

PARENT TESTIMONIALS

SKILLS ACHIEVEMENT GROUPS

This group has benefitted our family tremendously. My daughter (13) says she likes it because it is a group of "kids who are adopted like me and have the same problems from how they were born." Every week she enjoys talking to the other girls and participating in the guided discussions. She feels a sense of acceptance. She "doesn't have to explain things [about herself] to everybody." So far the group has been working on social skills, identifying and controlling emotions, and self-esteem -- all areas which fit my daughter's needs. She looks forward all week to these meetings. As a mom, I really enjoy the discussions with other moms who have kids similar in age, also with FAS. The practical advice is helpful, and it feels good to problem solve situations with other moms who don't judge, but rather understand the situation due to their own similar experiences. My daughter has tried individual therapy in the past, but seems to benefit much more from this small group of similar kids. We hope the group continues and that other groups will form for my younger kids who also are on the spectrum. Thank you, thank you, thank you, for putting this group together.

D.B.

My daughter, age 16, was recently diagnosed with FASD so I tried to educate myself on this disorder. Fortunately, I found a support group through Trinity Services. The Support Group provides weekly support for both the adolescents and the parents. In the parent support group, we are able to discuss our struggles and triumphs in working with our children to make them the best they can be. The parent group meets with a facilitator and we are able to enhance our knowledge on this disease. We learn together, laugh together, and even, on occasions, cry together. No parent or adolescent is judged by their actions. We support each other in whatever method we feel comfortable with.

Parent