

LIGHT UP THE JOURNEY AND LIGHTEN YOUR LOAD... WITH ORPARC!

You don't have to figure this out alone.

*We'll share honest information, realistic expectations, and
lasting support.*

Let's Light Up the Journey together.



Prepare for the years ahead.

- Adoption or guardianship is a lifelong journey for your family.
- Even after years in your home, trauma may resurface as children grow, and you need support and information to meet those moments well.
- Adoption and guardianship's social and emotional impacts unfold over time for the whole family. Preparation helps you meet them with confidence and care.
- It's easier to ask for help when you already know where to turn.

Parenting children with histories of loss and trauma requires learning, adjusting, and growing over time. Adoptive and guardianship families will need continued support.

As your child grows, their needs will change. What feels manageable today may look different in a year, or five years, and beyond. New questions, challenges, and big emotions often surface over time.

Join us for this 4-part series to connect with other families, explore tips, tools, resources, and what to expect so you are prepared for every stage ahead.

The Light Up the Journey series consists of four virtual, 2-hour interactive sessions.

For more information:

[LightUp@nwresource.org](https://www.nwresource.org/LightUp@nwresource.org)

503-241-0799



<https://www.orparc.org/training/light-up-the-journey>

The Light Up the Journey series consists of four virtual, 2-hour interactive sessions.

Spring Schedule

Series #1	Mondays, 4/6-4/27	10 am - 12 pm
Series #2	Wednesdays, 4/8-4/29	10 am - 12 pm
Series #3	Tuesdays, 5/5-5/26	6 pm - 8 pm
Series #4	Thursdays, 5/7-5/28	10 am - 12 pm
Series #5	Saturdays, 5/9 & 5/16	8 am - 12:30 pm
Series #6	Mondays, 6/1-6/22	10 am - 12 pm
Series #7	Thursdays, 6/4-6/25	6 pm - 8 pm
Series #8	Saturdays, 6/20 & 6/27	8 am - 12:30 pm

Session 1: Glimmers of hope & new beginnings

Explore expectations and motivations for guardianship and adoption, our fears, grief, and losses in permanency, and different forms of parenting.

Session 2: Shining light on trauma

Examine how trauma derails development in children's brains and bodies, building resilience through positive childhood experiences, and therapeutic vs. traditional parenting.

Session 3: Reflecting on the spectrum of attachment

Explore attachment and how strong relationships help children grow and develop, talk about the "shark music" moments when fear or past experiences can bring about strong reactions, and how to share adoption stories in a healthy way.

Session 4: Spotlight on core issues, connections & identity

Explore the "7 Core Issues in Permanency," transcultural parenting, and the importance of self-care and community supports.

For questions about this series, resources and more,
contact ORPARC

LightUp@nwresource.org

503-241-0799



<https://www.orparc.org/training/light-up-the-journey>