

SPRING NEWSLETTER 2019



In this issue....

- Lots of ideas to get your family through the stir crazy days of late winter
- Book reviews
- Families share their stories
- And so much more!

“Every winter has it’s spring”
♥ *H. Tuttle*

♥
“Spring’s greatest joy beyond a doubt is when it brings the children out.”
♥ *Edgar Guest*

To attend the biannual meeting of the Vermont Consortium for Adoption and Guardianship on April 2, 2019 in Waterbury please contact

Catherine Harris at (802) 241-0901 or catherine.harris@vermont.gov for more information.

Take heart—spring is around the corner!



Welcome to the Vermont Consortium's Spring 2019 Newsletter!

Spring still seems pretty distant and I know many of us are focusing on how to make it through the stir crazy days of late winter and early spring!

♥ Curling up on the couch for a good family read can bring everyone together so check out the book reviews for some new book ideas—you can take them out through the Consortium's library.

♥ And, knowing that this can be a tough time of year for families

Consortium members put their heads together and came up with a plethora of activities for families to try—I hope you find something that lightens up your family's days while you wait for the springtime sunshine and warmth!

♥ *Catherine Harris*



Please consider sharing some pictures of your family with the greater community of Vermont families formed through adoption or guardianship!

We want to join you in celebrating your wonderful family—playing and working together, as well as those special occasions you celebrate.

Your family pictures would add a lot to future Consortium Newsletters and to the website. Please forward them

electronically to:

vtadoption@vermont.gov

And feel free to add a few words or provide a story to accompany the pictures.



Take heart—spring is around the corner!

What's it Going to Take to Get Through Winter.....

*From Melissa Appleton, LICSW,
Post Permanency Program Manager, Lund*

Vermont winters can be hard! We all have the cooped up feeling by February. But feeling stuck inside can be especially hard for families whose children have relational and self-regulation challenges. Below are some ideas to spark movement, connection, play, and fun!



Here's a couple of ideas from the Theraplay chapter in the book, *Attachment Parenting: Developing Connections and Healing Children* (edited by Deborah Shell and Arthur Becker-Weidman):

- ♥ Play Bubble Pop with body parts: Blow a few bubbles to your child who will pop them with a finger, an elbow, a chin, knee, etc.
- ♥ Play Three-legged Walk: Stand next to your child with your sides together, facing outward. Tie a scarf around your inner legs. With your arms around each other waists, walk together to different locations around the room.
- ♥ Play Balloon Balance: Blow up a latex balloon, and balance it between the two of you with no hands, using just your chests, or foreheads, sides, backs, and so on.



- ♥ Measure your Child: This is a great way to learn about your child. Use crepe paper, adding machine paper, or Fruit Roll-ups. Measure different parts of your child: arms from shoulder to end of longest finger; hands, feet; head as though measuring a hat; ears; nose; smile. If you use Fruit Roll-Ups as your measuring tape, you can feed your child the fruit after measuring to get in some nurturing. Keep the paper strips from the Roll-Ups as a concrete reminder of the lengths of the parts you measured. These can be labeled and taped to the wall.

(continued on next page)

Take heart—spring is around the corner!

What's it Going to Take to Get Through Winter.....continued

♥ Play Partner Pull-Ups: This is good for older kids. Sit face-to-face, holding hands with knees bent and toes together. On the count of 1-2-3-Go, pull up together and don't let the other fall. You can also try sitting back-to-back, arms linked at the elbows, knees bent and feet as close to your body as possible. Push up together on cue.

♥ Play Balloon Bop: Blow up a latex balloon (they don't pop easily). Try keeping the balloon in the air by hitting it back and forth to each other, counting the number of hits. The person who lets the balloon hit the group can get something wonderful (i.e., nurturing) from the rest: a hug, wink, a high five. This is a great family game.

♥ Play Drawing on Each Other's Backs: This game is good for children who are good with writing and reading. The simplest level is for each of you to take turns drawing a shape with your finger on the other's back. More difficult is to write a letter, and even more difficult, a word on the other's back. For words, write one letter at a time. Fill the person's whole back with the shape or letter to make it easier to guess.



