

# REACH

*Resource • Education • Advocacy • Crisis Intervention • Hope*

*Aspiranet and State of California Post-Adoption Support*



Hello Families,

This quarter's featured topic, "**Normative Adoption Issues/Stuck Spots,**" is part of our Adoption Preparation Training series, which will launch again later this year. This topic refers to the issues and dynamics common in adoption. Often, parents and children become "stuck" while facing these challenges. Adoption is not a single event- it is a lifelong journey for both the adoptee and the adoptive family. One way to define the word "journey" is "the passage or progress from one stage to another." From the initial decision to adopt, through various stages of childhood, adolescence, and adulthood, adoption shapes and influences every aspect of an individual's life. Adoptive parents play a vital role in providing love, stability, empathy, and guidance throughout this journey.

Asking for help is essential for the well-being of both the adoptee and the adoptive family- and in no way diminishes your abilities as a parent or caregiver. It is important to acknowledge when you're feeling overwhelmed, uncertain, or in need of support. By reaching out for support, you are demonstrating your commitment to providing the best possible care for your child and yourself. **REACH understands the need for support and is now offering a monthly virtual Parent Education and Support group on Zoom.** If you are looking to connect with other adoptive parents, please consider joining. Details are included on page 5 of this newsletter.

We hope you find the information in this newsletter to be helpful and educational for your parenting journey. If you would like additional resources, or have questions, please contact a REACH social worker and one of us will be happy to assist you.

Best,

The REACH Team



## State Spring 2024

### Inside This Issue

1. Greetings
2. The Six Stuck Spots of Adoption
3. The Seven Core Issues of Adoption
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## Your REACH Support Team

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# Parent Education and Support Groups

## April

- 9 **Parent Café “Love is Not Enough: Setting Boundaries With Your Kids”**  
6:30 p.m. - 8:00 p.m.
- 24 **Grupo de Apoyo (Español)**  
9:30 a.m. - 11:30 a.m.
- 25 **Parent Education and Support Group (English)**  
11:00 a.m. - 1:00 p.m.
- 26 **Virtual Parent Education and Support Group (English) on Zoom**  
10:00 a.m. - 11:30 a.m.

## May

- 14 **Parent Café “Creating Strategies for Mentally & Physically Fit Teens”**  
6:30 p.m. - 8:00 p.m.
- 22 **Grupo de Apoyo (Español)**  
9:30 a.m. - 11:30 a.m.
- 23 **Parent Education and Support Group (English)**  
11:00 a.m. - 1:00 p.m.
- 24 **Virtual Parent Education and Support Group (English) on Zoom**  
10:00 a.m. - 11:30 a.m.

## June

- 11 **Parent Café “Be Your Own Rock!”**  
6:30 p.m. - 8:00 p.m.
- 26 **Grupo de Apoyo (Español)**  
9:30 a.m. - 11:30 a.m.
- 27 **Parent Education and Support Group (English)**  
11:00 a.m. - 1:00 p.m.
- 28 **Virtual Parent Education and Support Group (English) on Zoom**  
10:00 a.m. - 11:30 a.m.

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!

## Parent Education and Support Group (English)

**11:00 a.m. – 1:00 p.m.**

This group is open to families in Madera County who are in the process of adopting, or who have already finalized an adoption, as well as families who have guardianship. We meet on a monthly basis in Madera, to learn more about adoption related topics, make connections with other adoptive parents, and share information and resources. For more details, including the meeting location, please contact Tara Soria at 209.202.0365 or email [tsoria@aspiranet.org](mailto:tsoria@aspiranet.org).

## Parent Café

**6:30 p.m. – 8:00 p.m. via Zoom**

Parent Cafes are open to new and experienced resource and adoptive parents. The topics and conversations focus on the five protective factors, which are factors that strengthen families. Each month features a new theme of discussion! This is a structured and interactive group that is held over Zoom. Training hours can also be provided upon request. For more information, please contact Tara Soria at 209.202.0365 or [tsoria@aspiranet.org](mailto:tsoria@aspiranet.org).

## Grupo de Apoyo (Español)

**9:30 a.m. – 11:30 a.m.**

Este grupo está diseñado para padres que pronto adoptaran o ya adoptaron. Los enlaces de Zoom y los recordatorios se enviarán mensualmente. Para registrarse, comuníquese con Griselda Santillan Mejia llamando al número 209.329.7402 o mandando email a [gsantillanmejia@aspiranet.org](mailto:gsantillanmejia@aspiranet.org).

## Virtual Parent Education and Support Group (English) on Zoom

**10:00 a.m. – 11:30 a.m.**

This new group is open to families who reside in, or adopted from, the counties of Madera, Mariposa, Merced, Mono, or San Benito. We will be meeting on a monthly basis over Zoom, to learn more about adoption related topics, make connections with other adoptive parents, and share information and resources. For more details, please contact Tara Soria at 209.202.0365 or email [tsoria@aspiranet.org](mailto:tsoria@aspiranet.org).



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559.243.8200  
[www.childsworld.ca.gov](http://www.childsworld.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.