

Spring 2016 Adoption Education Series



AFTH Offers Classes Designed Especially for the Needs of Adoptive Parents

The adoption journey is lifelong, so regardless of what stage of the adoption process families are in, AFTH's goal is to strengthen families by empowerment through knowledge. The AFTH Education Series is designed to offer support through educational opportunities and discussions to help better equip adoptive parents.

REGISTER FOR CLASSES ONLINE

www.afth.org/community/courses.html

Class on the Effects of Parental Drug Use and Mental Health Disorders

The Effects of Parental Behavior Health Disorders on Children (Cherry Hill, NJ)

The class will explore the characteristics of behavioral health diagnoses including Anxiety, Depression, Schizophrenia and Bipolar Disorder. The series will also examine what the current research shows about the possible hereditary and genetic effects on children whose parents have a behavioral health disorder. The seminar will be presented by Dr. Marc Gramatges, a Clinical Psychologist who specializes in mental health disorders.

Wednesday, April 13th from 6:30-8:30pm

Register By April 4th

\$25/person or \$35/couple

Call (856) 665-5655 with questions.

Impact of Birthparent Mental Health Disorders on Adopted Children (Bethlehem, PA)

This class will explore the characteristics of mental health disorders in birth parents, including Anxiety, Depression, ADHD, Bipolar Disorder and Schizophrenia. Elizabeth Vega Casey, LPC has a background in educating adoptive parents about the impact of birth parents' mental health on children.

Monday, April 25th from 5:30-7:30pm

Register By April 18th

\$25/person or \$35/couple

Call (610) 432-2384 with questions.

Substance Abuse During Pregnancy: Understanding Short & Long Term Effects (Brooklyn, NY)

Please join us in learning about the effects of substance abuse exposure during pregnancy with Dr. Melissa Goldstein, MD from Carnegie Hill Pediatrics. Dr. Goldstein's practice is partially devoted to adoption medicine and pre-adoption medical counseling. Time will be spent reviewing the profile key and answering any questions regarding the effect of substance use and abuse on the child.

Tuesday, March 15th from 5:30-7:30pm

Register By March 7th

\$25/person or \$35/couple

Call (610) 432-2384 with questions.

Effects of Prenatal Drug & Alcohol Use (Wilmington, DE)

Please come to learn more information about effects of drugs and alcohol on the newborn. Discussion of withdraw effects and questions answered. Presenter will be Dr. Erin Meyer a Internal medicine/Pediatric hospitalist who works in the NICU (Neonatal Intensive Care unit) at Christiana Hospital.

Saturday, April 2nd from 10:00am-Noon

Register By March 25th

\$25/person or \$35/couple

Call (302) 653-8883 with questions.

Additional Topics



Child Care Classes

Infant Care Class for Adoptive Parents (Wynnewood, PA & Harrisburg, PA)

This infant care class especially for adoptive families will cover the basics of infant and child care including: newborn appearance, newborn behaviors, diapering and dressing, feeding, umbilical cord care, newborn health and safety basics, when to call your pediatrician as well as other changes that may come with new parenthood. This class is exclusively for prospective adoptive parents and allows them to learn in a non-medical environment without a focus on pregnancy and childbirth. There will plenty of time for questions at the end of the class.

Wynnewood Infant Care Class

Thursday, March 10th from 6:30-8:00pm

Register By March 1st

\$25/person or \$35/couple

Call (610) 642-7200 with any questions.

Harrisburg Infant Care Class

Monday, March 7th from 6:30-8:00pm

Register By April 29th

\$25/person or \$35/couple

Call (717) 399-7766 with questions.

For the Kids

Adoptee Pizza Party (Lancaster, PA)

This is a KIDS PIZZA PARTY! All children from ages 6 through 18 are invited to enjoy a fun evening of pizza and making new friends. It's a time to come together as young adoptees and share your experiences and connect with others who "get it". Share your thoughts and feelings about being adopted with others your age and enjoy delicious pizza as well.

**Date TBA...Late April in the Lancaster Office
\$5/child**

Contact the office today at 717-399-7766 to be added to the list to be updated when a date is selected.



Post Adoption

Post Adoption Advice for the "What If's" (Chesapeake, VA)

Come learn about what's next on your adoption journey. Whether you are already parenting or still a waiting family, it's always a great time to think about the future. We will discuss the "what if's": if your open adoption changes, if your child's birth family structure changes, if your child's perception of their own adoption ebbs and flows, and more! Come with questions and be prepared for a lively discussion.

Saturday, April 16th from 1:00-4:00pm

Register By April 8th

\$25/person or \$35/couple

Call (757) 361-0008 with questions.



The Art of College Cost Planning (Wynnewood, PA)

Presenter Ernest Chisena is a Certified Financial Planner who will provide information for parents of high school students and adult students looking to go back to school. Participants will learn about financial aid, including what it is, where it comes from, and strategies for obtaining as much aid as possible. Participants will also learn about which colleges and universities offer the most financial aid and how to choose the school with the best aid options.

Saturday, March 5th from 10:00am-Noon

Register By February 26th

\$10/person or \$15/couple

Call (610) 642-7200 with questions.

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OR visit the calendar of events at the bottom of our homepage www.afth.org