

# *FCC Austin Spring Workshops: March 28, 2015*

Riverbend Church, 4214 North Capital of Texas Highway, Austin, TX 78746

*We are pleased to announce the upcoming adoption workshops,  
presented by FCC Austin and facilitated by Melanie Chung-Sherman, LCSW.*

## **Register Online Here:**

<https://www.eventbrite.com/e/fcc-spring-adoption-journey-workshops-tickets-15522345754>

Melanie is a Dallas-area-based licensed clinician, and well-known authority on transracial adoption who herself was adopted from Korea. She will be leading the “Adoption Journeys” component of this year’s Chinese Culture Camp.

During the workshops, Melanie will be assisted by adoptee and longtime FCC member Genevieve Norman.

The cost of the children’s workshop is \$15 for FCC member children, and \$25 for non-member kids.

The parents workshop is free for those with children attending a workshop; we encourage all parents to attend.

If a parent chooses to attend the parents workshop without having registered a child,  
the cost is \$10 for FCC members, and \$15 for non-member parents.

Registration is pre-paid, via Eventbrite and will begin on Friday, February 6 at 8 p.m. We will send out another email with the Eventbrite link. Please note that the children’s workshops are limited to 12 attendees each.

Questions? Contact Carrie van der Wal at [carrielee@yahoo.com](mailto:carrielee@yahoo.com) or 512-809-3434. You’re also welcome to contact Melanie directly at [msherman@christian-works.org](mailto:msherman@christian-works.org) or 972-960-9981, ext. 110. Learn more about Melanie at: <http://www.christian-works.org/about/people/melanie-chung-sherman-lcsw-s-cts-lcpaa-clinical-director-post-adoption-services/>.

The parents and high school workshops are two hours each, while the younger groups are 1.5 hours.  
For the 7–11 age group, please make sure that they’ve had lunch before attending.

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## *Schedule*

9:00–11:00 a.m.: Parents Only

12:00– 1:30 p.m.: 7–11 year olds

2:30– 4:00 p.m.: 12–14 year olds

5:00– 7:00 p.m.: 15–18 year olds; FCC will provide pizza and beverages for this group.

## *Workshop Goals*

- To gain a better understanding of what adoption means in an adoptee’s own words
- Identify the people and roles involved in the adoption process
- To understand that we can learn from others who have experienced something similar, but that every experience is a little bit different
- To feel safe to express ALL feelings.

## Workshop Topics

### Parents

- 1) **Attachment 101: More than a pop-term.** Over the years, adoptive parents have learned about the importance of attachment. We will examine the historical underpinnings of attachment, why it remains prolific, and redefining what attachment is and is not.
- 2) **Parental Attachment Patterns and How These Impact Our Children.** As a parent, do you ever find yourself doing things that you never vowed you would do (ex.: the déjà vu effect—doing what your parents did)? Did you know that our attachment patterns are behind these actions? Come explore different adult attachment patterns, what that says about how we, as adults relate, and how these impact our children's attachment. Learn some basic strategies to better maximize a secure attachment pattern between you and your child.

## 7-11 and 12-14 Age Groups

### "Adoption: In My Own Words"

Learning to put our adoption story into our own words is a powerful way to understand where we have been and help us plan where we want to go. Come explore the many ways you can share your adoption journey.

Each attendee will explore their adoption story through art and play. We will explore what adoption is, discuss the different roles that people have played in their lives before and after adoption (birth family, orphanage caregivers, foster families, siblings), and how adoptees may describe adoption. Through the use of art, storytelling, music, and play, they will explore their adoption narrative in their own words. This allows adoptees a sense of mastery and empowerment over their own journey—giving them the opportunity to better organize and understand their experience with others who have experienced something similar.

## 15-18 Age Group

### "The Skin That I'm In"

International, transracial adoptees face unique challenges as they move into young adulthood. Issues such as racism, stereotypes, and learning how to bridge two cultures together are a normal and healthy portion of an adoptee's development and identity. Understanding how these issues impact young people individually can be helpful when they can address others who are experiencing something similar. We will discover through open dialogue and the integration of art—mask making and collage.

\*Adoptees are welcome to bring in personal photos or designs to share, if they would like.

