

AABA NEWSLETTER

Alaska Attachment & Bonding
Associates

March/April 2016



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Remember Alaska Attachment & Bonding Associates' when you fill out your PFD's, Thank you for your support!!!

Workshops Are Here to Help You !

Mini Workshop

School & Attachment Disorders

Instructor: Kelly Eggleston, MS, LPC

Date: April 12, 2016 (Tue)

Time: 9am to 1pm

Cost: \$50 (Special: bring one friend at no additional cost)

Held at: LINKS- 3161 E. Palmer-Wasilla Hwy #2, Wasilla, AK 99654

Class is limited to 20 people

What you will learn:

1. Preparing for school
2. What do you tell teachers
3. Making school work less work

Register online at: www.akattachment.org
or call 907-376-0366

Answers to the many problems caregivers are having in parenting their: adoptive, foster, kinship, step, and guardianship children.



Alaska Attachment & Bonding Associates depends solely upon yearly support from the community. We are proud to recognize the following individuals, businesses, and organizations for their support through Grants and Donations and Sponsorships



Lend a helping hand

Alaska Attachment & Bonding Associates

Please like us on
FaceBook



WE'RE ON
FACEBOOK!

AABA is eligible to receive charitable contributions for the 2016 Pick Click Give Program. Designated by PFD applicants electronic Permanent fund Dividend applications.

Donations can be made to AABA online.

Go to:
www.akattachment.org

Thank you!!!

EIN: 31-1626679

2015 (December) and 2016

Diamond Circle: (\$10,000 to \$24,000)

Rudy Circle: (\$2,5000 to \$5,999)

Emerald Circle: (1,000 to \$2,499)

Platinum Circle: (\$500 to \$999)

Gold Circle: (\$150 to \$499)

Teri Namtvedt
Jack & Janet Faiks
No recognition wanted
Kelly Eggleston

Silver Circle: (\$50 to \$149)

Gorilla Fireworks
Bill & Phyllis Cronk
Fred Meyers

Bronze Circle: (\$25 to \$49)

Naomi & James Paris

Aluminum Circle: (\$1 to \$24)

In-kind Circle:

Laura Wagner-2 boxes of file folders; postage to mail out a grant. 4 rolls paper towels; 8 roll toilet paper; room spray; tissue.

Crystral Loncle- 9 books; When love is not enough DVD set.

Volunteers

Special Thanks to:

To all the Board Members and volunteers.

Bingo Mania for using our Gaming permit



Workshops

Workshops provide the caregivers and professionals who care for children with Trauma & Stressor Related Disorders, such as Attachment Disorder, with information that will benefit the children and aid the caregiver in helping their children succeed.

Workshops are a fun way to learn!



Resources and Links

TATTAC: Bernadine Janzen, MS, LPC; Tattacbsj@gmail.com
Attachment & Trauma Network for parents: www.radzebra.org,
Alaska Center for Resource Families: www.acrf.org
Alaska Children's Trust: www.alaskachildrenstrust.org
Families & Professionals Resources for the first three years of life:
www.zerotothree.org
American Family Advocacy Center: www.profane-justice.org
Grandfamilies Network Project: www.voak.org, 1-888-522-9866
PARENT SUPPORT GROUP: Mom2Mom/Dad2Dad907-376-0366
Court Appointed Special Advocates: www.alaskacasa.org
Attachment Disorder support group: www.adsg.org
Http://thursdaygroup.blogspot.com
Co-occurring Disorders Institute: (CoDI) www.codi-ak.org
CCS Early Learning: www.ccsalaska.org
RAD Kid organization: www.radkid.org
Nancy Thomas: www.attachment.org

AABA Board

President– Eleanor F. Oakley
Vice President– Richard Howes III
Secretary/Treasurer– Carol Rice
Director– Jim Wardman
Director–Karen Howes
Director–Naomi Tigner

CEO

Kelly Eggleston, MS, LPC

Administrative Assistant

Laura Wagner

Parental tools: ON SALE NOW!!!!

DVD set and book: **Trauma, Attachment & Dissociation, New Interventions & Strategies workshop**

Cost \$150 plus shipping and handling

Can be ordered online at www.akattachment.org
(can be found under announcements) or

Call Laura at 907-376-0366



Are you an Amazon Shopper? Alaska Attachment & Bonding Associates is now a part of Amazon Smile



You shop. Amazon gives.

- Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice.
- AmazonSmile is the same Amazon you know. Same products, same prices, same Amazon Prime benefits.
- Support your charitable organization by starting your shopping at **smile.amazon.com**.

Be sure to choose Alaska Attachment & Bonding Associates as your charity when shopping Amazon Smile!



YOU CAN HELP (NON-PROFIT) EARN DONATIONS

JUST BY SHOPPING WITH YOUR FRED MEYER REWARDS CARD!

