

# REACH

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

*Aspiranet and State of California Post-Adoption Support*



Happy New Year! We hope all of your goals and New Year's resolutions are accomplished this new year.

This quarter, the topic of the Winter newsletter is Birth Family. Throughout the newsletter, you can find great resources with information on topics related to adoptee's birth families. Birth families are one part of the adoption triad (child, adoptive parents and birth family) and will forever play a significant role in an adoptive child's life. An open line of communication with your adopted child about their birth family creates opportunity to shape their attitudes and expand their knowledge about their past before influences outside the family have the opportunity to do so. Conversations with children about their history can help them feel confident, secure and builds their self-esteem. Although some of our children may have difficult histories, you can address this by sharing information in a way that shows compassion for their birth family. Conversations with children should be age appropriate and can often occur when the opportunity presents itself. Sometimes the best way to, "teach a child" can be by incorporating conversations about adoption while doing every day activities. For example, while driving by an animal shelter, a conversation about adopting an animal who needs a loving home and family can lead to a conversation about children also needing a loving home and family when their birth family can no longer provide care for them. Another example may be when a child notices a pregnant woman. This is a great opportunity to speak to children about "growing in your heart vs. growing in your belly." Some children may ask questions while others may just take in the information.

To recap, it's important to keep an open and honest conversation with your child about their birth family. Use any opportunity you can to insert information about their history so that speaking about it becomes easy rather than somethings that is seen as taboo. Also, remember to keep the conversation age appropriate so as not to overwhelm the child. This allows them to feel comfortable and express their emotions. If you ever feel the need for additional support related to your child's birth family, remember that your REACH social workers are here to help!

Best,

The REACH team

## State Winter 2024

### Inside This Issue

1. Greetings
2. Maintaining Birth Family Relationships
3. Talking to Your Kids about Birth Family and Adoption
4. Book Review
5. Cultural Competency Activity
6. Support Group Calendar
7. REACH Services

## Your REACH Support Team

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# Parent Education and Support Groups

## January

- 9 Parent Café**  
Theme: “Cup of Calm”  
6:30pm – 8:00pm – ZOOM
- 24 Grupo de Apoyo (Español)**  
9:30am – 11:30am – ZOOM
- 25 Parent Education and Support Group**  
11:00am – 1:00pm

## February

- 13 Parent Café**  
Theme: “Where is the Love?”  
6:30pm – 8:00pm – ZOOM
- 28 Grupo de Apoyo (Español)**  
9:30am – 11:30am – ZOOM
- 29 Parent Education and Support Group**  
11:00am – 1:00pm

## March

- 12 Parent Café**  
Theme: “Building Bonds that Last”  
6:30pm – 8:00 pm – ZOOM
- 27 Grupo de Apoyo (Español)**  
9:30am – 11:30am – ZOOM
- 28 Parent Education and Support Group**  
11:00am – 1:00pm

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)

**11:00am – 1:00pm**

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

**6:30pm – 8:00pm 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. 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)

**9:30am – 11:30am**

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



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**Fresno Regional Office**  
1330C E. Shaw Ave., Fresno, CA 93710  
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.