

# **VERMONT CONSORTIUM** *for* **ADOPTION & GUARDIANSHIP**

## **SUMMER NEWSLETTER 2018**



### **In this issue....**

- **The Vermont Permanency Survey**
- **Hearing from Families**
- **Library update**
- **This year's VFAPA Conference**
- **Self-Care**
- **And so much more!**

**HAPPY FOSTER CARE MONTH!!**



**Our thanks and appreciation for all of the nurturance and care that our foster/kin parents provide to the children in their care!**

**If you are interested in becoming active in the Vermont Consortium for Adoption and Guardianship please consider joining us for the October 2nd meeting from 10:00-3:00 in Burlington.**

**For more information contact Catherine Harris at (802) 241-0901 or [catherine.harris@vermont.gov](mailto:catherine.harris@vermont.gov)**

*May is National Foster Care Month—thanks to all our foster parents who help children thrive!*



## Welcome to the Vermont Consortium's Summer 2018 Newsletter!

As you may have noticed the Consortium is now sending out brief electronic monthly messages with helpful information and parenting tips—if you haven't been receiving these and would like to be included please send your email address along to me so

I can add you to our list! We are also posting these messages on our website—[www.vtadoption.org](http://www.vtadoption.org)—just as we post our quarterly newsletters which you can find under the News & Information tab!

With the warm weather it gets easier to spend time outside in the natural world—and for most people being close to nature provides opportunities for healing, calming, and rejuvenation.

Nature can provide us hope, a glance into the ability of living things to thrive—even when there are tough conditions, and a reminder that we are all part of nature and we have these same strengths as the living things around us. There is lots of research and information around the importance of children having outside time so find those opportunities to go out and play together. And what builds great family memories better than a camping trip! Vermont has wonderful camping resources throughout the state and I encourage you to go on the website—<https://vtstateparks.com/camping.html>—and see what you can find—they are pretty affordable too!

*Have a wonderful summer! Catherine Harris*



We are looking for pictures of families formed through adoption or guardianship working, playing, and celebrating together!



Please consider submitting pictures of your family to be used in future Consortium Newsletters – they can be forwarded electronically to: [vtadoption@vermont.gov](mailto:vtadoption@vermont.gov)

Thanks!!

### The Continuing Journey of Children and Families An Informational Guide for those Parenting by Adoption or Guardianship



The Team working on the Vermont Permanency Survey project, in conjunction with the Quality Improvement Center for Adoption and Guardianship Support and Preservation, is pleased to announce that

### *The Continuing Journey for Children and Families:*

### *An Informational Guide for Those Parenting by Adoption or Guardianship* is completed!

In the next 2 weeks the Guide will be distributed to families in Vermont (all those families who have an open Adoption or Guardianship Assistance Agreement and those families who adopted privately and participated in the Vermont Permanency Survey in 2017). It is already available electronically on the Vermont Consortium for Adoption and Guardianship website ([www.vtadopton.org](http://www.vtadopton.org)) along with the tips and tools that are suggested throughout the booklet.