Other books we recommend with activity ideas that promote connection and nurturing include *Parenting the Hurt Child* (by Gregory Keck and Regina Kupecky) and *I Love You Rituals* (By Becky Bailey). You can borrow any of these books from the Consortium's Lending Library!

More Indoor Play Ideas:

- ♥ Make a blanket fort with your kids and read books by flashlight together inside
- ♥ Have a dance party
- ♥ Bake muffins or cookies and enjoy the tasty treats together
- ♥ Make and play with slime (*see the recipe on the next page*)



- ♥ Use markers or paints to make big boxes into cars, houses, trains, boats, etc.
- ♥ Create an indoor scavenger hunt
- ♥ Construct an indoor obstacle course

What activities does your family like to do when stuck inside? Send your ideas to Catherine.Harris@vermont.gov to be featured in the next Newsletter.

Take heart—spring is around the corner!

Colored Slime Recipe



Ingredients

- 1—4 fl. Oz. bottle of white school glue (like Elmer's Glue)
- 1/2 TBSP baking soda
- 1 TBSP contact lens solution
- Food Coloring (your choice)



1

Mix together entire contents of 1—4 fl. Oz. bottle of white school glue and 1/2 TBSP baking soda in a bowl.



2

Add desired amount of food coloring, then add 1 TBSP contact lens solution and mix until slime begins to form.



3

Take slime out of bowl and begin kneading with both hands. If needed, add 1/4 TBSP contact lens solution to make slime less sticky.

The **Vermont Consortium for Adoption and Guardianship** invites you to contribute to strengthening and building the adoption/guardianship communities of Vermont by joining a committee!

- ◆ **Conference Planning and Training**
 - ◆ Contribute to the design and dissemination of our “Creating Adoption Sensitive Schools” and “Talking with your Children about Adoption” trainings
- ◆ **Diversity in Adoption**
 - ◆ Contribute to the design and dissemination of our transracial/transcultural trainings and help with creating additional trainings
- ◆ **Library**
 - ◆ Assist with the usability of the library and get the word out about this amazing resource

For more information call or email Catherine Harris at (802) 241-0901 or catherine.harris@vermont.gov

Take heart—spring is around the corner!

Cooking with Children

Creating something yummy to eat with your child and then sharing it with family and friends provides opportunities to strengthen your child's:

- ♥ sense of belonging,
- ♥ their attachment (gooey fingers together in a bowl and sharing some laughter),
- ♥ their sense of mastery,
- ♥ and generosity.

Who would have thought something so simple could support so much! Here are some sweet recipes to try:

MARSHMALLOW POPCORN BALLS

- 6 tbsp. Butter
- 3 cups Tiny marshmallows
- 3 tbsp. Red gelatin (1/2 of 3 oz. package)
- 3qts. Unsalted popped popcorn

Melt butter over medium heat.
Add marshmallows and stir until melted.
Blend in gelatin.

Pour over popcorn and mix well with buttered hands or little hands in plastic baggies then form into balls.



PEANUT BUTTER RICE KRISPIES TREATS

- 1 cup White corn syrup
- 1 cup Sugar
- 1 cup Peanut butter
- 6 cups Rice Krispies

Combine corn syrup, sugar and peanut butter in a saucepan. Melt together stirring until smooth.

Add Rice Krispies and stir until well coated.

Put mixture into well greased pan.

Place a piece of waxed paper on top of the mixture and smooth it out—a great activity for little hands!

Let it cool and then cut into squares with a buttered knife or use buttered cookie cutters to create hearts, circles, bells, or whatever strikes your fancy.



Take heart—spring is around the corner!

FAMILY TRADITIONS



When thinking of family traditions, I asked myself what traditions do I want to create for my family? Which traditions did I have as a child that were important to me growing up that I wanted to pass on to my children? I recently read a mom's blog about "Heart Attacks" and loved it, and knew this would be a wonderful tradition to start in the Mackinnon household.

