

January 2020

DONATE

mnADOPT Insider

Featured this Month:

- **Who is MN ADOPT? Meet Jackie!**
- **Program Highlight: Post Search**
- **Upcoming Events: ARC Model: Changing How You See & React to Your Child's Behaviors**
- **Resource Corner: Self-Care**
- **Community Connection: NACAC**
- **Become a Buddy Family**



Who is MN ADOPT?

Check back monthly to learn a little more about us and our organization!



Meet Jackie!

What is your role at MN ADOPT?

I have recently moved to the role of Communications & Marketing Coordinator. I'm the primary person to post on our social media platforms. I help with email marketing campaigns, the MN ADOPT Insider, promoting events and trainings, website support, etc. I'm very excited about this new role!

How long have you been at MN ADOPT?

I started my position as the Education Outreach Coordinator in July 2018.

What do you like to do for fun when you are not working?

You can find me walking my dog, attempting to play the Pokemon Card game with my 9 year old son, creating art with my 6 year old daughter or reading. I run (a lot) and currently training for the Miami Marathon. I'll be heading to Japan this month for a 10 day adventure and planning this trip has taken over much of my time. :D

Program Highlight

MN ADOPT's Post Search Program



Get started



Featured Training

An Overview of the ARC Model: Changing How You See & React to Your Children's Behaviors [4-Part Series]

This 4-Part Series includes 3 webinars & 1 in-person workshop. You will hear from each of the following presenters: Nancy Binford, PhD, LP, Tom Ewald, JD, MDIV & Dinah Dale, JD. All three presenters will facilitate the in-person workshop.



**ENJOY
10% OFF**

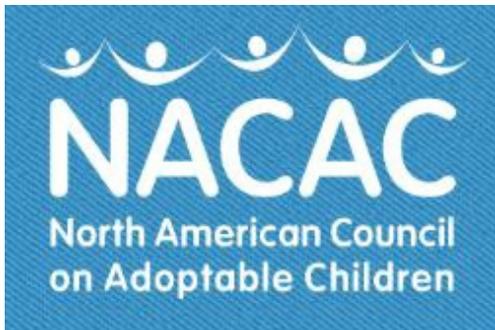
Be sure to enter code
d33c4 at checkout to save!

SAVE NOW!

Resource Corner

SELF-CARE

(Click on the pictures)



Self-Care Barriers & Basics for Foster
& Adoptive Parents, from NACAC.



Why Self-Care is Essential to
Parenting



What is Good Self-Care & Why You
Deserve It

Escape isn't Self-Care. What We
Really Need to Feel Whole & at
Peace

Community Connections



NACAC provides supports to adoptive, foster and kinship families through the following services:

Parent-to-Parent Support - Experienced adoptive, foster, and kinship parents provide emotional support, information, resources, and referrals through phone, email, and chat.

Youth Support - Activities and support groups for children and teens who are adopted or in foster or kinship care and their families.

Online Support - Private Facebook support groups for parents.

[Request to join a group](#)

Family Activities - NACAC provides financial support to local support groups to offer fun events for the entire adoptive, foster, and kinship family. It will also host a family camp in 2020 and 2022.

In-Person Support Groups - More than 30 monthly in-person support groups for adoptive, foster, and kinship families. Training for parent group leaders will also be offered.

[Calendar of NACAC Support Groups](#)

Retreats

NACAC's weekend retreats for parents provide training, support, networking opportunities, and time for self-care.

For more information, contact Ginny Blade at 651-646-5082 or ginnyblade@nacac.org

Become a Buddy Family!



Ampersand Families is looking for more Buddy Families! This is an amazing volunteer opportunity for you and your family.

Teenagers who are being adopted from foster care are amazing people. So are the parents who adopt them. It takes the help of many caring adults to provide the support teens who have experienced trauma need.

YOU can make a difference!

A Buddy Family means:

- *One-year commitment to building a personal relationship with a specific adoptive family
- *Occasional activities together as families
- *Provide a listening ear, and maybe a cup of coffee, to parents when times get tough
- *Spend a couple evenings and one weekend a month with the youth, so that everyone can have a break from the intense work of family building
- *Buddy families help adoptive parents feel community support as they do the work of parenting a youth who has experienced trauma.
- *Must participate in training and have a background study

[Learn More](#)



// CONNECT WITH US //