*Please help us spread the word about this new Informational Guide!*

### *Our Continuing Thanks*

to the owners of the Berlin Comfort Inn

**Randy LaGue and Wayne Lamberton** for their generosity and continued support of the Post Permanency Program.



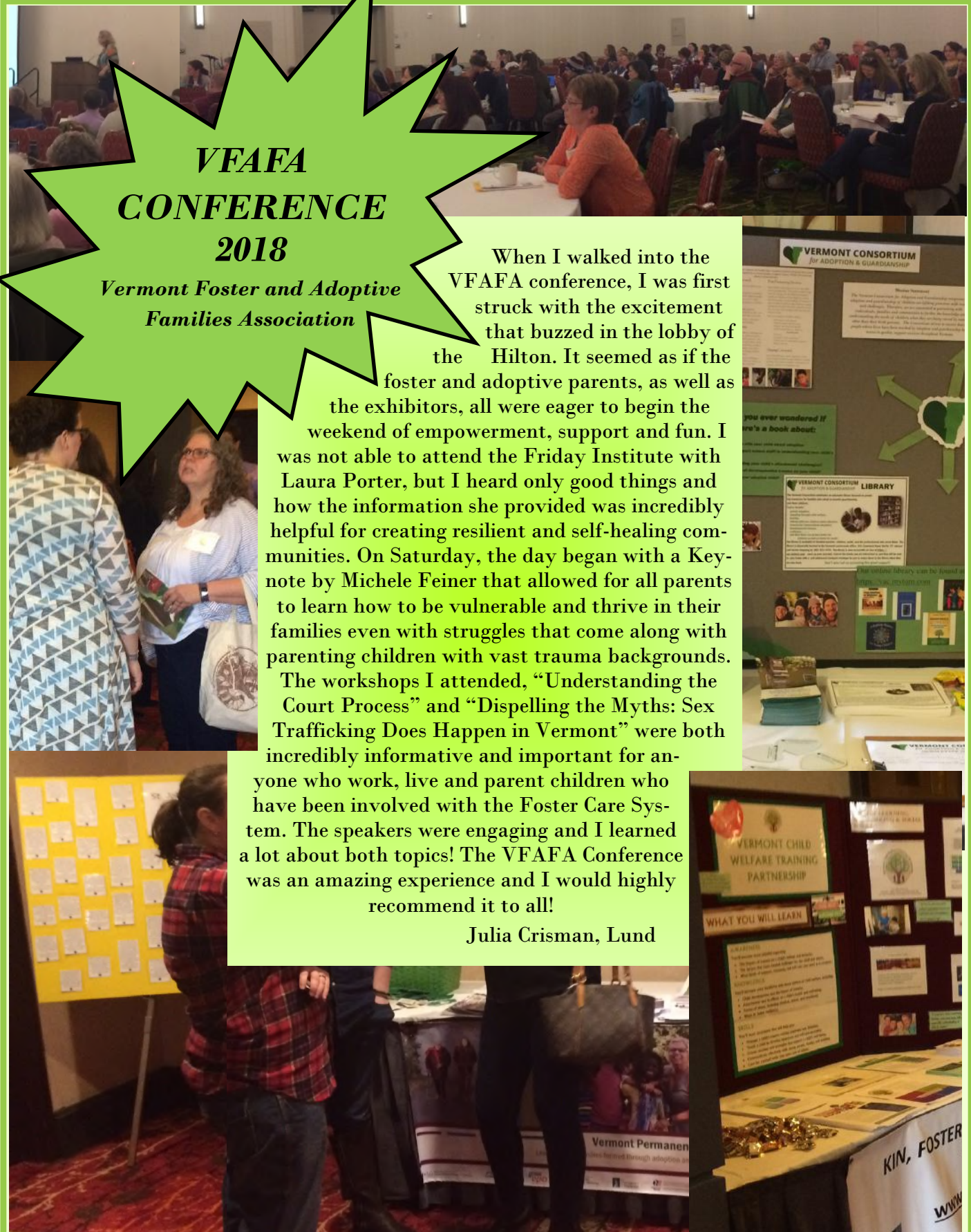
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# VFafa CONFERENCE 2018

*Vermont Foster and Adoptive  
Families Association*

When I walked into the VFafa conference, I was first struck with the excitement that buzzed in the lobby of the Hilton. It seemed as if the foster and adoptive parents, as well as the exhibitors, all were eager to begin the weekend of empowerment, support and fun. I was not able to attend the Friday Institute with Laura Porter, but I heard only good things and how the information she provided was incredibly helpful for creating resilient and self-healing communities. On Saturday, the day began with a Keynote by Michele Feiner that allowed for all parents to learn how to be vulnerable and thrive in their families even with struggles that come along with parenting children with vast trauma backgrounds. The workshops I attended, "Understanding the Court Process" and "Dispelling the Myths: Sex Trafficking Does Happen in Vermont" were both incredibly informative and important for anyone who work, live and parent children who have been involved with the Foster Care System. The speakers were engaging and I learned a lot about both topics! The VFafa Conference was an amazing experience and I would highly recommend it to all!

Julia Crisman, Lund



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Every year our family celebrates adoption day as it is a very special day in our house like a birthday. Our son came to live with us when we brought him home from the hospital at nine weeks of age. It wasn't until a year and a half later when we celebrated our adoption day. Every year we celebrate by going out to dinner (Anthony's choice of course) and then having a cake with candles representing each year since his adoption. We all talk about our memories of the day he was adopted as well as the day we first met him. The stories never get old and Anthony loves to hear about how we became the family we are today. There have been some years that we were traveling on this day but we always celebrate it.

