



**CONCERNED PERSONS FOR ADOPTION (CPFA)
9th ANNUAL FAMILY CONFERENCE
WORKSHOP DESCRIPTIONS**

**Saturday, October 21, 2023, 9:00 am – 2:00 pm
(Doors open at 8:30 am)**

To register please visit: <https://fs17.formsite.com/cpfanj/Family/index>

WHO AM I? THE COMPLEXITY OF PRE-TEEN/TEEN IDENTITY AND ADOPTION - Adult Workshop

Adolescence is a tough time for almost all teenagers. The changes during this time are extensive and include physical, emotional, psychological, behavioral, social and sexual changes. Adopted pre-teens and teens struggle with these same issues, but do they face different challenges than non-adopted teens? Techniques and strategies will be explored with parents to support their teen as they ask, “Who am I?” and “Where do I belong?” This session will also touch on transracial identity. Presented by E. Stefani Moon, LPC, from the NJ Adoption Resource Clearing House (NJ ARCH), a Program of Children’s Aid and Family Services. Stefani is an adoptive parent of two transracially adopted pre-teens.

VERBAL DIFFUSION AND DEFENSE SKILLS - Adult Workshop

A brief introduction on the science and art of non-verbal and verbal communication tactics that prevent escalation and disarm, redirect, diffuse and restore. Please join Christopher D’Marco, trainer and coach in conflict management, on how impactful one wrong non-verbal expression, tone of voice and/or word can escalate a situation in seconds whereas one intentional and tactical expression, tone, and word can prevent agitation and escalation and subsequently increase your ability to take control and generate voluntary cooperation and order.

STRETCH AND MEDITATE – YOUR BEST HEALTH STARTS WITH YOU! - Adult Workshop

Self-awareness and self-care are necessary to be a good parent and partner. Bring an open heart and mind to learn how to reduce stress and anxiety with Kathy Clemente, Wellness Coach and Fitness Instructor. She will discuss identifying your triggers, stressors and obstacles and how to work through them to listen, balance and step into the unknown with empowerment using awareness, breathing, stretching and meditation techniques

SCHOOL SUCCESS! - Adult Workshop

School is often a challenge for children and their families and may be more so for those who have been affected by trauma, loss, stigma and marginalization. Therefore, it is important that adoptive, foster and kinship parents and caregivers understand the factors behind the challenges and develop specific strategies that will promote educational success. Presented by Amy Stricker, LMSW, LSW and Mark Dodd, LCSW, both adoptive parents and educators.

“CAN WE TALK?” – Parents Only Discussion – Adult Workshop

Feeling overwhelmed by parenting? Are you facing challenging behavior from your child? Don’t know where to turn? How to deal with the problems? Embarrassed to mention anything to your social worker? Come listen, ask and share your thoughts, concerns and more with experienced adoptive parents during this “for parents only- no professionals invited” chat.

PET TIME with MIKE KROEBER, BAILEY AND CHARLIE – Adult/Youth Workshops, ages 8-12/ages 13 - 16

Join Mike, Bailey and Charlie on learning how to interact and communicate safely with dogs. This hands-on session will allow the children to interact with the pups, give them commands and have cuddle time. Discussed will be the benefits of animals in their lives and future opportunities available for them to work with their furry friends.

YOUR BEST HEALTH STARTS WITH YOU! - Youth Workshops, ages 8-12/ages 13 - 16

Self-awareness and self-care are necessary. Discussion will include social media and the possible negative effects on your health, led by Kathy Clemente, Wellness Coach, Fitness Instructor.

VERBAL DIFFUSION AND DEFENSE SKILLS - Youth workshop, ages 8-12

Specialist, trainer and coach in conflict management, Christopher D'Marco will give a brief introduction to reasons behind why people pick on us as well as the science and art of non-verbal and verbal communication tactics that help prevent becoming someone's target and victim and what to do and not do to disarm, redirect, and diffuse confrontation.

IDENTITY TREE – Youth workshop, ages 8-12

Kids will enjoy this interactive craft/art session with an Art Teacher, Ms. Lauren Webster. Children will be invited to share their favorite things, hobbies and ideas which express their individualism. Each child will create a unique mixed-media identity tree with tissue paper, pictures from magazines and upcycled objects from nature. All supplies will be provided.

WHO AM I? TEEN IDENTITY AND ADOPTION - Youth workshop – ages 13-16

This session will touch upon identity and other topics many adopted pre-teens and teens may be struggling with and/or other challenges that perhaps their non-adopted friends do not experience. This session will encourage the participants to talk and share ideas and suggestions on how to manage some uncomfortable situations. Presented by E. Stefani Moon, LPC, from the NJ Adoption Resource Clearing House (NJ ARCH). Stefani is an adoptive parent of two transracially adopted pre-teens.

INTRODUCTION TO TAI CHI - Youth workshop, ages 13-16

Learn some basics of Tai chi, which is an internal Chinese martial art, practiced for self-defense and health. Known for its slow, intentional movements, Tai chi has practitioners worldwide and is particularly popular as a form of gentle exercise and moving meditation, with benefits to mental and physical health.

PIZZA LUNCH: Both the children and the adults have an opportunity to network and socialize during our complementary pizza lunch.

For questions, please contact Michelle Mulhern at themulherfamily@verizon.net.

Concerned Persons For Adoption (CPFA) is a non-profit organization in the State of New Jersey dedicated to the belief that every child deserves a family. CPFA is not an adoption agency, but a volunteer organization working to support those who wish to adopt, and to provide educational and networking resources for those who have adopted. Visit us at: Website: www.cpfanjersey.org / Facebook: Concerned Persons for Adoption - CPFA-NJ and Instagram at cpfa_nj (Cpfa New Jersey).