Starting February 1st we began a new tradition where we wrote a new message on a heart and placed it on each of our children's door. Our household takes advantage of the "Holiday of Love" coming up to tell our children what we love about them. Counting down to Valentine's day. Messages included somethings we loved about them and something special about them. Our children wake up in the morning to find a new heart on their door, they find words of affirmation and love. For 28 days a new heart would describe what makes our child special to us, the things we love about her. I love this and our children especially loved this because how often do you tell them those reasons on a daily basis? Sadly, not that often. Our children, hear "I love you" more than they'd probably like. However, we don't stop to say what specifically we love about them as frequently. We should tell our children everyday something we love about them. Tell them not just that we love them, but why. Our oldest daughter, age seven now would love checking out the hearts each morning and I would catch her going back several times during the day asking us to re-read them to her. She enthusiastically told everyone she met about the hearts on her door. I welcome you and your family to create your own Valentine tradition of "Heart Attacks" this year!

"Gratitude is the memory of the heart"

- Jean Baptiste Massieu



Happy
Valentines Day
from the
MacKinnon
Family

Take heart—spring is around the corner!

FAMILIES SHARE PICTURES FROM THEIR



The Cole Family



Limoge Children



The Blake-Orne/Orne/Ladouceur family



The Dickerson Family



ADOPTION FINALIZATION HEARING

And there's more pictures on page 11

Take heart—spring is around the corner!

VALENTINE'S

1 CUP MILK

LARGE TBSP BUTTER

1 TSP SALT

1/4 CUP SUGAR

HEAT THESE TOGETHER UNTIL BUTTER
MELTS. THEN TAKE OFF THE HEAT AND
COOL.

1 LARGE EGG

BEAT THE EGG, YEAST MIXTURE, AND THE MILK MIXTURE TOGETHER UNTIL MIXED.

3 + CUPS FLOUR

ADD TO THE LIQUIDS AND BEAT TOGETHER. ADD MORE FLOUR IF NEEDED TO
MAKE A SOFT DOUGH THAT HOLDS TOGETHER. COVER AND RISE FOR ABOUT 1
HOUR OR UNTIL DOUBLED.

PAT OR ROLL OUT DOUGH AND CUT OUT ROUNDS USING A BISCUIT
CUTTER. LAY OUT ON A BUTTERED COOKIE SHEET AND COVER WITH
A DAMP TEA TOWEL AND LET RISE FOR ABOUT 30 MINUTES—THEY
SHOULD NOT BE QUITE DOUBLED IN SIZE.

BAKE IN A 350 DEGREE OVEN FOR ABOUT 20
MINUTES OR UNTIL LIGHTLY BROWNED ON THE
BOTTOM.

WHEN COOL COVER WITH
A CONFECTIONER'S
SUGAR GLAZE AND
SPRINKLE WITH
SHREDDED COCONUT.

ROLLS

1 TBSP YEAST

1/4 CUP TEPID WATER

1 TSP SUGAR

MIX ALL TOGETHER AND LET SIT FOR 10
MINUTES UNTIL THE YEAST IS ACTIVATED.

Take heart—spring is around the corner!

MORE PICTURES FROM FAMILIES



The Mitchell Family



The Power Family



Take heart—spring is around the corner!

Practicing Gratitude and Creating Gratitude Jars

By Donna Provin, Addison County PPSP, Lund

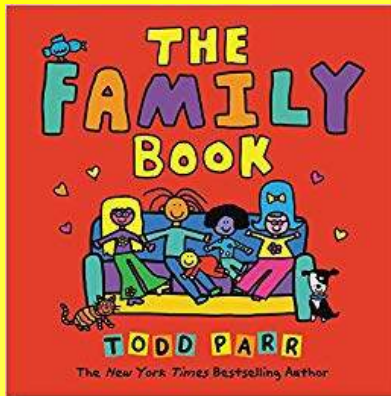


Looking for a fun, easy project to do on cold, gloomy day? Consider creating a gratitude jar! The Addison County Support Group for Adoptive and Guardianship families gathered one cold evening in December and worked together to create beautiful storage containers to store our notes of gratitude. We used sturdy glass jars (mason jars work nicely) and decorated them with stickers, pictures, ribbons, and yarn. To get started gather your materials including some scissors, tape and or/glue.