Ruth D'Angelo



## RPC+ A Trauma-Intensive Workshop for Caregivers

A **Resource Parent Curriculum** that educates caregivers about the impact of trauma on the development, attachment, emotions and behaviors of the children in their care; **plus** guides parents in improving their relationship with their children and their ability to manage ongoing and daily challenges.

A Vermont Child Welfare Training Partnership  
Advanced Trauma Training for  
Foster, Kin and Adoptive Parents  
Part of Vermont's Placement Stability Project

**For more information, contact:**  
Amy Bielawski-Branch, MS, LCMHC  
1-802-578-0426  
[amy.bielawski-branch@uvm.edu](mailto:amy.bielawski-branch@uvm.edu)



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## ***The Vermont Permanency Survey - Update!***

The **National Quality Improvement Center for Adoption and Guardianship Support and Preservation (QIC-AG [www.qic-ag.org](http://www.qic-ag.org))** is a national project designed to promote permanency, where reunification cannot be safely achieved, and improve adoption and guardianship preservation and support. QIC-AG is built on the premise that child welfare agencies need to provide a continuum of services to increase permanency - starting when children first enter the child welfare system, and continuing after adoption or guardianship has been finalized.

QIC-AG is working with eight selected sites (states, counties, tribes) to develop a continuum of services that increase pre- and post-permanency stability for families, improve children's behavioral health, and advance the well-being of children and families. A service of the Children's Bureau, Administration for Children and Families, USDHHS, the QIC-AG was awarded to Spaulding for Children in partnership with The University of Texas at Austin, The University of Wisconsin-Milwaukee, and The University of North Carolina at Chapel Hill.

**Vermont is making progress with our intervention – The Vermont Permanency Survey. We have sent the survey to all of the families in Vermont joined by adoption and guardianship who are currently receiving an Adoption or Guardianship Assistance Agreement.** The local team (DCF's Family Services Division, Lund, and UVM) working with the project evaluators at University of Texas-Austin, are very excited to start sharing the trends we are seeing. Some highlights:

- ♦ *Approximately 77% of families surveyed stated that they would definitely adopt or assume guardianship again;*
- ♦ *approximately 82% of caregivers surveyed feel that adoption/guardianship has had a positive impact on their family;*
- ♦ *and 84% of school age children have at least one teacher who really understands their needs.*

Overall, most families formed through adoption and guardianship in Vermont are thriving! Caregivers identified many services that are helpful in their journey as a family: counseling, financial support, and post-permanency services were among the top ranked. Caregivers also voiced that respite, counseling both trauma informed and adoption informed, and child care are some of the most needed services. The survey also highlighted areas that may need some more attention and support from the System of Care Unit of Family Services. Survey results showed that there is a low rate of caregivers and children talking about the youth's history and experiences before the adoption or guardianship. The survey also showed that caregivers rated contact between biological family members (including siblings) of relatively low importance. The System of Care Unit would like to focus on providing learning opportunities and enhancing support to families around openness in adoption and talking with your child about their history and experiences.

The local team is also very excited to engage in forward thinking efforts to support families joined by Adoption and Guardianship. The System of Care team believes that early outreach to families may provide important information to those who are unsure about where to start with asking about services and supports. A plan for continued reach outs to families is being designed and will be launched within the next year.

The team also completed the development of a guide for families joined by Adoption and Guardianship. *The Continuing Journey of Children and Families: An Informational Guide* (Continued on next page)

**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
- ♦ Diversity in Adoption
- ♦ Library

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

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(Continued from previous page) *for those Parenting by Adoption and Guardianship* is complete and will be ready for distribution in late May 2018. This guide provides information regarding typical adoption and guardianship developmental stages and how trauma impacts children and families. It includes suggestions about ways to best support your child and family through these stages and to think about if and when to reach out for additional help. Links and contact information are included throughout so you can reach out if you have questions. We hope that all families will find this guide helpful throughout their journey as a family. We are planning on mailing a copy to families and the guide is now available on the Vermont Consortium for Adoption and Guardianship website ([www.vtadoption.org](http://www.vtadoption.org)).

