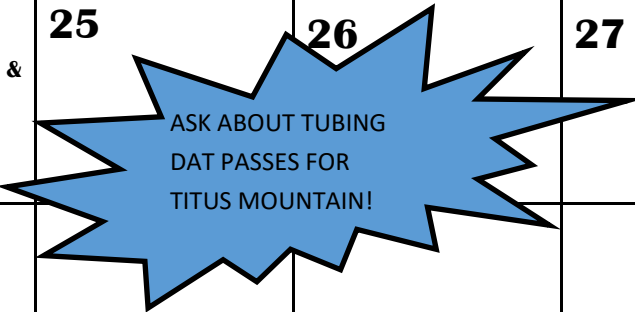




# Family Forever

Adoptive & KinGap Families of the North Country in Clinton and Essex County  
January 2021



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<p>We will be following state recommendations on in person gatherings, so stayed tuned as programs may need to be altered accordingly!</p>					<b>1</b> <b>Center Closed</b>	<b>2</b>
<b>3</b>	<b>4</b>	<b>5</b> Reframing Parenting Online 8-9:30pm	<b>6</b> Talking With Children About Adoption Webinar 8-9:30PM	<b>7</b> North Country Parenting Support Group Online 10:30am-12pm	<b>8</b>	<b>9</b>
<b>10</b>	<b>11</b>	<b>12</b> Reframing Parenting Online 8-9:30pm	<b>13</b>	<b>14</b> North Country Parenting Support Group Online 10:30am-12pm	<b>15</b>	<b>16</b>
<b>17</b>	<b>18</b> <b>Center Closed</b>	<b>19</b> Reframing Parenting Online 8-9:30pm	<b>20</b> Essex County Online Group Chat 8-9pm	<b>21</b> North Country Parenting Support Group Online 10:30am-12pm	<b>22</b> Take 5 Respite Essex County 5-7pm	<b>23</b> Fox Hill Family Social Plattsburgh 11-1pm
<b>24</b> Self-Care Workshop & Mindful Kids Plattsburgh 3-4:30pm	<b>25</b> 		<b>26</b>	<b>27</b> Keys Respite Plattsburgh 5-7pm	<b>28</b> North Country Parenting Support Group Online 10:30am-12pm	<b>29</b>
<b>30</b>	<p>MANDATORY PRE-REGISTRATION FOR <u>ALL</u> IN PERSON EVENTS THIS MONTH.</p>					<b>31</b>

## SUPPORT GROUPS

**NORTH COUNTRY PARENTING SUPPORT GROUP** Join us virtually Thursdays in January from 10:30am-12pm to share ideas related to parenting! This will be open to all North Country parents. Please sign up and provide your email address to join a fun and informative conversation!

**REFRAMING PARENTING SUPPORT GROUP**— Join us via Zoom on Tuesday January 5th, 12th, and 19th for a structured support group designed for parents raising children with adverse childhood experiences or difficult past histories. Our group will run from 8-9:30pm Each session attended earns a chance to win a prize in our drawing! Please sign up with Christina.

**ESSEX COUNTY GROUP CHAT**—Join the conversation on January 20th from 8-9pm. Contact Christina to be added to the group!

## RESPITES

**KEYS RESPITE** — Come find your KEYS (Kind Encouragement Youth Support) to success! Join us on Wednesday, 1/27/2021 from 5-7pm for crafts, age appropriate activities, and games. 194 US Oval in Plattsburgh. Masks are mandatory, snack will be provided. Must call Christina to sign up for this event.

**"Take 5" RESPITE** — We all could use a moment to relax— drop off your kiddos to spend time having fun safely socializing while playing games and making crafts. Masks are mandatory, dinner will be provided, and **spaces are limited**. Contact Christina to sign up.

***Essex County- January 22nd, 5-7pm Location TBA***



**194 US OVAL / PO  
BOX 2640  
PLATTSBURGH, NY  
12901  
518-561-4999**

**Juliette Lynch  
518-566-3468 ext.  
103**

**Christina Savage  
518-566-3472 ext.  
114**

**Ally McDonald  
518-566-3469 ext.  
111**



## FAMILY SOCIALS

**FOX HILL SLEDDING FAMILY SOCIAL CLINTON AND ESSEX**-- Shine up your sleds, dress warm, and come join us on January 23rd from 10am-12pm at 21 South Platt St Plattsburgh NY for some fun sledding! We will provide hot Cocoa and Cookies. Social Distancing required and spaces are limited. Call Christina to sign up!

**\*\*\*Titus Family Tubing\*\*\* Message our page or call your PRC Coordinator for a link to sign up for FREE anytime tubing day pass! We will be limiting these to 4 per family and asking that all enrollment paperwork be completed. Call Christina for the Sign Up Genius link!**

**\*\*\*Mt. Pisgah Tubing\*\*\* On Saturday, January 30th from 10:30AM to 1:30 AM enjoy tubing with the family! Space limited so register soon! Call Christina for the Sign Up genius link!**

## WORKSHOPS

**SELF-CARE WORKSHOP**— Join Abby St. Onge on 1/24 from 3-4:30pm at the center to learn the power of the breath, self-awareness, meditation, and yoga to take care of yourself throughout the day. You can pre-register via "Sign up Genius." Spaces are limited. Please dress comfortably. Accompanied with "Mindful kids."

**Mindful Kids** — Drop off the kiddos with Juliette from 3-4:30pm for relaxing activities such as yoga, mindfulness, and safe socializing. Masks are mandatory. Please dress comfortably. Spaces are limited, so please sign up early with Christina! Snack will be provided. Located at 194 US Oval.

**Talking With Children About Adoption** webinar, Join us for a ZOOM presentation of this informative piece from the Center for Adoption Support and Education!