



Fall Education Series

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

Prenatal Drug & Alcohol Exposure - Class: \$25/person or \$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. **This is especially important with the new key changes** (see *Domestic Update on page 8*). Each family has to decide what situations are right for them for however many families have come away from these classes 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

Delaware & Wynnewood Offices

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.

Philadelphia Office in Wynnewood, PA
September 25th from 6:30-8:00pm

Bear Library in Bear, DE
September 22nd from 10:30am-Noon

Register 1 week prior to date. Classes fill up quickly. Call the hosting office with any questions.
Wynnewood 610-642-7200 - Delaware 302-658-8883

Online Webinar - \$35/family

Hosted by Dr. Erin Meyer (see above description)
November 3rd from 10:30am-Noon
Upon registering at www.aft h.org, a link will be emailed.

New York - Hosted in Brooklyn

Please join us as Dr. Melissa Goldstein, MD from Carnegie Hill Pediatrics speaks about the effects of substance abuse exposure during pregnancy. Time will be spent reviewing the profile key and answering any questions regarding the effect on a child. This is a great opportunity to educate yourself and spend time with a professional working in the field of maternal health. Light refreshments will be served.

Brooklyn Library Williamsburg Branch in Brooklyn, NY
October 2nd from 6:30-8:00pm

Register by September 25th. Classes fill up quickly. Call 610-432-2384 with questions.

Pittsburgh - Hosted in Monroeville

Join Lisa M. Pietrusza, RN, DNP-FNP, who has over 10 years as a registered nurse. She will discuss effects of prenatal drug/alcohol exposure on the newborn, as well as mental health conditions and infectious diseases in the birthparents. This class is suitable for prospective adoptive parents and those already parenting. Question/answer period following lecture.

Monroeville Public Library
October 27th from 1:00-2:30pm

Register by October 20th. Classes fill up quickly. Call 724-853-6533 with questions.

Infant and Child Care - \$25/person or \$35/couple

Central PA Office

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 led by April Stambaugh, a Certified Childbirth Educator. There will be plenty of time for questions and for AFTH families, this class will count toward the agency's childcare requirement.

Giant Community Center in Harrisburg, PA
September 17th and November 5th from 6:30-8:30pm

Register by 1 week prior to date. Call 717-399-7766 with questions.

Bonding with Your Adopted Baby - \$10/person, \$15/couple

Cherry Hill Office

Adoptive parents are certainly thrilled once they are placed with a newborn, but may have reservations about bonding and attaching to their baby, especially if they are first time parents. This connection may also be hampered by anxiety around a possible disruption, particularly in cases where there is a revocation period or unknown birthfather. Discover strategies and techniques to bond with your infant and learn ways to allay your fears to secure a healthy, close relationship with your new child. This seminar is being presented by Susan Clark, MIA, MS, LAC from the Center for Counseling and Education in Medford, New Jersey.

Cherry Hill, NJ Office
October 9th from 6:30-8:00pm

Register by October 1st. Call 856-665-5655 with questions.

In Our Own Voices: Reducing the Stigma of Mental Illness'

Virginia Office - \$10/person, \$15/couple

We are excited to announce that the National Alliance on Mental Illness (NAMI) will be presenting information and education on mental health stigma, diagnosis, treatment and day to day living. Immediately following the class will be a waiting parent support group.

Tuckahoe Area Library in Richmond, VA
October 13th from 10:00am-Noon

Register by October 1st. Very limited space, register early.
Call 757-361-0008 with questions.