You could use other containers besides jars as well—cardboard boxes, decorative tins, etc. We then used small colored slips of paper and markers to write our notes of gratitude. These slips can be cut into fun shapes if desired—think stars, hearts, flower petals. This is a fun and easy activity for kids and adults that can have benefits beyond just enjoying the time creating the gratitude jars. There is a growing body of research on the benefits of gratitude. Studies have found that practicing gratitude can: improve sleep, lower stress, improve relationships, decrease feelings of materialism, bolster generosity, improve health, and improve grades in school and more! Gratitude isn't a cure all, but is free and easy to do. All you need to do is take a moment to think of someone or something you are grateful for. It can be as simple as feeling thankful for a sunny day (or maybe just a sunny hour!) or more complex, such as feeling grateful that your child is doing better in school this year thanks to a new teacher... You can share your gratitude, keep it private, write in a journal, write a letter of gratitude, or do what our support group did—write on pretty colored slips of paper and store it in a beautiful container that you created yourself!



Take heart—spring is around the corner!



Book Review

The Family Book, By Todd Parr

Reviewed By Jamil Moore, Friends In Adoption Intern

In this bold, yet unassuming children's book, Author Todd Parr illustrates the multitude of ways in which people may form healthy, loving families. Through the use of bold colors, simplified text, and whimsical characters, Parr reveals many types of “non-normative” families and accepting them for who they are, as well as displaying many “typical” family structures. After outlining several differences that families may have from one another, Parr reinforces similarities amongst all families, such as how they celebrate, mourn, and support one another. Truly a fun and beautiful story to teach kids a variety of ways in which families may exist.

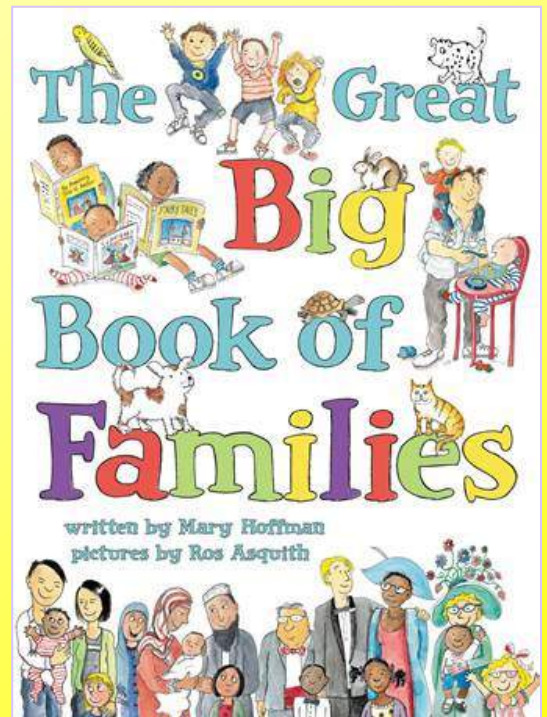
Despite some of the more glaring reviews found on the internet, this book is not wholly focused on same-sex parents. In fact, only one page is dedicated to same-sex male and female partners. The majority of depictions could be considered heteronormative, excluding the single parent families. I would argue that any Dr. Seuss story contains far more radical themes than Parr's tame picture book. However, I would advise any teaching professionals to seek permission from the parental group before bringing this literature into the classroom, in order to avoid any potential conflicts.

Book Review

The Great Big Book of Families, By Mary Hoffman

Reviewed By Gillie Hopkins, MSW, Permanency Planning Program Manager

The Great Big Book of Families, by the incredibly gifted Mary Hoffman (check out her Grace series) and illustrated by Ros Asquith, is a perennial favorite of our five year old, full of wonderful illustrations for any occasion requiring patience and/or imagination. Page after page depict all varieties of families, and so many aspects of family life. It's not often that we find picture books that tell a story inclusive of our two-household, LGBTQ, formed other than by birth, multiracial, differently aged and abled family, walking all paths of life, but this picture book wins on all fronts. In this book, my child sees families that look like her immediate, extended, and chosen family alike. That's probably why it's been a “show and share” favorite spending a full two weeks at preschool being poured over and replicated by 20 four and five year olds. Recommended for any home library, and a great gift to help friends and family provide alternative narratives to their little ones so stories of all different kinds of families become the norm.



Take heart—spring is around the corner!

VERMONT CONSORTIUM

for ADOPTION & GUARDIANSHIP

LIBRARY

The Vermont Consortium maintains an extensive library focused on providing resources for families who adopt or provide guardianship, and their children.

