



Classes Designed for Adoptive Parents

Prenatal Drug & Alcohol Exposure - \$25/person, \$40/couple

AFTH wants families to make informed decisions when completing their profile keys. This is a great opportunity to listen to medical professionals weigh in on prenatal exposure to drugs and alcohol. Each family has to decide what situations are right for them. Many families came away from this class feeling comfortable opening their key.

“After the class, we felt ready to modify our key. We submitted it two days after the class and less than three weeks later, we were matched with our daughter BECAUSE of our changes!” - Kim

“Don’t change your key just to get placed faster. Do it because you gained knowledge that now makes you comfortable for different situations.” - AFTH Social Worker

Hosting Classes in Central PA, Delaware and New Jersey Locations

Presenter Dr. Erin Meyer is an Internal Medicine and Pediatric Hospitalist who works in the NICU (Neonatal Intensive Care Unit) at Christiana Hospital. She is also an adoptive mom through AFTH, and can speak from both professional and personal angles. She will be discussing the effects of drug and alcohol use during pregnancy on the newborn as well as withdrawal symptoms and short and long term effects of exposure. This class is suitable for all prospective and current adoptive parents. There will be plenty of time for your questions.

March 23rd from 10:30am-Noon

Bear Library in Bear, DE

April 11th from 6:30-8:00pm

AFTH New Jersey Office in Cherry Hill, NJ

April 22nd from 6:30-8:00pm

Lancaster, PA Area - Location TBD

**Register at least 2 weeks prior to date.
Classes fill up quickly!**

Call the hosting office with any questions.

Central PA 717-399-7766

Delaware 302-658-8883

New Jersey 856-665-5655

Hosting Class in Connecticut

Sharon Lavigne, MA is a genetics counselor and coordinator of the MotherToBaby program at UConn Health Center. Please join us to hear Sharon speak about the short and long term effects of prenatal drug and alcohol exposure. This class is suitable for both prospective and current adoptive parents. There will be plenty of time for questions.

March 27th from 6:00-7:30pm

UConn Health in Farmington, CT

Register by March 13th. Families encourage to register early as classes fill quickly.

Call 860-657-2626 with questions.

**Register Online at
www.afth.org/calendar**

Online Webinar - \$35/family

Hosted by Dr. Erin Meyer

June 18th from 7:00-8:30pm

Upon registering at www.afth.org, a link will be emailed.



Infant and Child Care (Central PA) - \$25/person, \$35/couple

This infant care class especially for adoptive families will cover the basics of infant and child care including: newborn appearance, newborn behaviors, diapering and dressing, feeding, umbilical cord care, newborn health and safety basics, when to call your pediatrician as well as other changes that may come with new parenthood. This class is exclusively for prospective adoptive parents and allows them to learn in a non-medical environment without a focus on pregnancy and childbirth. There will be plenty of time for questions and for AFTH families, this class will count toward the agency's childcare requirement.

Location: Giant Community Center in Harrisburg, PA

Time: 6:30-8:30pm

Upcoming Dates: February 11th, April 29th, June 17th, September 16th, November 18th
Register at least 1 week prior to class.

Birth Parent Panel (Virginia) - \$15/person, \$20/couple

The Birth Parent Panel is made up of women of different ages, backgrounds, and adoption stories. Come hear about why they chose adoption, how they picked an adoptive family, their hospital experiences, and the different levels of openness in their adoptions. A waiting adoptive parent support group will be available PRIOR to the class. Please email Victoria at VictoriaS@afth.org to sign up for the support group after you have registered for the class.

March 9th from 1:00-3:00pm

AFTH Chesapeake Office

Register at least 1 week prior to class.

Post Adoption Contact: Do's & Don't's (Bethlehem) - \$15/person, \$20/couple

This class we will be discussing the importance of pre-adoption and post-adoption contact. There will be examples of written updates, showcasing the variety of options. Additionally, we will provide answers to any questions in regard to birth families not wishing for contact, changes in contact, and what to expect at the first visit after placement.

June 13th from 6:00-8:00pm

Residence Inn - Crayola Room in Bethlehem, PA

Register at least 1 week prior to class.

**AFTH Waiting Adoptive Parents
Will Receive Required Continuing
Education Credits for Attending!**