



# Support Groups

*Assisting  
families on their  
lifelong journey*

## ORPARC's Role in Assisting Adoptive/Guardian Parent Groups

The Oregon Post Adoption Resource Center (ORPARC) is interested and available to assist in the development of new adoptive parent support groups. We are available to collaborate with you to provide services to existing groups as funding allows, such as:

- a presentation about ORPARC services
- an overview of an ORPARC topical information packet
- training on a topic of interest to the group (*following page shows a sample list of available trainings*); we would also work with you to locate a suitable presenter for other topics which a group may request

### Development of adoptive parent support groups

ORPARC is prepared to undertake any of the following steps:

- In person or by phone consultation to assess interest and offer points for group start up. Help identify DHS staff and potential community partners interested in helping to form and lead groups.
- Assist group in developing plans for an initial parent group meeting.
- Develop announcements and flyers of meeting dates for the year and potential agendas for first few meetings.
- Mail out yearly schedule, and announcements/reminders prior to subsequent meetings (for the first year).
- Provide materials (manuals, articles, web sites) and phone consultation about forming and leading adoptive parent support groups.
- Assist local group leaders in obtaining meeting site, child care providers, food.
- As funding allows, attend group once or twice in the first year (to assist at initial meeting; to offer a training or to lead a discussion).
- Provide library materials and pointers to group leaders who will provide training (example: a video and discussion guide).

## ORPARC Contact Information

We look forward to talking with you about these ideas, and to working with you to start and/or strengthen parent groups.

For more information please call us at 1-800-764-8367 or 503-241-0799 (Portland metro area) or e-mail us at [orparc@nwresource.org](mailto:orparc@nwresource.org).

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## Sample Training Topics Available to Support Groups

- Adoption Awareness in the Schools
- Advocating for Your Child in School
- Collaborative Problem Solving (CPS)
- Lifestory Books: A Communication Tool
- Positive Parenting
- Preparation For Adulthood
- Relative Issues in Adoption
- Relative Issues: Grief and Loss
- Respite Care for Adoptive Families
- Stress Management/Self-Care
- Talking with Children about Adoption
- Transracial/Transcultural Issues in Adoption
- Openness in Adoption: Supporting and Maintaining Connections with Birth Family
- Supporting Sibling Relationships with the Adoptive Family
- Twenty Things Adopted Kids Wish Their Adoptive Parents Knew (Book Discussion)
- 20 Things Adoptive Parents Need to Succeed (Book Discussion)
- Long Term Success in Adoption

## Contracted Trainings

- Attachment
- FAS/FAE
- Parenting the Second Time Around
- Sensory Integration

## ORPARC trainings available in Spanish

- Reconociendo las señales del abuso de sustancias en los adolescentes (*Recognizing Signs of Substance Abuse in Teens*)
- Hablando con su hijo acerca de la adopción (*Talking with Your Child about Adoption*)
- Libro de la Vida: Una herramienta de comunicación (*Lifestory Books: A Communication Tool*)
- Plan abierto de adopción-colocación: Apoyar y mantener las conexiones con la familia biológica (*Openness in Adoption: Supporting and Maintaining Connections with Birth Family*)
- Síndrome del Alcoholismo Fetal (*Fetal Alcohol Syndrome*)

## Video Facilitated Discussions Ideas

- Internet Safety
- Grandparents as Caregivers
- Roots and Wings (Sensory Integration)
- Methamphetamine Video and Information Packet
- Struggle for Identity
- Fetal Alcohol Syndrome Disorder (“FASD”)