

AABA NEWSLETTER

Alaska Attachment & Bonding
Associates

November/December 2014



Video/DVD up-date

AABA would like to thank:

Alaska Mental Health Trust Authority



And

First National Bank Alaska



for sponsoring the November 8th workshop.

And

AABA would also like to thank the following for donating the door prizes:

Alaska Cheesecake Company; Just Imagine Toys; The Baby Store; Bricks 4 Kidz; Three Bears Alaska; Swim Like a Fish; House of Bread; Subway; All I Saw Cookware; Sportsman's Warehouse; Batteries + Bulbs; and Cold Stone Creamery.

AABA would also like to thank MEA Charitable Foundation for making it possible to purchase the equipment needed to video tape and produce copies of the workshop program as a parental tool.

The November workshop was video taped in-order to produce a DVD set program with a 80 page work book for all those parents and professionals who were unable to attend the workshop because of prior engagements, or other dilemmas. Hopefully it will be available late February or March of 2015. (AABA will keep you posted)

“Happy Holiday’s to you and your families”

from

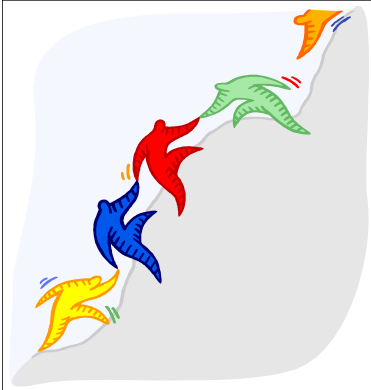
AABA’s staff and the AABA Board.

Inside this issue:

Thank you for your donations	2
FaceBook	2
Resources & Links	3
Fred Meyers	4
Amazon Smiles	
Activity’s	5
Workshop & Classes	6
A word from our CEO	7
AABA info	8



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



AABA is eligible to receive charitable contributions for 2015 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

2014

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

Mat-Su Health Foundation

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

MEA Charitable Foundation

Alaska Mental Health Trust Authority

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

Jim Wardman

Kelly Eggleston

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

Totem Trailer Express, Inc

Gottstein Family Foundation

Eleanor F Oakley

L. Brown

LINKS

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

Trudy Visker

The Fabric of America Fund-David Denton

The Fabric of America Fund-Susan Denton

Palmer Elks Lodge #1842

Diversified Tire, Inc

Anonymous

Craig Thorn-First National Bank Alaska

Alicia Fields

Fred Meyers Community Rewards

Primrose Retirement Community

James & Janet Faiks

No recognition wanted / Carol Rice

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

Gorilla Fireworks

Ryan Christensen

Ann Dimmick

Karen Howes

Richard Howes

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

Helena Whitstine

In-kind Circle:

Fred Meyers Gift Card

Remax-Bixhub-420 Copier

Papa Murphy's #02001-Gift Certificate, seasoning and pizza cutter

The Baby Store- Gift Certificates

Glenda's Salon & Training Center- Gift Certificate

Bricks4Kidz-Gift Passes

Swim Like A Fish-Gift Certificates

Sportsman's Warehouse-Gift Card

3 Rivers Fly & Tackle-Gift Certificate

Alaska Safety Inc- Heads Up Headlamp

The Three Bears Alaska- Gift Certificates

Colleen Torrence- Gift Basket

House of Bread-variety of breads

Subway-party platter, party sub

Sportsman's Warehouse-Gift Card

Batteries + Bulbs-Rac Vac Lantern

Kimber Olson-donated \$500 off her instructors fee

Cold Stone Creamery-Gift Certificates

Laura Wagner-donated two rolls of mailing stamps, toilet paper, paper towels, tissue, candy for the office candy jar , room spray, postage on large letters, Sony tapes, trash bags. Cookies, donuts, water, fruit, chips, forks, plates.

Lisa Helfrich-donated one new area rug, one new floor runner, one new office plant, ream of copy paper , toilet paper, box of copy paper.

Mark Begich campaign-2 cases copy paper

Karen Howes- toilet paper, paper towel, hand soap, air fresher.

Volunteers

Mr. & Mrs. Howes

Joyce Hance

Special Thanks to:

To all the Board Members and volunteers.

Bingo Mania for using our Gaming permit



Workshop Thank You's

AABA would like to thank: LINKS, Eleanor Oakley, Primrose Retirement Community, and L. Brown for sponsoring the mini workshops, held on October 13, 20, 27 "Trauma & Stressor Related Disorders".

These mini workshops were a huge success that had a waiting list to attend them, this encouraged AABA to continue providing them. AABA is going to provide four to six mini workshops in 2015, these will be two day-three hour workshops. AABA will keep you posted on the dates.

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.voaaak.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](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

Bricks 4 Kidz: www.bricks4kidz.com

Nancy Thomas: www.attachment.org

AABA Board

President– Eleanor F. Oakley

Vice President– Richard Howes III

Secretary/Treasurer– Carol Rice

Director– Kaye Zwiacher

Director– Jim Wardman

Director-Karen Howes

Director-Naomi Tigner

New CEO

Kelly Eggleston, MS, LPC

Administrative Assistant

Laura Wagner

MEA Charitable Foundation has granted AABA the funds to purchase equipment to produce parenting tools for parents and professionals to use that take care of children who have Trauma and Stressor Related Disorders, such as Attachment Disorder

This money is made possible from the MEA round up program. Thank you!!!!

