



Family Forever

Adoptive & KinGap Families of the North Country in Clinton and Essex County

MARCH 2020



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

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.**

TICONDEROGA SUPPORT GROUP— Join fellow caregivers for support on Wednesday, 3/18 from 5-6:30pm at the Ticonderoga First United Methodist Church at 1045 Wicker Street. Dinner and child care will be provided. Please call Christina to sign up.

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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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.

FUN WITH FOOD RESPITE— Please join us for fun, dinner, and cooking activities on Friday, 3/6 from 4:30-7pm at the Ticonderoga First Methodist Church at 1045 Wicker Street. All children will be going home with a snack they helped to prepare. Please call Christina to sign up.

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.

LEGO RESPITE— Please join us for Lego building, crafts, and fun at the Ticonderoga Community Building at 133 Montcalm St, Ticonderoga on Friday, 3/20. We will be watching the Lego Movie and enjoying dinner and snacks. Please contact Christina to sign up.