As we enter into our final year of the project, the team will be focusing our efforts on distributing our findings. The power of knowledge is immeasurable! We hope that we will be able to see you in community meetings that we will be holding in the upcoming months. If you have suggestions about whom we should connect with in your community, please let us know! We are also designing a handout to provide to all families who participated in the survey about the findings of the survey. We look forward to continuing to share this exciting information with you!

If you have questions about the project feel free to contact Christina Shuma, Site Implementation Manager at [christinas@lundvt.org](mailto:christinas@lundvt.org) or (802) 864-7467 x2011.



## **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!*

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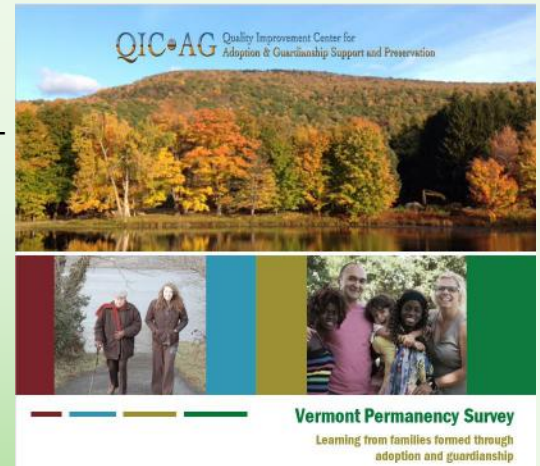
## *A Response to the Vermont Permanency Survey*

Recently, I was asked to participate in the Vermont Permanency survey. At first, I was a bit reluctant wondering if my voice would truly make a difference. I eventually ventured in; filled out the survey and found the process refreshing. The questions were poignant...they helped create perspective; a panoramic view, of the last 18 years of my life as a foster and adoptive parent. I was able to delve into some deep waters...questions that invoked honesty...and the process of reflection actually provided closure for me.

When I began this journey, my motto was to make a difference. I found a sense of purpose and fulfillment in providing care. It was a powerful time of growth and dedication. From early interventions, to doctor appointments... to evaluations and IEP meetings...the community became an important resource to me. I attended many workshops and conferences. I became a book connoisseur on reactive attachment, trauma, fetal alcohol, drug exposure, and ADHD. I learned attunement...and grew in empathy. The children had structure and safety. Our days were filled with many wonderful childhood activities. It was a busy season.

I could never have anticipated that the days ahead would grow dark and be so difficult. The years of pre-adolescence and adolescence were turbulent. There were many factors that led to what I would call disturbance. This was the enemy I never saw coming. Peace was eroded from my home and everyday was wrought with challenges. Day in and day out, I was being bombarded with lying and resistance. I tried to strategize...and reached out for help. Short term solutions were implemented; however I felt helpless and exhausted.

A trauma specialist was able to read into the situation with clarity, this brought great relief and a sense of resolve in me. He was able to confirm that my skills of attunement were viable. So with emotion raw and tears in my eyes; I realized that I was attuned...however I was suffering because I had allowed an open door in my heart and became the buffer of all the negativity. I had internalized the negativity and I got caught up in the storm...I was carrying the weight of all the unprocessed emotion. And that was the deciding moment. Revelation broke through. My empathy had become the tether to disturbance. It was not wrong of me to have empathy, however, I needed to create an empathy wall...an invisible boundary...that could commit to letting love and forgiveness out... while also allowing negativity to pass quickly through. I had to learn to not cling to disturbance, but rather to let it pass through...to let go...as fast as I could. I realized I had erred when I clung to the problems. This understanding has brought great freedom to me...to maintain sensitivity in the midst of disturbance is a great gift. To be able to model a sense of calm and response instead of being reactive has been freeing. I am able to rejuvenate my energy much quicker and stay in the moment. I am utilizing these skills and they work. The problem may not change but your focus will. Each day I am given opportunities to practice this skill and I am no longer feeling stuck. At first the challenges seemed so unfair; now I see them as valuable lessons in the art of overcoming...The children have been the teachers in the canvas of my life...the hardships have been gateways.. to mindfulness...and the skills created have led to a better way of life and for that I am thankful.



### **Vermont Kin as Parents is seeking a *Development Coordinator***

Vermont Kin As Parents (VKAP) is a non-profit agency based in Williston.

