



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

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

For Parents and Youth Ages 8-16

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

WORKSHOP DESCRIPTIONS

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 differences. Do adopted pre-teens and teens face different challenges than their non-adopted peers? The presenter will explore techniques and strategies 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, NJ ARCH, a Program of Children’s Aid and Family Services. Stefani is also an adoptive parent of two transracially-adopted girls, ages 10 and 14.

VERBAL DIFFUSION AND DEFENSE SKILLS - Adult Workshop

A brief introduction to the science and art of non-verbal and verbal communication tactics that prevent escalation and disarm, redirect, diffuse, and restore. Christopher D’Marco, trainer and coach in conflict management, will work with parents and caregivers to help strengthen their use of intentional and tactical phrases, tones of voice, and language to prevent agitation and escalation, and subsequently, to increase their ability to take control and generate voluntary cooperation and order with their children of any age.

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 challenging for youth and their families and may be more so for those affected by trauma, loss, stigma, and marginalization. This workshop will help adoptive, foster, and kinship parents and caregivers understand such challenges and develop practical, effective strategies to promote educational success. Presented by Amy Strickler, LMSW, LSW, and Mark Dodd, LCSW, both adoptive parents and educators.

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

Are you feeling overwhelmed by parenting? Are you facing challenging behavior from your child? Are you uncertain where to turn or how to deal with the problems? Are you embarrassed to mention these challenges 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 Kroeber in learning to interact and communicate safely with his Australian Labradoodles, Bailey and Charlie. This hands-on session will allow attendees to interact with the pups, give them commands, and have cuddle time. Workshop presenter, Mike Kroeber, will discuss the benefits of animals in our lives as well as future opportunities to work with our 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 adverse effects on your health. Led by Kathy Clemente, Wellness Coach and 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. The strategies shared in the workshop include those for preventing becoming someone's target and victim as well as what to do and what not to do in order to disarm, redirect, and diffuse confrontation.

IDENTITY TREE – Youth Workshop, Ages 8 - 12

Youth will enjoy this interactive arts and crafts session with Art Teacher, Ms. Lauren Webster. Participants can share their favorite things, hobbies, and ideas that express their individualism. Activities will include creating 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: A CONVERSATION - Youth Workshop, Ages 13 - 16

This session will explore identity and other topics pre-teens and teens may have on their minds that their non-adopted friends may not experience. This session is an open space for sharing thoughts and ideas while learning from peers. Facilitated by E. Stefani Moon, LPC, NJ Adoption Resource Clearing House (NJ ARCH). Stefani is also an adoptive parent of two transracially-adopted girls, ages 10 and 14.

INTRODUCTION TO TAI CHI - Youth Workshop, Ages 13 - 16

Learn some basics of Tai Chi, an internal Chinese martial art practiced for self-defense and health. Tai Chi is a popular form of gentle exercise and moving meditation known for its slow, intentional movements. Beneficial for people of all ages, this mind-body exercise can help pre-teens and teens improve their mental and physical health, including stress relief and improved strength, flexibility, agility, reflexes, stamina, and coordination.

PIZZA LUNCH: All attendees will have an opportunity to network and socialize during our complimentary pizza lunch.

For questions, please contact Michelle Mulhern at themulhernfamily@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).