



# Fostering the Parent

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Family Support Network  
of the High Country

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*Welcome to the first edition of Fostering the Parent. This newsletter is designed to provide support and information to foster and adoptive parents and their families. We hope you enjoy it! If you have any news, information or suggestions, please feel free to let us know.*

## About FSN-HC

Are you looking for information about a disability, health condition or other special need?

Have a child in your home with special needs and you think it might help to talk with another family caring for a child with the same need?

Would like to know what the Love and Logic parenting approach is all about?

Would like to borrow some Love and Logic materials to refresh your memory and energy?

Family Support Network of the High Country:

- Can help you find information
- Has a Lending Library that has Love and Logic books, tapes and CDs.
- Can match you one-to-one with a trained volunteer Support Parent who has a child with special needs. These volunteer families provide emotional support and share the expertise of their own experiences.

Continued on page 2

## Upcoming Events

March 10: 6pm Challenging Behaviors Share Group, Boone Unitarian Universalist Church, Boone

March 10: 6pm Families with Children with Special Needs Share Group, Boone Unitarian Universalist Church, Boone

March 30: 6:30pm Listening Sessions, Broyhill Inn, Boone & 2:30pm, Senior Center, Jefferson

April 28-30: NCFAPA Conference, Sheraton Imperial, Durham

## Listening Sessions

North Carolina's leading disability agencies want to listen to you. Please join the North Carolina Council on



Developmental Disabilities, the Governor's Advocacy Council for People with Disabilities and the UNC Center for

Development and Learning at a free listening session on Thursday, March 30 at 6:30 pm at Broyhill Inn and Conference Center in Boone. People with developmental and other

disabilities, their families, service providers, and the general public are invited to provide feedback and ideas for the latest plan to support people with disabilities and their families. You can network with other members of the disability community and preview a new film featuring North Carolina residents. There will also be a session in Ashe County in Jefferson at the Senior Center on March 30th from 2:30-4:30. Contact person is Mary Whittington. For more information, call us or go to [www.nc-ddc.org](http://www.nc-ddc.org).

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## NCFAPA Conference



Join the North Carolina Foster and Adoptive Parents Association April 28-30, 2006 in Research Triangle Park (RTP), North Carolina for their 8th annual training conference titled You Can Make a Difference.

### Save the Date and Make the Call

You have made the choice to give your time, love and energy to a child (or children) who need you. And that is making a difference that will be seen for generations!

Each year, hundreds of other caring adults who have made the choice to help children through foster care and adoption come together to learn new skills, celebrate accomplishments and laugh.

Please join the NC Foster and Adoptive Parent Association the weekend of April 28-30, 2006 as we offer our annual Statewide Training Institute.

What? NCFAPA's Annual Training Institute.

When? April 28-30, 2006.

Where? Sheraton Imperial in Durham, NC.

## Children with Challenging Behaviors Share Group

Worried about your child's behavior? Come join other families once a month to share knowledge, strengths, hopes and experiences.

We eat together, visit, relax and learn about new resources and ways to help our children and ourselves. We respect each person's right to confidentiality and all agree that any personal information shared at a meeting, stays at the meeting. We believe that both information and fun are important. Topics in the past have been an introduction to the Love and Logic parenting

### About FSN-HC cont.

- Sponsors workshops, trainings and support groups.

Promotes collaboration among parents, families and service providers.

Wonder if we can help? Give us a call. Give us a chance to help.

All services are free and confidential.

You do not want to miss the "You Make The Difference" conference! Why?

1. Because it's free (thanks to NCDSS!) with your 2006 NCFAPA paid membership.
2. Because you will go home excited about parenting and feel rejuvenated.
3. Because you will learn new skills to help you parent.
4. Because you will make new friends and laugh a lot!

What do you need to do?

1. ACT NOW. Spaces will be limited. And they will fill up quickly, so take the following steps...
2. Save the date April 28-30, 2006 on your calendar and plan respite care for your children.
3. Make the call to the Sheraton in Durham at 919-941-5050 and make reservations for Friday and Saturday night. Tell them you are with NCFAPA and received the special rate of \$76.00 per night.

For more information, go to [www.ncfapa.org/training.htm](http://www.ncfapa.org/training.htm).

approach, How To Keep Your Stripes On (Stress Relief) and a family picnic. We strive to take an active part in making services better for our children.

This group is sponsored by FSN-HC and Watauga Youth Network.

This Share Group meets the second Friday of each month at 6pm at the Boone Unitarian Universalist Church at 381 E. King Street in Boone. Childcare is provided if requested

Toll free: 866-812-3122 or [hayeskl@appstate.edu](mailto:hayeskl@appstate.edu)

Serving Alleghany, Ashe, Avery, Mitchell, Yancey, Watauga & Wilkes

Supported by: Avery Partnership for Children, Blue Ridge CDSA, High County United Way

Affiliated with: Family Support Network of North Carolina and Appalachian State University