- The Development Coordinator will work to ensure sustainability for VKAP through board development, diversified funding and community and collaborative partner outreach.
- This is a Part-Time Position of 30 hours every two weeks.
- The Development Coordinator will report directly to the Board of Directors

Please send resume to VKAP President Evelyn Sawyer at [evelynsawyer@yahoo.com](mailto:evelynsawyer@yahoo.com)



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H. was placed with us as an infant, and adopted at 2 years of age, almost 19 years ago. We will also be celebrating the 10th adoption anniversary of the adoption of our 4 sibling group in June, seen here at last years Lund Picnic.



Add in 3 older birth supportive birth children and we are truly blessed to be the parents of 8 amazing children who have taken us on the adventure of a lifetime!

Bob & Roslyn

**How you can help from a day to a lifetime. . . . .** In Vermont at any given time there are over 80 youth needing forever families and even more who are needing foster homes, even within your community. As you read this you might say my house is full, I cannot possibly take one more person into my home—or we are just not ready to provide care for a child/youth. Well there are other ways to help and one of them is. . . **Recruitment!**

There are many ways for you to help recruit families for youth in foster care:

- ⇒ **Word of Mouth.** Tell everyone of the need—there isn't one community that doesn't need foster parents in Vermont. You can share this when talking with a neighbor in the grocery store, Farmer's Market, attending a Community Event or going to the Library.
- ⇒ **Host a Table Talk.** What is a Table Talk you ask? We can find a date that will work for you to host a dinner, lunch, breakfast or coffee at your home. You get to invite friends, family and community members to talk about foster care. Size isn't important—large or small will make a difference.
- ⇒ **Provide an email blast** regarding foster care and adoption to your family and friends and ask them to pass the word along to their email connections.
- ⇒ **Host the Heart Gallery.** The Heart Gallery is a traveling photo exhibit of Vermont youth waiting for their forever homes. Do you have a business, community event, church, or other location that might be willing to host one or twenty photos?

If you are interested in any of these or would like to learn more, then please do not hesitate to reach out to Heather Simmons at [heathers@lundvt.org](mailto:heathers@lundvt.org) or 802-324-0939.

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## Celebrating Foster Care

Last Wednesday, my daughters came home from the YDP conference and told me they had run into a former student of mine...who is currently in foster care. I kaleidoscoped through a tunnel of emotions upon learning this - shock, sadness, anger - and then I stopped myself. Didn't my own children benefit from foster placement and adoption? Am I not a licensed foster parent? Why the knee jerk reaction when learning that a student I'd known and cared for was placed in foster care?

The truth is, we parents who foster (and our kids who are in foster care) face a stigma that permeates society. As Emma put it to me once, "People assume that kids in foster care must have done something bad to get there." This is in many ways an unconscious stigma. It is disguised sometimes as pity, or in well-meaning comments like "They're lucky to have you," or "Well, I suppose they're better off," from friends and colleagues. If I've learned one thing from being a foster parent, it's that no child feels lucky to be in foster care. They lose everything they know, and then acquire this label ("foster kid") and the stigma that goes along with it.

This is often true for parents who foster as well. People have asked me how much money I make as a foster parent (none, it's all for the kids). They have even implied that I'm naive, that I'm being scammed by the system into looking after those whom no one wants, that I'm being "taken for a ride." We open our hearts and our homes, and still acquire the label of "foster parent" and the stigma that accompanies it.

So how do we celebrate foster care? We celebrate the brave adults with the courage to care for each of the children that comes through their doors. We celebrate the brave kids who face a world on what feels to be their own, until they recognize the parents, social workers, counselors, pastors, and teachers that buoy and guide them. We celebrate that there is a place for these children to go, free from neglect and abuse, providing conditions to help them thrive.



I'm still saddened to learn of my former student's placement, but not because of being in foster care - rather, it's because of all the reasons why someone gets put there to begin with, the grief and shock that must be felt, the newness of the label and the stigma so unfairly attached. I grieve with this child, and I celebrate the helpers whom I know will guide their path.

