




Family Forever!
 Adoptive & KinGap Families of the North Country in
 Franklin County, St. Regis Mohawk Tribe, and Hamilton County
MARCH 2020



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2 Parenting Support Group 5-6:30pm Tupper Lake	3	4 Wee People Gym Respite 9am-12pm Saranac Lake Mental Health in Adoption Workshop 5:30-7:30pm Malone & Tupper Lake	5 Tupper Lake Support Group 5-7pm	6	7 S.T.E.P.S. w/ Marci Goodrow
8 Swimming Respite 10:30am-1pm Tupper Lake	9 Parenting Support Group 5-6:30pm Tupper Lake	10 Malone Potluck Support Group 5-7:30pm	11 Wee People Gym Respite 9am-12pm Saranac Lake	12	13	14 S.T.E.P.S. w/ Marci Goodrow
15	16 Trap a Leprechaun Family Social 5-6:30pm Malone Parenting Support Group 5-6:30pm Tupper Lake	17	18 Wee People Gym Respite 9am-12pm Saranac Lake	19	20 Game Night Respite 4-7pm Tupper Lake	21 S.T.E.P.S. w/ Marci Goodrow
22	23 Parenting Support Group 5-6:30pm Tupper Lake	24 PJ & Movie Respite 5:30-7:30pm Malone	25 Wee People Gym Respite 9am-12pm Saranac Lake	26 Saranac Lake Support Group 5-7pm	27 Gym Day Family Social 10am-1pm Malone	28 S.T.E.P.S. w/ Marci Goodrow
29	30 Parenting Support Group 5-6:30pm Tupper Lake	31				

SUPPORT GROUPS & WORKSHOPS

PARENTING SUPPORT GROUP— Join fellow caregivers for support relating to parenting on Mondays this March from 5-6:30pm at Family Matters. Child care and pizza provided. Please call Kristy to sign up.

UNDERSTANDING AND TREATING MENTAL HEALTH ISSUES OF CHILDREN AND ADOLESCENTS WHO ARE ADOPTED— CASE (Center for Adoption Support & Education) will be presenting a simulcast ZOOM parenting workshop at Families R Us & Family Matters from 5:30-7:30pm on Wednesday, 3/4. This workshop will provide an overview for understanding common mental health challenges and effective therapies used by CASE's adoption-competent therapists including play therapy, individual-family-group therapy and the use of creative arts. Dinner and childcare will be provided. Please contact Tiffany or Kristy to sign up.

TUPPER LAKE SUPPORT GROUP— Join fellow caregivers for support on Thursday, 3/5 from 5-7pm at Family Matters. Dinner and child care will be provided. Please call Kristy to register.

S.T.E.P.S. W/ MARCI GOODROW— S.T.E.P.S. (Success Through Education of Pro-social Skills) classes teaches play, coping, communication & social skills through a variety of modeling approaches, gross/fine motor play, sensory enrichment & imaginative play. S.T.E.P.S. is provided for ages 2-adult. If families are interested in enrolling, please contact Tiffany for more information.

MALONE POTLUCK SUPPORT GROUP— Join fellow caregivers for support on Tuesday, 3/10 from 5-7:30pm at Families R Us. Bring a dish to pass amongst your peers and the kiddos! Please call Tiffany to register.

SARANAC LAKE SUPPORT GROUP— Join fellow caregivers for support on Thursday, 3/26 from 5-7pm at the Saranac Lake Baptist Church at 490 Broadway. Dinner and child care will be provided. Please call Kristy to register.



Northern Franklin County and
St. Regis Mohawk Tribe:
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Families R Us
3372 SR 11, Suite B. Malone

Southern Franklin County,
Southern St. Lawrence County,
Hamilton County, and
Western Essex County:
Kristy 518-359-8167
Family Matter
40 Marion St. Tupper Lake

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RESPITES & FAMILY SOCIALS

WEE PEOPLE GYM RESPITE— Join us for some fun active play and help your littles get their wiggles out! From 9am-12pm every Wednesday in March at the Saranac Lake Baptist Church at 490 Broadway. Please call Kristy to sign up.

SWIMMING RESPITE— Come join us for a splash on Sunday, 3/8 from 10:30am-1pm. Drop off and pick up at Family Matters. Please pack a bag lunch and towel. Must call Kristy to sign up.