Topics include:

- private adoption,
- adopting through child welfare,
- kinship,
- talking with your children about adoption,
- transracial/transcultural adoptions,
- developmental trauma,
- resilience.....
- and then there are picture books for children as well as books for youth!

The library is available to Vermont parents, children, youth, and the professionals who serve them.

The library is physically located in the Vermont easterseals office, 641 Comstock Road, Berlin, VT—please call before stopping by: 802-223-4744. The library is also accessible on line at <https://vac.myturn.com> - open up your account, reserve the books you are interested in, and they will be sent to your home with a self addressed stamped envelope for you to return them to the library when they are due back.

Don't miss out on this great support!

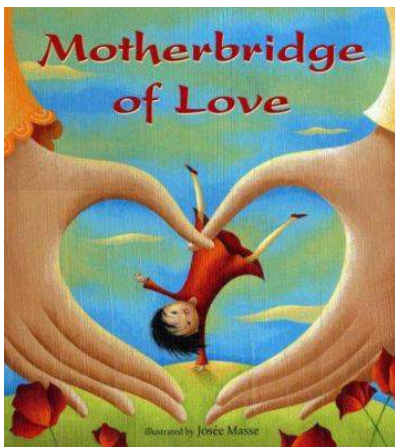


Book Review

Motherbridge of Love

By Josee Masse Reviewed By K. Donahue

Written in the format of a lyrical poem, *Motherbridge of Love* is a colorful, beautifully illustrated children's book. It is a thought provoking exploration of the synergistic nature of the very different, but profoundly important roles that both birth mothers and adoptive mothers play in the lives of their children. It gives the reader a visceral sense of the yin-yang relationship between birth mothers and adoptive mothers, empowering, yet clearly separating the significant functions of each.



Ann Clark, LICSW, from Adoption Advocates suggests a positive nursery rhythm from the book *I love your Rituals*, by Becky A Bailey.

You can find the book in the Consortium Library:

Twinkle, twinkle, little star:

What a wonderful child you are!

With bright eyes

and nice round cheeks,

Talented person from head to feet.

Twinkle, twinkle, little star,

What a wonderful child you are.



Take heart—spring is around the corner!

LUND
HOPE • OPPORTUNITY • FAMILY

peace & justice center

Talking With Kids About Racism

- A THREE PART PROGRAM -

MARCH 20, 27, & APRIL 3
6:30-8:30PM

Lund, 50 Joy Drive,
South Burlington

**A program for anyone
concerned about racism's
impact on children**

Register at PJCVT.org/events
program@pjcv.org : 802-863-2345 x9

Lissa's new album, "Thunder in my Arms", is based on her experiences as a foster and adoptive parent.

"Thunder in my Arms", is an original song cycle about family attachment, developmental trauma, and resiliency, based on her own experiences as a foster and adoptive parent, and inspired by many of the families that she has met over the past few years. She is incredibly excited about the music and the message of synchronicity and connectivity, and wants to invite you to be part of it.

While the cd isn't out yet Lissa is working towards a June 2019 release. If you have any interest in learning more about this or in helping her with this you can visit her indiegogo page at <https://www.indiegogo.com/projects/lissa-schneckenburger-s-new-cd-thunder-in-my-arms#/>

lissa schneckenburger

New England Fiddler and Folk Singer



Take heart—spring is around the corner!

VERMONT SUPPORT GROUPS FOR FAMILIES

*“The support group was my **LIFELINE** especially in the early years. My grandson and I were adjusting to a different life. I truly would never have been able to survive had it not been for the people in the support group.”*



The following Support Groups are provided by the Vermont Adoption Consortium in collaboration with Post permanence Services (From Lund, Easterseals, or NFI). Some groups are also co-sponsored by community partners or are community based support groups.

