



**THE GATHERING WELL**  
ADOPTION & FOSTER CARE COMMUNITY

# Support Meeting Schedule

2022-2023

All meetings will take place in the Hearth Room at Central Church main campus (3102 W. Ralph Rogers Rd.) unless otherwise noted.

6:00 - 6:30pm: Free meal for families

6:30 - 8:00pm: Trauma informed childcare for children from birth - 5th grade during parent meeting

To RSVP for any meeting, email [info@gathering-well.org](mailto:info@gathering-well.org)

## **AUG 16 Positive Parenting with Teens**

*Facilitated by Sarah Scherr*

Sarah Scherr, a local trauma informed counselor, will be leading us through thoughtful activities to help us care well for the teens in our homes.

## **SEP 20 Lying & Other Challenging Behaviors**

*Facilitated by Ryan & Kayla North*

In this simulcast workshop Ryan & Kayla North will touch on lying, stealing, & disrespect - big behaviors that can be a huge trigger for parents. They will review how trauma impacts the brain, how to look for the need behind the behavior, & provide caregivers a practical problem-solving checklist to work through challenging behaviors in a way that builds connection & trust.

## **OCT 18 Sibling Dynamics**

*Facilitated by Jana Hunsley*

Dr. Jana Hunsley is an LCSW, psychologist, TBRI Practitioner, & advocate for families in the adoption & foster care community. Jana recognizes the importance of supporting the whole family system, rather than just focusing on the trauma-related needs of the adopted child, in order for lasting change to occur. In this simulcast, Jana will share her approach & take Q&A.

## **NOV 15 Family Workshop Night**

*Facilitated by Shannon Behrend*

This is an evening of community! Bring scenarios that are real in your family, and if you like, you can share them with other parents walking similar roads. We'll spend time listening to one another's experiences to allow you to go home with fresh insight.

## **DEC 20 Moms Night @ The Clean Bean**

Let's meet for coffee, mamas! The Clean Bean (550 W 85th St) is hosting our group privately from 7:00 - 9:00pm! Come enjoy a beverage, cozy up and be heard!

## **JAN 17 Be Known**

*Facilitated by Mary Weber*

Come join us as Mary Webster encourages families and offers time of connection!

## **FEB 21 Sharing Power**

*Facilitated by Cara DeHaan*

Power struggles in the home are common among children who have had to fight for their voice to be heard. As mindful adults we can learn how to share power with our children in a way that deepens relationships and meets their needs.

## **MAR 23 Nurture Group & Workshop night**

*Facilitated by Cara DeHaan & Shannon Behrend*

This evening we will engage in our own TBRI® Nurture Group! Nurture Groups are a beautiful way for you to introduce, practice, and reinforce social emotional skills while the child is in a regulated state. We will close the evening sharing what is going on in our homes and offering insight to one another.

## **APR 18 Encouragement for the Tired Caregiver**

*Facilitated by Tony Boer*

Caring for children with high needs is not for the faint of heart. Come this evening to be refreshed and refocused.

## **MAY 16 Healing Trauma & How the Body Keeps Score**

*Facilitated by Cara DeHaan*

Dr Bessel Van der Kolk is a renowned expert on the impact & treatment of traumatic stress. This evening we will watch 2 short video presentations on his work and discuss how we can apply his findings to nurture and heal the bodies in our homes.