GAME NIGHT RESPITE— Drop the kiddos off to us at Family Matters on Friday, 3/20 from 4-7pm for a night of games! Dinner will be provided for dinner. Please call Kristy to sign up.

TRAP A LEPRECHAUN FAMILY SOCIAL— Join us at Families R Us on Tuesday, 3/16 from 5-6:30pm. We'll be building a leprechaun trap and enjoying shamrock punch! Please call Tiffany to sign up.

PJ & MOVIE RESPITE— Get your comfiest PJs on and come watch "Frozen 2" with us at Families R Us on Tuesday, 3/24 from 5:30-7:30pm. The kiddos will be creating their own subs for dinner (ingredients provided). Please call Tiffany to sign up.

GYM DAY FAMILY SOCIAL— Let the kids be kids and join us at the Malone YMCA at 326 W Main St #1751 on Friday, 3/27 from 10am-1pm to get your wiggles out! Running and playing is encouraged! Please call Tiffany to sign up.



Family Forever!
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 St. Lawrence County
MARCH 2020



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2	3	4 Mental Health in Adoption Workshop 5:30-7:30pm Massena	5	6	7 Home Depot Family Social 9am-12pm Massena
8	9	10	11	12	13 Madrid Support Group 5:30-7pm	14
15	16	17	18	19	20 Movie Respite 12-2pm Ogdensburg	21 Family FlashMob BBQ Massena
22	23	24 "Children From Hard Places and the Brain" Workshop 5:30-7:30pm Potsdam	25	26	27 Craft & Games Respite 6-9pm Massena	28
29 Potluck, Games & Cakewalk Family Social 12-2:30pm Massena	30	31				

WORKSHOPS & SUPPORT GROUPS

UNDERSTANDING AND TREATING MENTAL HEALTH ISSUES OF CHILDREN AND ADOLESCENTS WHO ARE ADOPTED

— CASE (Center for Adoption Support & Education) will be presenting a simulcast ZOOM parenting workshop at The HUB from 5:30-7:30pm on Wednesday, 3/4. This workshop will provide an overview for understanding common mental health challenges and effective therapies used by CASE's adoption-competent therapists including play therapy, individual-family-group therapy and the use of creative arts. Dinner and childcare will be provided. Please contact Loren to sign up.

MADRID SUPPORT GROUP— Join fellow caregivers for support on Friday, 3/13 to meet for a confidential and positive experience from 5:30-7pm in Madrid. Please call Loren for more information and to sign up.

"CHILDREN FROM HARD PLACES AND THE BRAIN" WORKSHOP— Join us in Potsdam on Tuesday, 3/24 from 5:30-7:30pm for this great workshop. Please call Loren for more information and to sign up.



Loren Nowak
315-854-4804
The HUB
32 A Andrews St. Massena NY

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PermanencyResourceCenter](http://www.Facebook.com/PermanencyResourceCenter)

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FAMILY SOCIALS & RESPITES

HOME DEPOT FAMILY SOCIAL— Stop in anytime between 9am and noon on Saturday, 3/7 at Home Depot at 41 Stephenville Road Massena to meet with other families as we work together to help each child create a craft. All Kids Workshop attendees must be accompanied by a parent or adult at all times. All kids get to keep their craft, receive a FREE certificate of achievement, a Workshop Apron and a commemorative pin while supplies last. PLEASE CALL or TEXT Loren to register.

MOVIE RESPITE— No school on Friday, 3/20? What are the kiddos going to be up to? Drop them off with us for a kid-friendly movie from 12-2pm in Ogdensburg. Please call or text Loren for more information and to sign up.

FAMILY FLASHMOB BBQ— Come to the Massena Fire Department on Saturday, 3/21 for the Spring is Coming Chicken BBQ! Support the fire department, get your chicken to go, and come next door to the HUB for a family social: Winner, Winner, Chicken Dinner... where we eat together and enjoy each other's company. Please call Loren for more information and to sign up.

CRAFT & GAMES RESPITE— Join us for crafts, games, and fun on Friday, 3/27 from 6-9pm at New Testament Church at 265 Andrews St. in Massena. Dinner is provided for the kiddos. You must register with New Testament Church also. PLEASE CALL or TEXT Loren to register. Be sure to check in with Loren when you arrive.

POTLUCK, GAMES & CAKEWALK FAMILY SOCIAL— Bring the family out to Massena on Sunday, 3/29 from 12-2:30pm for a potluck, board games, and cakewalk! Please call Loren for more information and to sign up.