

Welcome to summer and the many warm weather opportunities to get outside and play with your amazing family! One is the Vermont State Park Scavenger Hunt activity—being in nature provides so many healing and spirit strengthening opportunities. And don't forget to visit the Consortium website for more ideas <https://www.vtadoption.org/>



VERMONT CONSORTIUM for ADOPTION & GUARDIANSHIP

Support—Information—Education

Brené Brown provides us this wise and entertaining short video on empathy and the importance of being “with” those we love when they are experiencing challenges. Click on the picture to view the video and learn.



TO LOVE SOMEONE FIERCELY, TO BELIEVE IN SOMETHING WITH YOUR WHOLE HEART, TO CELEBRATE A FLEETING MOMENT IN TIME, TO FULLY ENGAGE IN A LIFE THAT DOESN'T COME WITH GUARANTEES—THESE ARE RISKS THAT INVOLVE VULNERABILITY AND OFTEN PAIN... I'M LEARNING THAT RECOGNIZING AND LEANING INTO THE DISCOMFORT OF VULNERABILITY TEACHES US HOW TO LIVE WITH JOY, GRATITUDE, AND GRACE. ❤️ BRENE BROWN

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Each year the Vermont State Parks offers so many wonderful opportunities to be in nature swimming, hiking, boating, camping, and just having fun! Their [website](#) is filled with resources and information along with great pictures that will make you want to head out to your nearest State Park right now. If you are interested in camping but have never given it a try there is a [First Time Happy Camper Program](#) which includes how to access free equipment and a couple of free nights at a campsite.



And take a look at the [Venture Vermont Outdoor Challenge](#) for both an abundance of ideas for things to do outside—not just in the State Parks—and for the challenge of working as a family to complete the “scavenger hunt” and document the activities as you go—one of your photos might just be featured on next year's Vermont State Parks website! Download the [score sheet](#) here—you have until October 15th to complete the challenge.