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Strengthening Adoptive Family Ties!

www.coalitionofadoptivefamilies.org

COFAF Winter-Spring Series: “*Creating Family Through Adoption*”

Click the links below for more information!

2/16/17 – [*First/Birth Family, Real or Imagined: Benefits and Challenges of Open Adoptions.*](#)

3/16/17 - [*In the Rearview Mirror: 10 Things Adult Adoptees Wished Their Parents Knew Growing up.*](#)

4/24/17 – [*Unique Challenges of International Adoption and Transracial/Transcultural Families.*](#)

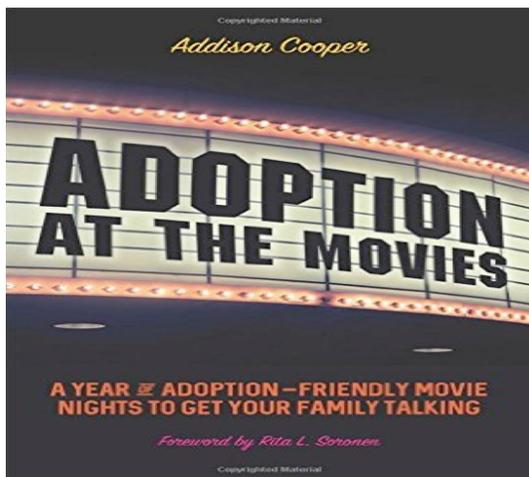
5/18/17 – [*Adoptees and Trust: Why It is So Hard to Get and So Easy to Loose.*](#)

Matrix of Reunion Adoption Evolution

Below are excerpts from a November 29, 2015 article in *Lost Daughters*, “***Matrix of Reunion Adoption Evolution***”

I had a very clear understanding of my adoption growing up. To sum it up: *It didn't matter.* I had a loving family, a good life, the fact that I was adopted was inconsequential. I was sure that whatever reason my original mother had for relinquishing me was a good one and I was happy in the life I was given.

I was confident, secure, content. I did

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Adoption at the Movies: A Year of Adoption-Friendly Movie Nights to Get Your Family Talking

by [Addison Cooper](#) Forward Rita Soronen

Amazon Review:

Get your family talking about adoption with the ultimate collection of films to help the whole family to explore their feelings in a fun and safe way.

With a film for each week of the year, Addison Cooper has compiled the best movies, new and old, for family-friendly viewing. Carefully selected, the movies included will help families to comfortably talk about important adoption-related topics. Among those featured are *Finding Dory*, *Frozen*, *Paddington*, *Teenage Mutant Ninja Turtles*, *Kung Fu Panda*, *Star Wars*, *Divergent*, *The Blind Side* and *I am Sam*. They are accompanied by descriptions of the themes and ideas to get the conversations started. Helping

special. It gave me this unique and interesting quirk to who I was. My origination was a mystery and I relished the thrill of that. I could be anyone.

... So, when I turned 18, I decided to call the number of the adoption agency that my parents had given me. It was the magic key to unlocking my truth, to be used when I was ready, anytime after I turned 18. I used it on the day of my birthday.

... I met my birthmother soon after. I asked all my questions, and her answers plunked down into me with a momentary ripple and then all was still again. We parted, agreeing to stay in touch.

... The bits of knowledge about who I was, where I came from left cracks into my idea of who I was. Just hairline fractures, nothing significant, but over time, those small fissures would spread and grow until all I knew of who I was shattered to the ground with a crash. I stepped out of the fog I was in and into a world completely foreign and unknown.

... Adoption didn't matter to me until then. Faced with the knowledge of what I lost, I became lost. Suddenly, adoption mattered. Everything I believed until then, felt like a lie. It was a world constructed for me to believe, to make life more palatable. Looking behind the facade, what I saw was ugly, dark and scary.

