

# NEWS FROM YOUR PEER LIAISON



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Connect with me on Facebook. Email me to find out more.

**I UNDERSTAND...  
I AM A FOSTER PARENT TOO**

IFAPA recognizes that foster parents often need the perspective of peers during the foster parenting and adoption experience.

I can provide support and assist you with questions regarding:

- Licensing requirements
- Training needs
- Respite care
- Behavior challenges
- Working with birth families
- Confidentiality issues
- And much more!



[www.ifapa.org](http://www.ifapa.org)

## Greetings, families!

I hope this finds you and yours healthy! With the holidays upon us, kids – and particularly those in care – struggle with all kinds of scary emotions.

Remember to be extra sensitive to their needs and watch for signs of stress and depression. Remember to reach out for support – to family members, friends, fellow foster/adoptive/kinship families, and of course your **IFAPA** peer liaison!

## Training Credits!

Are you in need of a couple of training credits (TWO, to be exact)? Would you like to earn those credits in a fun, supportive environment that includes FREE child care? Join me on Tuesday, November 17, for **Building Brilliant Brains Through Bonding**, a DVD training by Nancy Thomas of Families by Design in Colorado, along with her special guest Lawrence Van Bloem of the Cascade Center in Orem, Utah. This tape is filled with ideas to understand and activate the brain. It is especially geared toward children with emotional illness such as Reactive Attachment Disorder. Humor and are combined to make this film clear and compelling.

Join me from 6 to 8 p.m. at DHS River Place, 2300 Euclid Ave., in Des Moines! Come at 5:30 for some conversation and support!

# NEWS FROM YOUR IFAPA PEER LIAISON



Are you becoming a child's forever family on Adoption Saturday – Saturday, November 15? If so, I would LOVE to hear about it!

Remember to visit IFAPA's website at [www.ifapa.org](http://www.ifapa.org) for ALL KINDS of resources available to foster/adoptive/kinship families! Peruse the Foster Parent Handbook, check for upcoming events, or print off some Lifebook pages! IFAPA's website provides a WEALTH of information!

## Support Group Spotlight

Are you a kinship care provider looking for other kinship families to connect with?

Then, you may want to try Kinship Connection Network, a support group open to kinship families. Foster and adoptive parents are, of course, welcome, as well!

Regina Johnson hosts this group the third Monday of the month, from 6:30 to 8:30 p.m., at Lutheran Church of Hope, 925 Jordan Creek Parkway, West Des Moines.

**Give it a try!**