

CONCERNED PERSONS

For Adoption

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"Every Child Deserves A Family"™

**CONCERNED PERSONS FOR ADOPTION (CPFA)
8TH ANNUAL MINI CONFERENCE
FOR YOUTH AGES 7-13 AND THEIR PARENTS/CAREGIVERS
WORKSHOP DESCRIPTIONS
Saturday, October 19, 2019
9:00 am – 2:00 pm
(Doors open at 8:30 am)**

PAWSITIVE INVOLVEMENT WITH ANIMALS - Two 45-minute Youth Workshops (ages 7-9) and (ages 10-13) sessions, respectively. Back by popular demand, Professor Jennifer George, licensed occupational therapist from Rutgers University, will return with her registered therapy dogs for a 45-minute session on learning how to interact and communicate safely with dogs. This hands-on session will allow the children to interact with the dogs, give the dogs commands and have cuddle time; as well as talk about the benefits of animals in their lives and future opportunities available for them to work with their furry friends.

IDENTITY TREE – Youth workshop, ages 7-9

Kids will enjoy this interactive craft/art session with a local mixed-media artist, Spriha Gupta. 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 are provided.

SENSORY STATIONS AND GAMES – Youth workshop, ages 7-9

These variety of game and craft stations will involve kids in sensory experiences. Fun and interactive activities include finding treasures in sand, slime making, aromatherapy and movement, to name a few. Stations will be setup around the room so children can try each at their own pace and comfort level.

VERBAL DIFFUSION AND DEFENSE SKILLS - Youth workshop, ages 10-13

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.

MANDALA - Youth workshop, ages 10-13

Creating or coloring mandalas can be a mindful and a healing experience. Mixed-media artist, Spriha Gupta, will inspire the children to create their own mandala that is reflective of what they are most passionate about and the people who are most important in their lives. Using multi-media materials, the children will be encouraged to express themselves freely in a calm and peaceful environment. All supplies are provided.

TALKING TO YOUR KIDS ABOUT DIFFICULT HISTORY – Adult workshop

Sharing difficult and painful information with our children can be challenging. Join Rebecca Gallese, LCSW from the NJ Adoption Resource Clearing House (NJ ARCH), on how to start and to competently discuss some of our children's difficult histories and learn strategies to use to talk with them about the "tough stuff." NJ ARCH (www.njarch.org) is a state-wide information and resource center and a program of Children's Aid and Family Services.

3 STEPS TO REDUCE ANXIETY AND STRESS WORKSHOP - 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 Annette Villaverde, a lifestyle coach, yoga instructor and essential oil educator. 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 and meditation.

EMOTION REGULATION: BUILDING HEALTHY COPING STRATEGIES - Adult Workshop

Regulating our emotions is essential for navigating life's peaks and valleys. Emotion regulation is the ability to effectively manage and respond to emotional experiences. It is through emotion regulation that we achieve both mental and physical wellbeing. Gabriella John of the Rutgers University, Foster Care Counseling Project will cover the basics of emotion regulation, including the evolutionary purposes of emotions, how to identify our emotions and the ways in which our bodies experience them, and various coping strategies including breathing techniques, muscle relaxation, guided imagery, and others.

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. Come learn from 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.

“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.

PIZZA LUNCH: Both the children and the adults have an opportunity to network and socialize during our pizza lunch. We ask for a donation of \$1 per slice.

For questions, please contact Carolyn Bosa at ckbosa@comcast.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. Vis us at: Website: www.cpfanjersey.org / Facebook: Concerned Persons for Adoption - CPFA-NJ.