Fred Meyer is donating \$2.5 million per year to non-profits in Alaska, Idaho, Oregon and Washington, based on where their customers tell them to give. Here's how the program works:

Sign up for the Community Rewards program by linking your Fred Meyer Rewards Card to (non-profit) at www.fredmeyer.com/communityrewards. You can search for us by our name or by our non-profit number (#93433).

Then, every time you shop and use your Rewards Card, you are helping (non-profit) earn a donation!

You still earn your Rewards Points, Fuel Points, and Rebates, just as you do today.

If you do not have a Rewards Card, they are available at the Customer Service desk of any Fred Meyer store.

For more information, please visit www.fredmeyer.com/communityrewards



Article from: Kelly Eggleston, MS, LPC

With spring quickly upon us, our kids are definitely showing signs of spring fever. Behaviors that can often be seen as impulsive, reactive, out of control, energetic, challenging, are increasing with the growing daylight and the knowledge that school, may be coming to an end for the summer. Knowing this, what are some things that you can do with your child to make this a smoother transition? Nancy Thomas, on her website: Nancy Thomas Parenting 2015. Has identified that utilizing eye contact, touch, movement, smiles, and the sharing of sugar between mom and child has are essential keys to Bonding. As I was researching different articles on attachment disorders and play. I came across a very interesting article on Pinterest (internet site) which was written by the: Children's Home Society of Minnesota on October 22, 2014 under Rainbow Kids website. The article identified 15 games that encourage attachment and can be used for any age group. Here are the games they identified:

1. Play hide and seek with your child
 2. Paint each others faces
 3. Donut dare: put your finger through the donut hole and have your child guess how many bites they can take before it falls off your finger
 4. Put lotion on each other in a safe place
 5. Play a memory game using things that the child likes
 6. Guess the goodies: where you put treats in a bag out of sight of the child and then you pop one of the treats in their mouths and let them guess what it is
 7. Dance with the children in your arms
 8. Any kind of tunnel activities
 9. Pillow rides: where the child sits on a large pillow and you pull them around the room
 10. Play catch with them
 11. Play M&M hockey using straws and M&Ms (M&M candies)
 12. Have a marshmallow fight
 13. Go swimming
 14. Have a pillow jumping maze
- Recreate Lady and The Tramp: using shoestring licorice and Lifesavers and try to feed each other without breaking the licorice

All of these activities will increase attachment, provide enjoyment, encourage cooperation, and will use up some of the energy, these kids have. One of the most important things to remember as parents of kids experiencing Attachment Disorders is to remain consistent in your scheduling and activities.

Workshops and Classes

Alaska Attachment & Bonding Associates

School & Attachment Disorders

Instructor: Kelly Eggleston, MS, LPC

You will learn about:

- Preparing for school
- What do you tell teachers
- Making school work less work

Date: April 12, 2016 (Tuesday) **Time:** 9:00am to 1:00pm **Cost:** \$50

Held at: LINKS-3161 E. Palmer-Wasilla HWY #2, Wasilla AK 99654

To register: Call Laura at **907-376-0366**-laura@akattachment.org, **Online:**
www.akattachment.org

Answers to the many problems caregivers are having in parenting their: adoptive, foster, kinship, step, and guardianship children.

Registration and payment in full is required: Online registration **www.akattachment.org**, or download form and mail to: AABA, PO Box 872188, Wasilla, AK 99687. Or call 907-376-0366 and register over the phone. PayPal is available online at www.akattachment.org. For more information email: laura@akattachment.org. Phone: 907-376-0366. Fax: 907-376-0966. Web-site: www.akattachment.org.

Alaska Center for Resource Families 2016 Training

Core Training for Resource Families: Mar 10th 6-9 PM & Mar 12th 9-5 (11 hrs)

Adopting Through OCS: Apr 14th 6:00-9:00 (3 hrs) held at OCS in Wasilla

Building Families through Adoption: May 9th, 11th & 13th 9-noon (9 hrs)

Contact Wasilla ACRF 376-4678 to sign up for onsite classes as they will be cancelled if no one pre-registers. Unless otherwise noted classes are held at ACRF on PW Hwy in Brentwood Plaza Ste Drive behind the PO, office is located in the back of building.

Statewide Rural Teleconferences

Tues March 8th 7-8 PM **Alaska's Foster Youth Bill of Rights**, Aileen/FFCA

Wed March TBA noon-1- **Tax Issues related to foster care and adoption**, Brenda Ursel/Josh Kroll

Tues April 5th 7-8 PM- **Alternatives to Adoption Disruption or When Things Get Tough in Your Adopted Home**, Ruth Post

Wed April 13th noon-1- **Medication Management**, OCS staff (Aileen/Olivia/Tina Fike)

Tues May 10th 7-8 PM **Intro to Fetal Alcohol Spectrum Disorder**, John Bennett

Wed May 25th noon-1- **Self-Care**, Rachel Hanft

Tues June 7th 7-8 PM **Working with Homeless Young Adults**, Betsy/ MY HOUSE

Wed June 8th noon-1- **Talking to Very Young Children about Adoption**, Brenda Ursel

The monthly Rural Teleconference is designed for anyone living outside of Anchorage, although anyone can participate. Families may participate by dialing 1-800-944-8766 and when asked enter the code: 26867#. If you phone in before the group leader you will hear music, please stay on the line. For more information contact bwoodin@nwresource.org or call our toll-free number 1-800-478-7307.



