

REACH

Resource · Education · Advocacy · Crisis Intervention · Hope

Aspiranet and State of California Post-Adoption Support



Hello Families,

This newsletter focuses on the topic of attachment. Attachment is a term that describes the quality of an individual's long-term emotional bond to another person. Attachment is 'person specific,' meaning that attachment bonds are unique within each relationship we have.

Sometimes our children's early attachment experiences are beyond our control; however, the good news is that it is never too late to start a new attachment story. By exposing children to consistent positive experiences, those experiences will create internal change! There is hope in healing through a consistent, attuned, and nurturing caregiver. Rituals are one way to create space designated for togetherness, to rebuild connection, and develop secure attachments. Rituals are delightful interactions and games that parents can play with children that send the message of unconditional and complete presence. Because secure attachments are created by the quality of parent-child interactions, moments of connection do not require you to carve out substantial blocks of time. Rituals that communicate, "I love you" can exist in the little moments and are reminders to children that they are loved and they matter.

We hope you find the information in this newsletter to be helpful and educational for your parenting journey. If you would like additional resources on attachment or practical skills to build attachment, please contact a REACH social worker and we will be happy to assist you.

Best,

The REACH team



We would like to take this opportunity to thank the owner of Madera's Galaxy Dance Academy, Michelle Harvey-Magana, for providing her studio for our holiday gathering. Michelle, along with her Academy members and families give back to the community in a variety of ways, including donation drives for food, socks, and books. She has classes for children ages 3 and up, including classes for children with special needs. If you would like more information, please take a look at her website [here](https://www.michelleharveydance.com).

State Spring 2023

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Your REACH Support Team

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151 E. Canal Dr.

Turlock,

Virtual Parent Education and Support Groups

Parent Education and Support Group in Madera (English)

April 27, 2023 from 11 a.m. to 1 p.m.

May 25, 2023 from 11 a.m. to 1 p.m.

June 22, 2023 from 11 a.m. to 1 p.m.

Please RSVP to Tara Soria (tsoria@aspiranet.org) for location information.

Parent Education and Support Group (Spanish)

April 26, 2023 from 9:30-11:30 a.m.

May 24, 2023 from 9:30-11:30 a.m.

June 28, 2023 from 9:30-11:30 a.m.

This group is held on Zoom. Please RSVP to Griselda Santillan Mejia (gsantillanmejia@aspiranet.org) for the Zoom link.

Parent Cafe on Zoom (English)

April 20, 2023 from 10-11:30 a.m.

May 18, 2023 from 10-11:30 a.m.

June 15, 2023 from 10-11:30 a.m.

Flyers will be emailed prior to the Parent Cafe. Please RSVP to Tara Soria (tsoria@aspiranet.org) for the Zoom link.

The Adoption Preparation Training Series is in progress!

Here are the dates for this quarter:

Module 5: Correcting Discipline - April 3, 2023

Module 6: Cultural Competency - April 10, 2023

Module 7: Birth Family - April 17, 2023

Module 8: Normative Adoption Issues/Stuck Spots - April 24, 2023

Module 9: Self Care and Supports - May 1, 2023

Register using the link [here](#).

Some groups are being held via Zoom at this time.

Flyers will be sent out prior to each group with details to join.

If you'd like to be added to the invite list, please contact us!





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www.childwelfare.ca.gov



REACH Post-Adoption Support Services

REACH offers services in Madera, Mono, Mariposa & San Benito Counties:

Monthly Educational/Support Groups – Monthly meetings where families are able to receive education/training and meet other adoptive families in the community. Please check with each respective site to learn if licensing or certification hours are provided..

Quarterly REACH Newsletter – Quarterly newsletters filled with adoption articles, local trainings, book reviews, on-line resources and more.

Educational Workshops and Trainings – A variety of workshops and trainings are made available in Madera and San Benito Counties.

REACH Library – The REACH library is open and available for book review and check outs during the monthly support groups or by appointment.

Case Management – REACH clients are provided with information, resource referral or other assistance as needed. Although Case Management Services are generally provided via telephone, special arrangements for face to face case management can be arranged.

Crisis Counseling – **Crisis intervention is available. Please contact our REACH staff for this support.**