

# Families Forever Fall Class Schedule



*New!*

## Omaha Class Series

Tuesdays, Oct 8-29 | 6:00-7:00 p.m.

Seven Core Issues • Parenting Strategies • Self-Care & Mindfulness • Openness in Adoption

*Four classes, one registration!*

## Virtual Class Series

Mondays, Nov 4-25 | 6:00-7:00 p.m.

Seven Core Issues • Parenting Strategies • Self-Care & Mindfulness • Openness in Adoption

*Open to families & professionals statewide!*

### Attachment Activities

Lincoln, Mon, Oct 10, 6-7 p.m.

### Child Development and Trauma

Lincoln, Tue, Nov 19, 6-7 p.m.

Omaha, Thu, Dec 5, 6-7 p.m.

### Helping Your Child Know Their Story With Lifebooks

Omaha, Tue, Dec 17, 6-7 p.m.

### Parenting Strategies

Lincoln, Wed, Oct 30, 6-7 p.m.

Norfolk, Thu, Nov 7, 3:30-4:30 p.m.

### Separation, Grief and Loss

Lincoln, Thu, Nov 14, 6-7 p.m.

### Seven Core Issues in Adoption & Permanency

Lincoln, Wed, Oct 30, 3:30-4:30 p.m.

### Transracial/Transcultural Adoption

Virtual- TBD

### Attachment in Adoption and Permanency

Lincoln, Mon, Oct 10, 3:30-4:30 p.m.

Norfolk, Thu, Nov 7, 6-7 p.m.

Omaha, Wed, Nov 20, 6-7 p.m.

### Openness in Adoption

Norfolk, Thu, Oct 17, 3:30-4:30 p.m.

Lincoln, Thu, Nov 14, 3:30-4:30 p.m.

### Self-Care and Mindfulness

North Platte, Wed, Oct 2, 10-11 a.m.

Scottsbluff, Thu, Oct 3, 11 a.m.- 12 p.m.

Norfolk, Thu, Oct 17, 6-7 p.m.

Grand Island, Wed, Nov 6, 3:30-4:30 p.m.

Lincoln, Thu, Dec 12, 3:30-4:30 p.m.

### Talking About Adoption: Conversations with Your Adopted Child

North Platte, Tue, Oct 1, 6-7 p.m.

Scottsbluff, Wed, Oct 2, 5:30-6:30 p.m.

Grand Island, Wed, Nov 6, 6-7 p.m.

Omaha, Tue, Nov 26, 6-7 p.m.

Lincoln, Thu, Dec 12, 6-7 p.m.

### W.I.S.E. Up!

Lincoln- Sat, Dec 7, 12-2 p.m.

 Click your city to  
view classes near you!

Statewide  
Virtual

Grand Island  
Lincoln

Norfolk  
North Platte

Omaha  
Scottsbluff

## Attachment Activities

This interactive workshop highlights the importance of secure attachment and helps parents establish attachment and connection with their adoptive, foster or guardianship child. Learn strategies and activities that can be implemented in the home to strengthen bonds and build family connections.

## Attachment in Adoption and Permanency

This workshop emphasizes the significance of attachment in parenting for foster/adoptive parents and their children. It explores the effects of fractured or absent attachments on children's bonding and offers strategies for fostering healthy attachment. It also includes building trust and promoting connection

## Child Development and Trauma

Traumatic experiences that happen during pregnancy or early in life can have a lasting impact on a child, much like those that occur later in life. Understanding the effects of trauma is particularly important for parents working to provide a nurturing home for their children. Explore strategies to promote healing.

## Helping Your Child Know Their Story With Lifebooks

Lifebooks are a record of a child's adoption story. Created over time, and with the child's input, they are more than a baby book. Lifebooks are a place where adoptive parents can record details related to their child's life story. This workshop will explore lifebooks and help you create one for your child!

## Openness in Adoption

Openness on a continuum is explored with an emphasis on communication within the adoptive family and between members of the adoption constellation. Activities are focused on building personal connections and open communication. Explore actions that can help foster and maintain open relationships.

## Parenting Strategies

This interactive workshop builds on knowledge from the Seven Core Issues in Adoption and Permanency workshop offered by Families Forever. The framework of the Seven Core Issues will be used to explore specific actions, activities, and strategies to help strengthen families and promote attachment.

## Self-Care and Mindfulness

Sometimes it is tempting to self-sacrifice or minimize self-care in service to others, and particularly for our children. This can be even more likely when our children have experienced loss, trauma, neglect or other hardships. We will explore, and practice, self-care and mindfulness activities and develop your plan.

## Separation, Grief, and Loss

Separation, grief, and loss are integral to every adoption story. In this workshop, you'll explore the interconnectedness of these topics, how children perceive their adoption as they grow, and how parents can support them. Emphasis is placed on recognizing that adoption is an ongoing journey, empowering and affirming for your child, albeit occasionally challenging and a bit scary.

## Seven Core Issues in Adoption and Permanency

The impact of adoption lasts a lifetime for all members of the adoption triad. Awareness of these issues and their impacts on each individual is critical to addressing challenges and strengthening relationships. Take a closer look at these issues and how you can respond to them.

## Transracial/ Transcultural Adoption

The impact of adoption lasts a lifetime for all members of the adoption triad. Awareness of these issues and their impacts on each individual is critical to addressing challenges and strengthening relationships. Take a closer look at these issues and how you can respond to them.

## Talking About Adoption

Conversations with Your Adopted Child

This workshop explores opportunities and challenges in helping adopted or foster children learn, know, and claim their own story. It covers developmental stages, eliminating secrecy, and promoting a healthy understanding of the child's whole story. Strategies for children of different ages are highlighted. Participants will also address challenges in discussing difficult issues, openness in adoption, and supporting children's identity development.

## W.I.S.E Up!

W.I.S.E Up! creates a safe space for children to express their feelings about adoption and prepares them for questions and remarks from classmates, neighbors, and school assignments. When it comes to handling questions about adoption, foster, and kinship care, kids need to be empowered to choose their responses. W.I.S.E. Up! helps children and teens decide what they want to share about their story, if anything. This dual workshop (for parents/adults and children) is presented concurrently.

**Questions? Need help registering?**

Contact Steve Coppard at 402.871.0588 or [scoppard@nchs.org](mailto:scoppard@nchs.org)

**Register at [nchs.org/events](https://nchs.org/events)**