... I haven't mastered this underworld of reunion, but I am grateful to understand more than what I had known before. I have come to value painful deep truths over easy pretty stories. Now and then, I'm even able to

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cover a range of issues which can arise such as culture, identity, control, and reunification. With something for everyone - from kids, to teens, to grown-ups - this is a must-have for all adoptive families.

COFAF Facebook Page: A Source for Adoption News and Information

Frank and honest information and news related to adoption is rare via most media outlets- so we are on the lookout for information that enlightens and brings understanding to the adoption experience. Visit the Coalition of Adoptive Families Facebook page and **“like us”** to spread the word.

[Click here to like us on Facebook!](#)

those who construct the imaginary happy adoption world as powerful enemies and the fight toward truth and wholeness feels insurmountable at times.

... I understand that some people think I'm crazy. I'm a zealot, ranting about things that they don't see. They dismiss me as ungrateful as they go back to their pleasant world.

But, sometimes, out of the corner of their eye, they might see a shimmer of something that doesn't look quite right. Something that hints that there is more to the story than what they've been told.

<http://www.thelostdaughters.com/search?q=matrix>

COFAF Worthington Farmer's Market

2/11/17 9:00am-12:00pm



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[SEE OUR 2016 BEST ADOPTION-FRIENDLY WORKPLACES](#)

The 2017 Best Adoption-Friendly Workplace Survey is Open!

[Click here to apply](#)

BEST
ADOPTION-FRIENDLY
WORKPLACE
-----*signature program*-----
Dave Thomas
Foundation *for* Adoption

Annually, we publish the 100 Best Adoption-Friendly Workplaces list, while also recognizing other adoption-friendly employers who have completed our adoption benefits survey. We also provide benchmarks, with the company's permission, about specific adoption benefits offered by employers of a specified size, state or industry. Learn more about [employers and benchmarks](#).

Adoption-Friendly Workplace works to make adoption a supported option for every working parent. Our goal is to provide companies with the support needed to provide adoption benefits to employees and recognize the forward-thinking employers that already have adoption benefits in place.

What you need to complete the survey:

- Contact information
- Employer information
- Adoption benefits policy information
- Tax ID (optional)

Before you start our AFW survey, [check out the AFW FAQ](#) for a complete list of information you'll need to have prepared.

The Most Important Thing I Didn't Learn About in Medical School: Adverse Childhood Experiences

By Dr. Nancy Hardt

Below are excerpts from an article first appearing in [ACE Study](#), [Adverse childhood experiences](#), [Chronic disease](#), [Community prevention programs](#), [Solutions](#) 1/23/17

The most important thing I didn't learn in medical school is about adverse childhood experiences, also known as ACEs.

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by me either.

I never understood that addictions to food, drugs, alcohol, and cigarettes, are imperfect solutions to the effects of toxic stress resulting from adverse childhood experiences. Toxic stress sets up pathways in the brains of traumatized children, pathways which persist into adulthood. We don't outgrow these pathways, so as we get older, we try "home remedies" to treat them.

My mistake was to try over and over to get people to "give up" cigarettes, alcohol, pills, or overeating without addressing the reasons these things provide comfort. I was never taught that the stress receptors in our brain that are soothed by these substances are set up in early childhood. Our early experiences create memories which become structural realities in our brains. To try to address chronic pain with pills simply compounds the problem by adding a new one: addiction.

... I learned that there is hope accompanying learning about ACEs in our community. Resilience can overcome the effects of toxic stress. As adults, we can't undo the early childhood trauma we experienced. But, our ability to develop resilience starts in early childhood and never goes away.

We can develop resilience in ourselves, and we can help others develop it in themselves. In fact, if you suffered ACEs as a child and are living an adult life free of addiction and chronic illness, you have someone to thank for it. Someone helped foster your resilience.

<https://acestoohigh.com/2017/01/23/the-most-important-thing-i-didnt-learn-in-medical-school-adverse-childhood-experiences/#more-6525>

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