RAVEN'S: Mom2Mom/Dad2Dad parent support group

A fun support group for moms and dads parenting behaviorally challenged children.

Mom2Mom/Dad2Dad parent support group meets the first Monday of every month. From 10:30 am until noon at the AABA office, 619 S. Knik Goose-Bay Road, Ste J, Wasilla. No registration is required, just come and talk with the other parents who have the same concerns as you do. Coffee and tea will be served.

If you have any questions, please e-mail laura@akattachment.org or 907-376-0366.



“Recipes Needed”

AABA is creating a recipe book as a fundraiser project. Please join in the fun and send in your favorite recipes: your name, and your agency’s name will appear on your recipe. Send to: laura@akattachment.org.

A WORD FROM Our CEO

Alaska Attachment and Bonding Associates, is excited to continue providing new and updated information in our many workshops and to make those workshops available to the community, in the event that a weekday class is not effective, we can do a weekend class, if we have enough people signed up who are interested. Any suggestions that you may have, we are open to. We have restructured our lending library, so that it is easier to locate books on different subjects. Alaska Attachment and Bonding Associates are also available for any questions that you may have and any assistance that we may provide to you. We function primarily on donations from the public and this year we continue to participate in the; Pick Click Give program. Your continued support is appreciated

Thank you

Kelly Eggleston, MS, LPC, CEO



RAVEN LENDING LIBRARY:

Located at: 619 S. Knik Goose-Bay Road, Ste J, Wasilla AK 99654.

Opened: 9:00 am to 4:00 pm. Monday thru Friday.

Books are listed on the AABA web-site: www.akattachment.org



Please come in and browse our books and DVD’s on Attachment Disorder and other related disorders. Check some books or DVDs out for reading and/or viewing at home. If you cannot get to the RAVEN lending library, call and request the books you would like to read, and we will mail them to you.

RAVEN lending library is made possible in part by:

- The Alaska Mental Health Trust Authority
- Mat-Su Health Foundation



Alaska Attachment & Bonding Associates

Phone: 907-376-0366
Fax: 907-376-0966

City Center Business Park
619 S. Knik Goose-Bay Road Ste



Helping Families Stay Together.

Web Site:
www.akattachment.org

About Alaska Attachment & Bonding Associates

AABA is a non-profit organization that provides education, training, support and advocacy for kinship, adoptive and foster families who care for children with Trauma & Stressor Related Disorders, such as Attachment Disorder and professionals who work with this population of children.

- AABA's area of Focus:**
 - PREVENTION** of abuse/neglect
 - PLACEMENT** information
 - EDUCATION** in Attachment
 - COMMUNITY** resource information

WHAT drives AABA?

AABA is passionate about traumatized children.

AABA has first hand experience with Attachment Disorder children and knows the Special care and treatment needed to help these children learn, love and trust.

Left untreated, children with Attachment Disorder and other emotional disorders are often times shipped to out-of-state Residential Treatment Centers (RTC's), are likely to become emotionally disturbed adults, unemployable, and are likely to be involved in drugs, alcohol or other illegal activities.

WHY should you care?

Because this is a preventable and/or treatable disorder and will take the community working together!

"BECAUSE THIS IS YOUR HOME" !

Bingo Mania



Bingo Mania helps non-profit programs in the valley. The non-profits would like to thank Bingo Mania for all the needed support. Bingo Mania is a safe and fun place for adults to get out and meet other adults. Bingo Mania has a Deli for all those hungry Bingo people to satisfy their hunger pangs.

Bingo Mania is located at **6445 E. Blue Lupine Dr. Wasilla AK.** On the frontage road by Alaska Sales & Service.

Phone 907-376-4816. non-smoking

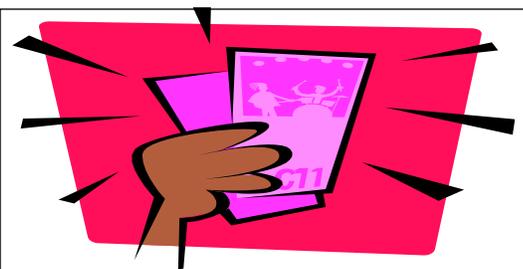
Closed: Monday; Tuesday; Wednesday.

Opened: Thursday: One session, starts @ 6:30 pm

Friday: Two sessions, starts @ 6:30 pm & 10:30pm

Saturday: Two sessions, starts @ 6:30 pm & 10:30 pm

Sunday: One session, starts @ 6:30 pm



Pull Tabs Mania

Mile 49 Parks Hwy

Meadow Lakes

Hours: 12:00 am to 8:00 pm

Opened: Seven Days a Week

Located near the Cadillac Café

Also provides Bingo for your enjoyment.