*Stina Robison*

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# It's Time for Radical Self-Care!

by Kathy Yanulavich, UVM MSW student and Lund Post Permanency Support Program intern

*“It is indeed a radical act of love just to sit down and be quiet for a time by yourself.” –Jon Kabat-Zinn*

Imagine taking care of yourself in all the multiple ways you take care of your children and others. Parenting requires a whole lot of giving. Shifting *your* care to the top of your priority list will allow you to feel more centered, rested and present for those you love. By finding ways to nurture ourselves we can be more positive, more often.

## Where to start?

**Appreciate yourself.** A daily practice of self-appreciation increases our capacity to accept self-love. What needs do you have that weren't met in your past? Can you start encouraging yourself that you're deeply loved and more than enough? Taking care of old, unfinished business makes it easier to find ways to take care of ourselves in the present. Understanding our own early attachment experience can increase self-awareness and make reactions in the present more understandable.

**Know yourself.** Reflecting on day to day experiences with compassion and without judgement can have a big impact on your own emotional regulation.

**Nurture yourself.** Find ways to help yourself feel better so that you don't have a meltdown. This may seem like a luxury, but it's actually a necessity. Do you need a nap? A snack? A bubble bath? A long walk? Support from a trusted friend?

**Exercise.** It really works! Moving your body is a quick way to shift your mood. You don't need a trip to the gym. Dance around the kitchen, run around with the kids at the park, call a friend and go for a long walk.

**Reframe stress.** Constant stress doesn't allow for taking care of ourselves. When you notice a stressful thought, try to reframe it. (Instead of *This kid is driving me crazy!* Try: *This kid is having a really hard time. I wonder if there's a way we can both get what we need.*). Slow down, do what matters most in your life.

There will be times when we can't give ourselves the things we need. When that happens, self-care means noticing what's happening in the moment ...*my shoulders are tight... my jaw is clenched...* . This often will shift your experience.

Self Care means building emotional resilience. Taking care of yourself is the best gift you can give your children. Don't wait. ***Make a commitment to radical Self-Care.***

There is strength in numbers. Join our Self-Care Group at Lund. We meet one Wednesday per month at Lund from noon to 1:15. Call Melissa at 864-7467X 2019 or email Kathy at [kath-leeny@lundvt.org](mailto:kath-leeny@lundvt.org) for more information and to reserve your spot.



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## Summer 2018: Powerful

- July 9-13, 2018
- July 16-20, 2018

For more information or to download the 2018 Camp application: <https://www.camp4me.org/home>

Camp will once again be held at Stowe High School—the perfect mix of wonderful outdoor space and comfortable inside space where campers can cool off or escape the rain!

**SAVE  
THE DATE!**

*Parenting Revisited:  
The Many Faces of Kinship Care*

*Embracing Our Super-  
powers Through Storytelling.*

*Susanne Schmidt is a Licensed  
Clinical Mental Health  
Counselor and master story-  
telling. The science behind  
storytelling and why it  
has the power to be an  
effective tool in all aspects of com-  
munication. How stories can change  
our lives.*



*Vermont*

*Kin*

*As*

*Parents*

*P.O. Box 415,*

*Williston, VT 05495;*

*(802) 871-5104*

*(802) 871-5109*



**September 11, 2018**

**Trader Duke's Hotel, So. Burlington, VT**

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## 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



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](mailto: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](mailto: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](mailto:Kristenlococo@nafi.com)

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## 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](mailto:donnap@lundvt.org)

### Bennington County

3rd Thursday of the month from 7 - 9 pm at the Shaftsbury Methodist Church. For more information contact: Amy Prentiss-Rogers at (802) 343-6310 or Jill C. Bouton at (802) 223-4744

### 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 one Wednesday per month from 12-1:15pm 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](mailto:kathleeny@lundvt.org)

### Franklin County

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

### Morrisville

2nd Thursday of the month, the Morrisville DCF office - 9:00—11:00 am. For information contact Karen Langdell, Easterseals of Vermont, (802) 730-6667

### Springfield

Learning Circle for Foster and Adoptive Parents meets the third Wednesday of each month from 6 to 8 pm at the Springfield Family Center—conference room, 365 Summer St, Springfield, VT 05156. Please call Danna Bare for more information (802) 258-0308

### 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](mailto:jbush@together.net)

### Other support groups of interest:

#### Burlington

A transracial playgroup was started up in the Burlington area in August. Please contact Jordy Baker for more information [jordybaker@me.com](mailto: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](mailto:alyson.mahony@gmail.com)

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