



**UNDERSTANDING
EMOTIONS AND
BEHAVIORS AROUND
THE HOLIDAY SEASON**



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HOLIDAY *Stress!*

Tips
for connecting and
communicating

The holiday season can bring up mixed emotions for adopted children and parents alike. We have provided strategies for managing expectations, handling feelings of loss or confusion, and creating new family traditions that support bonding and inclusion. Using the links provided below will help to manage handling feelings of loss or confusion, and creating new family traditions that support bonding and inclusion. These strategies include open communication about adoption-related topics, establishing rituals that respect the child's cultural heritage, and setting realistic expectations to reduce holiday stress. By fostering an atmosphere of emotional safety, adoptive families can navigate these challenges and create meaningful, lasting memories that affirm the child's sense of belonging and strengthen the family unit.

EXTRA RESOURCES

for reducing stress during the holidays

- [Reducing Stress During Winter Holidays for Adoptive Parents](#)
- [Surviving Holidays as a Foster or Adoptive Family](#)
- [How to Handle Emotional Triggers from the Holidays](#)
- [Blending Traditions: The Impact of Adoption on Holiday Celebrations](#)
- [Helping your Foster or Adopted Child Through the Holidays](#) (video)





AUTUMN

WORD SEARCH

Prepare for Autumn by finding these 23 seasonal words

-
- APPLE
 - BONFIRE
 - ACORN
 - SCARF
 - HARVEST
 - LEAVES
 - SPICE
 - DONUTS
 - PIE
 - PUMPKIN
 - ORANGE
 - TURKEY
 - FROST
 - SCARECROW
 - GOURD
 - FALL
 - CINNAMON
 - HALLOWEEN
 - AUTUMN
 - BRISK
 - CIDER
 - SWEATER
 - RAKE

H	A	R	V	E	S	T	C	F	Y	N	R	O	B
S	H	S	Y	E	C	I	D	E	R	E	E	F	R
S	A	C	P	W	I	E	K	O	T	H	T	H	I
E	L	I	P	I	E	R	E	A	N	P	A	H	S
I	L	N	A	T	U	H	E	R	F	U	R	N	K
G	O	N	K	T	M	W	D	R	I	A	T	I	U
O	W	A	P	Y	S	P	I	C	E	F	L	S	O
U	E	M	L	E	A	V	E	S	R	S	N	L	N
R	E	O	S	N	M	U	T	U	A	C	R	O	I
D	N	N	F	R	O	S	T	P	N	A	A	I	B
P	U	M	P	K	I	N	E	R	E	R	K	L	O
A	W	D	I	O	R	A	N	G	E	F	E	F	A
A	S	C	A	R	E	C	R	O	W	N	O	E	W
S	E	I	A	P	P	L	E	E	N	R	O	C	A

Word search puzzle generated using <https://thewordsearch.com>


When Behaviors Prevent School Success:

Advocating for Your Child with Emotional Or Behavioral Challenges in School

Presented by Jane Argiero

Learn how to get an effective Behavior Plan, IEP or 504 plan to meet your child's need for support.

Nov. 6, 2024
6:30 pm -
8:00 pm



Zoom link info:
<https://us06web.zoom.us/j/85912480279?pwd=w8pOpS7lxEl27YV3XkM9dIORK4Hnff.1>
 Meeting ID: 859 1248 0279
 Passcode: 105423

What are people saying about PARC?

"These people are my tribe. This support group has helped me get through so many things."

"My PARC worker helped to keep me from jumping off the ledge many times. I never felt judged, only supported."

"My experience was wonderful, our worker was a huge help to us. We truly appreciate all of the support!"

"Our PARC worker has been a true blessing to our family. Their kindred spirit helped me through a difficult time."

For a complete list of events and resources,
visit www.parc-judson.org/calendar

Mailing Address

3840 Packard Rd. Suite 170
Ann Arbor, MI

Region 5 Phone
734-794-2988

Region 6 Phone
810-732-8510

POST
ADOPTION
RESOURCE
CENTERS



MONTHLY ONLINE SUPPORT GROUPS



FABULOUS FOSTER & ADOPTIVE PARENTS

First Monday of every month
6:30 - 8:30 p.m.

To register, contact:
parc_5@judsoncenter.org
or 734-794-2988



ADOPTIVE FAMILY CONNECTIONS

First Thursday of every month
7:30 - 8:30 p.m.

To register, contact:
Somerville_Vickery@judsoncenter.org
or (810) 577-4067