Addison County

Support Group for Adoptive and Guardianship Families held the 4th Tuesday of the month. 5:30-7:00 pm. Please contact Donna Provin for more information and for the location at (802) 343-0565 or email donnap@lundvt.org

Bellows Falls

Circle of Support for Adoptive and Guardianship Families meets the second Wednesday of each month from 6 to 8 pm at the Health Center at Bellows Falls, 1 Hospital Court. Please call Stephanie Amyot for more information (802) 735-5031

Bennington County

3rd Thursday of the month from 7 - 9 pm at the Shaftsbury Methodist Church. For more information contact: Jill C. Bouton at (413) 884-5589

Brattleboro

Support Group for Adoptive and Guardianship Parents the second Monday of the month, 6:30-8:30 pm. Please contact Danna Bare, M Ed, for more information and for the current location (802) 258-0308

Chittenden County

Chittenden County Circle of Parents Support Group for Adoptive and Guardianship Families
This group is held the LAST Tuesday of every month from 5:00-6:30pm in South Burlington.
Pre-registration is required. For more information or to RSVP, contact Katherine Boise, BSW, M.Ed at Lund at (802) 864-7467.

Self-Care Support Group for Adoptive and Guardianship Caregivers: This group meets at lunchtime one Wednesday a month at Lund (S.Burlington). It focuses on self-care activities and discussions. To get

more information or to RSVP, please call Melissa Appleton at 864-7467 or email kathleeny@lundvt.org

Franklin County

1st Thursday of every month at the Senior Center, 75 Messenger Street, or the Church on the Rock, St. Albans from 5:30-7:30 pm. Dinner and childcare provided at no cost. Please contact Nina Hill (802) 495-6187 or Monica Darrah (802) 495-6535 to RSVP or for more information.

Morrisville

Please contact Pam Montgomery, easterseals of Vermont, (802) 595-5046 for information

St Johnsbury

The Northeast Kingdom Foster and Adoptive Community meets the second Thursday of each month from 5:30-7:00 pm at the Union Baptist Church in Waterford. Please contact Barb Hash for more information (802) 473-6108

Upper Valley

Kinship Care Support Group meets the first Thursday of each month, 12:00-1:30 pm, 2458 Christian Street, Wilder, VT (next to Dothan Brook School on Route 5). For more information contact: Judith Bush, ACSW (802) 356-9393 x 2 or jbush@together.net

Transracial support Groups :

Burlington

Transracial Adoptive Families of Vermont meets up in various locations, generally in the Chittenden Country area. Please contact Jordy Baker for more information jordybaker@me.com

Montpelier

Families of Color, open to all families. Play, eat and discuss issues of adoption, race and multiculturalism. Bring snacks and games to share, and dress for the weather. Third Sundays, 3-5 p.m. Unitarian Church, 130 Main Street, Montpelier.

Alyson, 439-6096 or alyson.mahony@gmail.com

Take heart—spring is around the corner!

Vermont Foster and Adoptive Families Association Conference

***“We Are One Village.
Empowered & Resilient”***

March 22-24, 2019

Hilton Hotel, on the Burlington Waterfront



Friday Institute: Michael Trout

“Emerging From Domestic Violence, Loss & Trauma: Uncovering and Rebuilding The Early Narratives of Foster and Adopted Children”

Saturday keynote: Sara Forward

“Claiming Your Calm”

Our keynote session will explore the back and forth of caregiving and compassionate responses within families. As scientists uncover new mechanisms of co-regulation and caregiving brain responses, there is so much hope for families working with children who have lived through trauma and adversity. Hope for healing from within for children AND the adults who love them.

Explore the workshop offerings and register at:

<http://vfafaconference.org/>

Creating an Adoption Sensitive School

The Consortium for Adoption and Guardianship has trainers ready to go to your school and work with the staff to support them becoming more adoption sensitive.

This is a free 2 hour training for the schools—teachers, guidance counselors, and principals have said:

- * With this information I’m ready to change the way I interact with my students
- * Good updates on changes in language and reminders of activities
- * It was amazing and helpful!

Please consider encouraging your school to reach out and schedule a training!

All they need to do is email or call Catherine Harris at

vtadoption@vermont.gov or 802-241-0901

Take heart—spring is around the corner!



Talking With Our Children About Adoption



**How comfortable are you having these conversations?
Are you worried about the impact on your child?**

JOIN: Nancy Birge, LICSW

ON: May 15th

FROM: 6:00—8:00 pm

**AT: The Rockingham Free Public Library,
65 Westminster Street, Bellows Falls**

**Learn what's important to talk about with your
child and why**

**And practice these conversations safely and with
support so that you are ready when you go home.**

Keep an eye on www.vtadoption.com for upcoming
registration information.

