

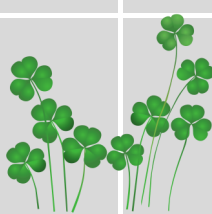
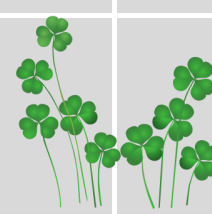
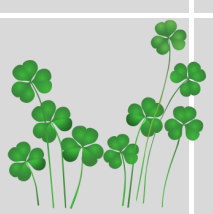
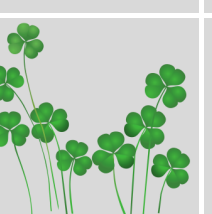


Family Forever!

Kinship Families of the North Country in Clinton County

MARCH 2019



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
						1
						2 Ausable Support Group w/ Deb Dube 10am-12pm
3	4 CENTER CLOSED IN THE MORNING Support Group AND Youth Group 5:15-6:45pm	5	6 Managing Disorganized and Impulsive Behaviors in Children 6-9pm	7	8	9
10	11 Mindfulness Retreat 5-7pm	12 Resilience: The Biology of Stress 9am-12pm	13	14	15 Gym Respite 10am-1pm	16
17 Family Drum Circle 2-4pm	18 Support Group AND Youth Group 5:15-6:45pm	19	20	21	22 Open Swim Respite 5-7pm	23
24	25 Dinner & Movie Respite 5-7:30pm	26	27 Learning Through Film Family Social 5:30-7pm	28	29	30 Ausable Support Group w/ Deb Dube 10am-12pm
31						

FAMILY SOCIALS & EDUCATIONAL WORKSHOPS

MANAGING DISORGANIZED AND IMPULSIVE BEHAVIORS IN CHILDREN— Continue the 3 part series at Session #2 Getting it Done! Systems for Motivation and Organization on Wednesday, 3/6 from 6-9pm. Child care available, dinner NOT provided. Must call Katie to sign up.

MINDFULNESS RETREAT— Chill with us on Monday, 3/11 from 5-7pm as we transform room 220 into a relaxing retreat. Join Shannon Boyea in mindfulness self-care. Please bring a towel or blanket. Child care available and will be provided opportunities to practice mindfulness activities as well! Dinner will NOT be provided. Please call Katie to sign up.

RESILIENCE: THE BIOLOGY OF STRESS— Join Christy Bezruczyk and Ann Fraser for a movie presentation and discussion about the effects of early childhood trauma on children. Come and learn how you can be part of the movement to help prevent toxic stress in children on Tuesday, 3/12 from 9am-12pm at the Child Care Council. Must call Katie or Courtney at 518-561-4999 to sign up.

FAMILY DRUM CIRCLE— The Ready Set Grow! Committee presents a Family Drum Circle event with Michael Fitzsimmons on 3/17 from 2-4pm. Families are invited to make their own drums and participate in a group drumming event. It will be at the Center for Wellness building BHSN 22 B Morrisonville out by the fair grounds. Drumming has many physical benefits such as helping with relaxation, producing feelings of well-being, and stress reduction. Community Drum Circles help participants to feel connected and supported. Celebrate and connect with other North Country Families at this special event!

LEARNING THROUGH FILM FAMILY SOCIAL— This month we will learn about Bravery and Courage, with Merida from the movie Brave. We will make a protective shield with words that make us feel strong, and practice our strong Warrior poses, and practice energetic breathing. Come and join your kids at the Child Care Council on Wednesday, 3/27 from 5:30-7pm with dinner provided. Please call Katie to sign up.

Family Forever!

Serving Adoptive and Kinship
Families in the North Country

Permanency Resource Centers

A Program of the
Child Care Coordinating
Council of the North Country



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RESPITES, YOUTH GROUPS, & SUPPORT GROUPS

AUSABLE SUPPORT GROUP W/ THERAPIST, DEB DUBE— Join kinship & adoptive parents for relaxing morning to offer support and build bonds with others. Groups will be held on Saturdays every 4 weeks at Deb Dube's office at 14234 NYS Route 9N, Au Sable Forks from 10am-12pm. March dates include: 3/2 and 3/30.

MONDAY EVENING SUPPORT GROUPS— Join kinship & adoptive families on the first and third Mondays of the month to meet for a confidential and positive experience with other caregivers at the Child Care Council from 5:15-6:45pm! PIZZA and CHILD CARE provided.

YOUTH GROUP— Youth meet on the first and fourth Mondays of the month from 5:15-6:45pm for some FRIENDSHIP, FUN, and PIZZA. Please call Katie to sign up. **3/4:** The Master Gardeners. **3/18:** Caricaturist, Joe Ferris

GYM RESPITE — Drop the kiddos off with us at the Plattsburgh City Rec Department at 52 US Oval on Friday, 3/15 from 10am-1pm to burn some energy. Please bring a water bottle, bagged lunch, and call Katie to sign up.

OPEN SWIM RESPITE— Take a dip with us on Friday, 3/22 from 5-7pm at the Wellness Center's Open Swim Night! Located at 295 New York Road in Plattsburgh. NO DINNER provided. Please bring \$2 per child and must call Katie to sign up.

DINNER & MOVIE RESPITE — Come on Monday, 3/25 from 5-7:30pm to share a spaghetti dinner with us before watching a movie with popcorn! Must call Katie to sign up.