

Caregiver Support

For Adoptive, Kinship, Guardianship and Foster Parents

The Placing Agency you used does not matter. Private agency and DCYF families are welcome.

- Do you ever feel alone, not knowing whom you can talk to about the concerns a child with trauma history can bring to the family? Do you care for a relative child, but are overwhelmed by their issues?
- Do you have experience as a caregiver or adoptive parent and want to support others? *Are you new to this and want to hear from those with experience and ask direct or hard questions?*
- Did you adopt a child years ago, but are now struggling with new parenting challenges?
- Do you want to learn how to support the youth in your home as they grow?

Join us to learn and laugh about the joys and challenges of parenting these unique kids!

NO COST to attend!
Group sponsored by Coordinated Care.

WHEN: The 2nd and 4th Thursday of each month

TIME: 6:00pm – 7:30pm

Location: (Zoom platform) click link below to join at start of group:

<https://centene.zoom.us/j/93339639459?pwd=OCtNMlllY1pZNWRvZ0Zld0tHM3ZVdz09>

This group is facilitated by Zia Freeman, MA, LMHC, Community Educator for Coordinated Care. She has many years of experience running support groups for caregivers & adoptive parents, as well as currently providing trauma-informed based trainings in the community. She has worked in adoption and foster care for most of her extensive career and is a licensed mental health counselor.

This is intended to be a supportive group where attendees can openly talk and share ideas with one another! Discussions are driven by who attends each time (common themes include attachment, behavior, academics, grief & loss, identity, cultural & family connections) with support, resources and understanding on being a caregiver for children with a background of trauma. Training certificates are provided for attendees that can be used for licensing.

Only adults should log on. Please ensure youth do not hear the discussion so that attendees can feel free to comment openly and take a little break! You deserve it!

This is an open group, and you can attend any session. For more information contact:

Zia Freeman, facilitator, at 1-509-202-7894 or
Zia.Freeman@CoordinatedCareHealth.com