Sponsored by



Take heart—spring is around the corner!

Parenting in a Transracial/Transcultural World

Saturday, **April 27, 2019**

UVM Extension Office, Brattleboro, Vermont

9:30 am – 3:30 pm



This workshop is open to all families parenting transracially and/or transculturally now, or planning to in the future.

Adoptive, guardianship, kinship, and foster families will develop an understanding of the unique challenges that accompany being a transracial/transcultural family and will expand their resources for negotiating the world of transracial/transcultural parenting.

Whether you are parenting an infant, a child, or a teenager—or planning to—this workshop will cover material that will support you to parent in a transracial/transcultural world.

While this workshop stands alone we do recommend that you also attend

Taking the Long View: Thriving as a Transracial/Transcultural Family

Sponsored By



VERMONT CONSORTIUM
for **ADOPTION & GUARDIANSHIP**

Take heart—spring is around the corner!

***Taking the Long View:
Thriving as a Transracial/Transcultural Family***

Saturday, May 18, 2019

UVM Extension Office, Brattleboro, Vermont

9:30 am – 3:30 pm

**SAVE THE
DATE!**



This workshop is open to all families parenting transracially and/or transculturally now, or planning to in the future.

Adoptive, guardianship, kinship, and foster families will develop an understanding, from the child's perspective, of what it takes to thrive as a transracial/transcultural family and develop parenting strategies needed to support their child.

Whether you are parenting an infant, a child, or a teenager—or planning to—this workshop will cover material and develop skills that will increase your confidence and help to make your family stronger.

**While this workshop stands alone we do recommend that you also attend
Parenting in a Transracial/Transcultural World**

Sponsored By



VERMONT CONSORTIUM
for **ADOPTION & GUARDIANSHIP**

Take heart—spring is around the corner!

POST PERMANENCY SERVICES FOR FAMILIES



Families formed by adoption or guardianship may need support and those needs usually change over time as children and families grow and change. Post Permanency Services address the normal issues adoptive and guardianship families face as well as more significant issues that can arise when raising a child who has experienced a traumatic start in life.

Supports offered include:

- ◆ In-home adjusted parent education, identifying strengths and challenges and developing plans that foster growth
- ◆ Consultation to treatment teams and advocacy, providing education supports within schools and collaborating with treatment teams
- ◆ Referrals to community resources
- ◆ General adoption/guardianship information
- ◆ Kinship placement support



NFI Vermont, Inc.
Providing Innovative Mental Health and Educational
Services to Vermont's Children & Families

These services are provided by a Post Permanency Service Provider meeting with the family and working with them to assess and determine what services are needed. Together a plan will be made and goals set for these services. To support the family in meeting their goals the Post Permanency provider

will be meeting with the family monthly in their home as well as attending any meetings that the family identifies—such as treatment team meetings and school meetings.

*“I would like to **thank** the Post Permanency Services staff they have been wonderful people to work with who are a wealth of knowledge and support. Whether just listening to me vent and bounce ideas off of, or to giving me advice on how to deal with difficult birth family members, or how to deal with school staff. They have given us awesome contacts to help with these struggles. Thank you all for that you do. I wouldn't know where I'd be today without you.”*

Post Permanency Services are available to families formed by adoptive and guardianship . For information regarding services in your area please contact:

**BARRE, BENNINGTON, HARTFORD,
MORRISVILLE, ST. JOHNSBURY &
RUTLAND AHS Districts**

EASTERSEALS

641 Comstock Road, Suite 1, Berlin, VT 05602
Lynn Bessette, Program Manager (802) 279-4241
lbessette@eastersealsvt.org

**BRATTLEBORO, BURLINGTON, MIDDLEBURY,
NEWPORT & SPRINGFIELD AHS Districts**

LUND

P.O. Box 4009, Burlington, VT 05401
Melissa Appleton, Supervisor (802) 864-7467 X2019 C:
782-3311 melissaa@lundvt.org

ST ALBANS AHS District

NFI, Northeast Family Institute

12 Fairfield Hill Road, St. Albans, VT 05478

Kriss Lococo, Regional Manager, (802) 524-1700 Kristenlococo@nafi.com

Take heart—spring is around the corner!