



**Family Forever!**  
**Kinship Families of the North Country in Clinton County**  
**MARCH 2020**



<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>
<b>2</b> Plattsburgh Support Group AND Youth Group 5:15-6:45pm	<b>3</b>	<b>4</b> Mental Health in Adoption Workshop 5:30-7:30pm Plattsburgh	<b>5</b> North Country Parenting Support Group 10-11:30pm Plattsburgh	<b>6</b>	<b>7</b> Au Sable Support Group w/ Deb Dube, LCSW 10am-12pm
<b>9</b>	<b>10</b>	<b>11</b> AC Gaming for Teens 6-8pm Plattsburgh	<b>12</b> North Country Parenting Support Group 10-11:30pm Plattsburgh	<b>13</b>	<b>14</b> Female "KEYS" Program 11am-1pm Plattsburgh
<b>16</b> Plattsburgh Support Group AND Youth Group 5:15-6:45pm	<b>17</b>	<b>18</b>	<b>19</b> North Country Parenting Support Group 10-11:30pm Plattsburgh	<b>20</b>	<b>21</b> Male "KEYS" Program 11am-1pm Plattsburgh
<b>23</b>	<b>24</b>	<b>25</b> AC Gaming for Teens 6-8pm Plattsburgh	<b>26</b> North Country Parenting Support Group 10-11:30pm Plattsburgh	<b>27</b> Swim Family Social 5-7pm Plattsburgh	<b>28</b> Paint & Snack Family Social 10-12pm Plattsburgh
<b>30</b>	<b>31</b>				

## SUPPORT GROUPS, WORKSHOPS, & FAMILY SOCIALS

**PLATTSBURGH SUPPORT GROUPS**— Join kinship & adoptive families on the first and third Mondays of the month to meet for a confidential and positive experience with other caregivers from 5:15-6:45pm! PIZZA and CHILD CARE provided.

### **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 Child Care Council (194 US Oval, Plattsburgh) and the Schroon Lake Public Library (15 Leland Ave) 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 Ally or Christina to sign up.

**NORTH COUNTRY PARENTING SUPPORT GROUP**— Join our Thursday morning support group from 10-11:30am to share ideas related to parenting! This will be open to any and all North Country parents. Child care and refreshments provided.

**AU SABLE SUPPORT GROUP W/ THERAPIST DEB DUBE**— Join kinship & adoptive parents for a relaxing morning to offer support and build bonds with others. Group will be held at Deb Dube's office at 14234 NYS Route 9N, Au Sable Forks from 10am-12pm on Saturday, 3/7. Light refreshments and child care available. **Must call Christina by 3/4 to sign up if you require child care.**

**SWIM FAMILY SOCIAL**— Please join us for a swimming social with your family on Friday, 3/27 from 5-7pm at the Wellness center at 295 New York Rd. in Plattsburgh. Bring \$2 per person for admission and your swim gear, including a towel. Please call Christina or Ally to sign up.

**PAINT & SNACK FAMILY SOCIAL**— Join Ally at the Child Care Council on Saturday, 3/28 from 10am-12pm where we are going to be providing art supplies and guiding the group with step by step painting instructions. Please bring a snack to share with the group and let's have some fun! Must call Ally to sign up.

## Family Forever!

Serving Adoptive and Kinship  
Families in the North Country

Permanency Resource Centers

A Program of the  
Child Care Coordinating  
Council of the North Country



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### Follow our Facebook PAGE:

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

### Request to join our closed Facebook GROUP:

[www.Facebook.com/groups/  
FamilyForeverPRC](http://www.Facebook.com/groups/FamilyForeverPRC)

## YOUTH GROUPS & RESPITES

**YOUTH GROUP**— Youth meet on the first and third Mondays of the month from 5:15-6:45pm for some FRIENDSHIP, FUN, and PIZZA. Please call Christina or Ally to sign up.

**\*3/2:** We will be merging our **Mindful Kids** Respite with our youth group. Younger children will be welcome to join us for an evening of play, art and breathing activities designed to help them with self-regulation, encourage creative expression, and develop self-awareness through mindful play with our Deep Play for kids certified staff Juliette. While Mindful Kids meets, our Tweens and Teens will be working with **Melissa and practicing cooking in the kitchen.**

**\*3/16:** Children will join Lucy and the **Master Gardeners** to make a St. Patrick's Day craft. Our Tween and Teens will meet for a confidential experience with others going through similar situations. Come to feel inspired and empowered in a safe and friendly space.

### **AC GAMING EVENINGS FOR TEENS**—

Please join us for games on Wednesdays, 3/11 and 3/25 from 6-8pm at AC Gaming on Weed St. **No** dinner is provided; however, snacks are available for purchase. Please contact Vickie to sign up.

**"KEYS" PROGRAM**— Come find your KEYS (Kind Encouragement Youth Support) to success! Please bring a bagged lunch and join us for an uplifting message on achieving your goals. We will have games, crafts, and lots of fun. Please contact Christina or Ally to sign up. **\*\* This program is offered ONLY to our Family Forever families \*\***

**Female:** On Saturday, 3/14 from 11am-1pm.

**Male:** On Saturday, 3/21 from 11am-1pm.