



Support. Education. Local Events.  
*for Adoptive Families*



## PARC 101 By Maire Lajko, Post Adoption Resource Center Supervisor – Region 2

*Being an adoptive parent is one of the most rewarding jobs in the world, but it can also be incredibly tough.*

Some adoptive parents don't know where to turn for help when a challenge arises. At the Post Adoption Resource Center (PARC), we're here to walk alongside you through the highs and lows.

Your adoption journey does not end when you finalize the adoption—and neither should your support system. We offer a variety of services, ranging from intensive case management to monthly family fun events.

Our team of professionals—some of whom are adoptive parents themselves—work with families to identify their individual needs, find services and resources in their community, and provide opportunities to connect with local adoptive families.

All Michigan families who have adopted a child—domestically, internationally, or through foster care—can receive our services and support. Throughout this newsletter you'll learn about the various services PARC can offer you and your family.

### **Case management:**

Some adoptive families find themselves in crisis, needing extra support, so case management is the most intensive service we offer. Here, a post-adoption case manager will meet with you in your home to assess current struggles and provide resources to strengthen you.

Case managers can meet with you weekly—for as long as 6–8 weeks—as you work toward your goals, such as:

- Trauma-informed parenting support
- Behavioral strategies
- Safety planning

- Life-skills for teenagers transitioning into adulthood
- Locating additional community resources
- And much more

Your case manager can help you find additional services to achieve stability even after your case is closed.

### **Coordination of community services and access to information:**

Who do you contact when you have questions about a medical subsidy or adoption assistance? Where do you look for a trauma-informed therapist? Who can help you navigate birth family relationships?

PARC is the answer to all of these common questions!

If we don't know the answer, we'll work with you to find it. PARC team members help families seek

“Needing help is not a sign that you're weak; it's a sign that you're human.”

—Kate Northrup

adoption-related information and connect them with appropriate community resources. We often connect families to local therapists, adoption subsidy workers, and information about accessing adoption records. We can advocate for services such as special education, Medicaid, and mental health services. And we offer resources like books, DVDs, games, and Facebook groups with relevant articles and events.

**Adoptive family support:**

One of the things we do best is link adoptive families together to create a sense of community.

We offer monthly support groups where parents can share triumphs and pitfalls and gain insight from other adoptive parents. And we host regular trainings and conferences on adoption-related topics.

We also offer monthly, family-friendly events, giving families more opportunities to foster new relationships.



*If you would like more information about the services your local PARC region offers, please reach out! The contact information for each PARC region can be found below.*



- Home
- About Us
- Services
- Newsletters
- Regions
- Events
- Articles
- Contact

Check out [postadoptionrc.org](http://postadoptionrc.org) for past editions of our newsletter, events, helpful articles, and more information about us and services we offer.

All three Post-Adoption Resource Centers have many family fun events planned, as well as support groups and trainings. Please check your Post Adoption Resource Center region's Facebook page or website, watch for monthly calendars, or give us a call to find out what is available near you.

**REGION 2**

Bethany Christian Services  
1055 Carriage Hill Dr, Ste 2  
Traverse City, MI 49686  
**231-995-0870**

[bethany.org/traverscity](http://bethany.org/traverscity)  
[parctc@bethany.org](mailto:parctc@bethany.org)

[facebook.com/PostAdoptionResourceCenterOfNorthernMI](https://www.facebook.com/PostAdoptionResourceCenterOfNorthernMI)

Charlevoix, Emmett, Cheboygan, Presque Isle, Antrim, Otsego, Montmorency, Alpena, Leelanau, Benzie, Grand Traverse, Kalkaska, Crawford, Oscoda, Alcona, Manistee, Wexford, Missaukee, Roscommon, Ogemaw, and Iosco counties

**REGION 3**

Bethany Christian Services  
6995 West 48th St  
Fremont, MI 49412  
**231-924-3390**

[bethany.org/fremont](http://bethany.org/fremont)  
[parcfr@bethany.org](mailto:parcfr@bethany.org)

[facebook.com/PostAdoptionResourceCenterCentralMichigan](https://www.facebook.com/PostAdoptionResourceCenterCentralMichigan)

Mason, Lake, Osceola, Clare, Gladwin, Arenac, Oceana, Newaygo, Mecosta, Isabella, Midland, Bay, Montcalm, Gratiot, Saginaw, Ionia, Clinton, and Shiawassee counties

**REGION 4**

Bethany Christian Services  
901 Eastern Ave NE  
Grand Rapids, MI 49503  
**616-224-7565**

[bethany.org/grandrapids](http://bethany.org/grandrapids)  
[parcgr@bethany.org](mailto:parcgr@bethany.org)

[facebook.com/PARCRegion4](https://www.facebook.com/PARCRegion4)

Allegan, Berrien, Cass, Kent, Muskegon, Ottawa, and Van Buren counties



*This program is funded in part by the Michigan Department of Health and Human Services.*

[postadoptionrc.org](http://postadoptionrc.org)