and name-calling, but when it comes to bullying there are actually several types. We will discuss the six most common types of bullying, and how you can play a key role in preventing and responding to bullying and how you can help your children keep themselves safe from bullying.

May 9: Family Health and Wellness Finding and receiving concrete support to meet your family's needs ensures that your family receives the basic necessities they need in order to grow. Join us as a panel of community support providers share their services and answer your questions.

June 13: Friends and Family Cookout The concrete support of friends and loved ones provides an invaluable resource and builds positive relationships and networks for our families. Please 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: (Parent Café) Recognizing the Success and Personal Growth of Our Children Pausing to recognize the strengths of our children and the amazing journey of their lives can build strong and secure attachments. Join us as we celebrate your child(ren) as you highlight their accomplishments this year. Prizes and gifts awarded to all who participate.

Aug. 8: Preparing for a Successful School Year What can we do to send our children off to a successful school year? We'll discuss last year's challenges, how to advocate for your child(ren), and some strategies to put in place as this school year starts. Join us and share your experiences. Our Educational Liaison will offer suggestions and a plan for continued support through the coming school year.

Sept. 12: Understanding the Adoption Journey Three adults who experienced adoption or kinship care as children will discuss their journeys through the developmental stages of their lives. They will share the "lived" realities of their life reflecting on their journey. Come be inspired and reflect on your child(ren)'s journey.

Oct. 10: What is Your Personality and Parenting Style Do our personality traits impact our interactions and relationships with our children? Join us for a discussion about personality and parenting and how we can use the Color Code personality assessment to explore this idea.

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. Join us as we celebrate your families with our annual Thanksgiving Potluck.

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