



*"This has been and will continue to be an **INVALUABLE** resource!"*

*- Support Group Attendee*



**EVOLVE**  
Adoption & Family Services

The Proactive Parenting Support Group meets 7-9 PM on every third Tuesday of each month.

For next month's location and to RSVP, check online or give us a call!

[www.EvolveServices.org/  
Family-Support-Services](http://www.EvolveServices.org/Family-Support-Services)

**651.439.2446**

Everyone is welcome to attend! The group is free for current EVOLVE clients, or former EVOLVE, Crossroads, and HOPE clients, and \$10 for all others.

**2018**



## Proactive Parenting Support Group



A resource of

**EVOLVE Adoption  
& Family Services**

Supporting families in MN and western WI

[www.EvolveServices.org](http://www.EvolveServices.org)

### WEST OFFICE

8120 Penn Av S, Suite 100A  
Bloomington, MN 55431

### TWIN CITIES OFFICE

217 Mackubin Street  
Saint Paul, MN 55102

### EAST OFFICE

Administration & Programs  
5850 Omaha Avenue North  
Stillwater, MN 55082

## What is the Proactive Parenting Support Group?

EVOLVE's Proactive Parenting Support Group is a place for current or prospective adoptive parents, adult adoptees, and those who provide foster care to encourage one another through community, education, and common understanding. Attendees are able to:

- Seek consultation on understanding and responding to various developmental and behavioral needs
- Receive feedback on specific intervention methods and approaches.
- Open discussion on various family, parenting, or adoption and foster care related topics

This group is moderated by two psychologists with many years of experience in family and adoption practice. The gatherings are both educational and supportive.

Families are welcome to attend at any stage of the process – whether they are considering adoption or foster care, waiting for a child referral or placement, or have a child or children at home with them.

Participants may come for just one meeting, or as many as you like. We would like to provide child care or youth activities if that would make this group more accessible to your family. However, please contact us beforehand if this is something you would be interested in.

The group meets every third Tuesday of the month from 7 - 9 pm. **Sign up is required.** For next month's location, or to RSVP, sign up online or give us a call:

**EvolveServices.org/Family-Support-Services**  
**651.439.2446**

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## Topics of Discussion

Each week the Proactive Parenting Group has a guiding thought or topic to open up discussion. Topics, however, are always tentative and can be modified to meet the needs of the group.

Examples of previous topic headings included:

- **Birth Relatives: How to Talk to My Child About Them?**
- **Is My Child Purposely Trying to Manipulate Me or Is Something Else Going On?**
- **My Story: Experiencing Identity and Self-Worth as an Adoptee**
- **My Child is Lovely to Everyone but Me**
- **Are Lying & Stealing Really Lying & Stealing?**

Don't see a topic that fits you or your family? The group is very flexible, so don't hesitate to bring up whatever is on your mind.

## Gathering Dates in 2018

Below is a listing of all the planned meetings of the Proactive Parenting Group for 2018.

*NOTE: In the event of a cancellation or change of a date, all currently registered participants will be notified through email and the website will be updated.*

**Jan. 16, 2018**  
Bloomington Office  
**Feb. 20, 2018**  
St. Paul Office  
**March 20, 2018**  
Stillwater Office  
**April 17, 2018**  
Bloomington Office  
**May 15, 2018**  
St. Paul Office  
**June 19, 2018**  
Stillwater Office

**July 17, 2018**  
Bloomington Office  
**Aug. 21, 2018**  
St. Paul Office  
**Sept. 18, 2018**  
Stillwater Office  
**Oct. 16, 2018**  
Bloomington Office  
**Nov. 20, 2018**  
St. Paul Office  
**(There will be no gathering in December)**

## About the Facilitators

These meetings are facilitated by Claude and Holly of the Adoptive Family Counseling Center.

Both facilitators have decades of experience helping people of all ages. They use a developmental approach to help attendees address many topics.

### Holly Van Gulden

Since 1985, Holly van Gulden has been teaching and counseling adoptive and foster parents and training adoption professionals.

She has spoken before such national and international organizations as Adoptive Families of America and the North American Council on Adoptable Children. She also serves as a consultant to numerous clinics, residential treatment centers, and adoption agencies in the United States and the UK.

She earned her bachelor's degree from the University of Chicago and is completing her master's thesis for St. Mary's University in Minneapolis, Minnesota. She, herself, is an adoptive parent who grew up in a multiracial, international family comprised of six children born to the family, four adopted children, and several foster brothers and sisters.



### Claude Riedel

Claude is the Co-Director of the Adoptive Family Counseling Center. He has been working with adoptive families, birth-parents and professionals for more than 25 years.

He is passionate about this work, saying "we are dealing with the essence of what makes us human." He uses his own adoption journey to help clients learn to accept themselves and attach to others.

