

NEWS FROM YOUR IFAPA PEER LIAISON



Hello! My name is Gwen Timmerman and I am your Peer Liaison with the Iowa Foster and Adoptive Parents Association (IFAPA). I have been involved with group and/or individual foster care services for about 15 years.

I have two adopted sons (and soon to be adopted daughter) who are the light of my life and who keep me on my toes. Throughout my foster care journey, I have encountered numerous uniquely individual children and families who have changed my life and for whom I hope I have also made a positive difference. As an adopted individual, I have first-hand experience regarding the feelings individuals have when growing up in a home where individuals are not biologically related. I also had a foster sister as a teenager who has remained "family" over the years. These unique experiences help me understand the feelings people may have from both perspectives.

My background as a Criminology and Sociology double major and my current role as a Community Liaison for a major company has given me much knowledge and experience dealing with people of all backgrounds. I have interacted with children and families of many different ethnic and religious backgrounds, mental disabilities, medical issues, multiple diagnoses, conduct issues, trauma, drug/alcohol addiction, sexual abuse, physical abuse, runaway behaviors, learning disabilities, and more.

As your Peer Liaison, my hope is that I can get to know each and every one of the foster families in the area so I can be of assistance to you when needed—to vent frustrations, find resources, problem-solve issues, locate trainings, answer policy questions, and just provide encouragement when times seem especially tough. Please know, I don't feel I have all the answers, but I do have plenty of resources to get the answers, and I will work very hard to find them for you! I am also open to learning from you along the way, as many families have a lot of knowledge and experience to offer...

Please contact me at any time. Our conversations are confidential and we can discuss any topic you need to vent about or want help with. And, let's face it, we all need that once in a while!

Gwen Timmerman



**BLACK HAWK COUNTY
SUPPORT GROUP –
SCHOOL YEAR KICK-OFF!!!**

**GRACE LUTHERAN CHURCH
1024 WEST 8TH STREET
WATERLOO**

**6:00 PM SOCIAL/FREE DINNER
6:30-8:30 PM TRAINING ON
"CONFIDENTIALITY"**

**FREE DINNER OF HOTDOGS,
CHIPS, COOKIES & BEVERAGE**

***PLEASE BRING ANY GENTLY
USED SCHOOL UNIFORMS TO
SHARE WITH THE GROUP***



AUGUST

August 22nd Ramada Hotel (205 W 4th St,
Waterloo, Corral Room):

9 a.m. to 12:15 p.m. 3 Hours
Darkness to Light (Sexual Abuse
Prevention)

1:30-4:45 p.m. 3 Hours
Communicating With Your Child Through
Play

***PLEASE ALSO CHECK THE IFAPA
WEBSITE – IFAPA.COM – FOR OTHER
TRAINING OPTIONS***

DIY Bookmarks



Supplies: #10 envelopes
scrap paper or card stock
glue stick
scissors
assorted crayons or markers
googly eyes, etc.

Beginning at the bottom left corner of the envelope, measure 2 ½" up the left-hand side of the envelope. Make a mark with a pencil. From the mark, measure 2 ½" to the right. Repeat by drawing 2 ½" down to the bottom of the envelope. You will have a 2 ½" square drawn on the bottom left corner of the envelope.

Cut out the square, making sure to cut through both layers of the envelope.

Using a ruler, draw a line from the top left corner of the square diagonally to the bottom right corner. Cut along this line, ONLY cutting the top layer of the envelope.

Now the best part--decorate! Use colored paper, markers, crayons, etc. to decorate any way you wish! Simply slide on the corner of your book page to mark your spot!