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



Activity for Attachment Kids

“Bricks 4 Kidz” (Lego’s fun)



Bricks 4 Kidz is a hands-on class where children learn the fundamentals of S.T.E.M using Lego® bricks.

Visit our website for more information and a detail description of class themes.

www.bricks4kidz.com/alaska-anchorage-Wasilla

Every Sunday from 1:00-6:00 pm is Sunday Family Day.

Open Play-Monday-Thursday-1:00-3:00 pm, \$15 per child

Bring your child in for some quality time and have some fun while playing in our Center.

Please call to insure we are open 376-5400

Please call Bricks 4 Kidz at 376-5400 with any questions or concerns you may have. Thank You!

Bricks 4 Kidz Creativity Center 705 S Knik Goose Bay Rd Suite L, Wasilla AK 99654

Activity for Adults

~Play bingo~

Bingo Mania helps non-profits in the Valley. (Alaska Attachment & Bonding Associates and Wasilla Senior Center). Without help from businesses like Bingo Mania, non-profits would have a harder time getting funds to support the many programs that non-profits provide to the community.

Come play bingo and meet other people in your community while having fun.

Bingo Mania is located at **6445 E. Blue Lupine Dr. Wasilla AK.**

On the frontage road by Alaska Sales & Service. **Phone 907-376-4816.**

Closed: Monday; Tuesday; Wednesday.

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

Friday: Two sessions, starts @ 6:30 pm & 10:30pm-Starting March 7th, late session will have a guaranteed \$1000 for the Double Diamond.

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

Sunday: One session, starts @ 6:30 pm

Workshops and Classes

Alaska Attachment & Bonding Associates

AABA is preparing two large workshops and four to six mini workshops for the 2015 season.

AABA will keep you up-dated on the progress of these workshops.

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. There is a \$25 non-refundable deposit.

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-Mat-Su Area

Adopting the Traumatized Child Mon Nov 3, 10:00-12:00

Adverse Childhood Experiences Study Thurs Dec 4 10:00-1:00

All ACRF Classes held at the ACRF Wasilla, Brentwood Plaza on the P- W Hwy unless otherwise noted. Turn on Shennum drive behind post office to the rear of the building, Ste. A2. There is a sign on the roof and on the door. You must pre-register call 376-4678 or bwoodin@nwresource.org

Rural Teleconferences June-Dec 2014

Adoption Subsidies, Ruth Post, Nov 18th 7:00-8:00

Disclosure in Adoption, Brenda Ursel, Nov 12th noon-1:00

Adverse Childhood Experiences (ACES) Betsy Woodin, Dec 9th 7:00-8:00

OCS Forum: topic to be announced, Aileen McInnis, Dec 10th noon-1:00

The monthly Rural Teleconference is designed for anyone living outside of Anchorage or Fairbanks, although anyone can participate. Families may participate by dialing 1-866-554-6142 and when asked enter the code: 2169378807#. 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.

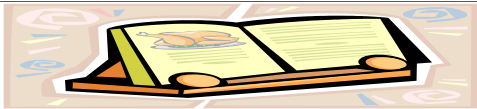
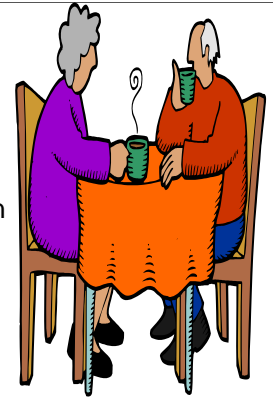


RAVEN'S: Mom2Mom/Dad2Dad parent support group

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

I am excited about the opportunity to act as the CEO for Alaska Attachment and Bonding Associates. I have been involved in the workshops since 1998 and I think I have attended every one that was ever given. I am the grandmother of two boys who although they have not been officially diagnosed with Attachment Disorder, they definitely meet the criteria. I am a Licensed Professional Counselor and a Chemical Dependency Counselor/Supervisor in the State of Alaska and have managed and directed an emergency shelter, an adolescent treatment center and a treatment center for adolescent girls. I currently work with adults experiencing chronic mental illness including anxiety and attachment disorders. I am passionate about my work with children and adults. Someone once asked me what I thought could make a difference in someone’s life. My answer, “Just one person who would listen and care”. Throughout my life I hope I have been that person. I am excited about AABA and some of the ideas we are instituting. Hopefully we will provide more training, more education and more resources to the community. As always we welcome your input and donations. Those who we don’t reach in youth become adults with the same baggage, the same behaviors.



Thank you

Kelly Eggleston, MS, LPC, CEO

RAVEN LENDING LIBRARY:

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

Opened: 8:00 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
J



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 emotional disorders, such as Reactive Attachment Disorder (RAD) 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?

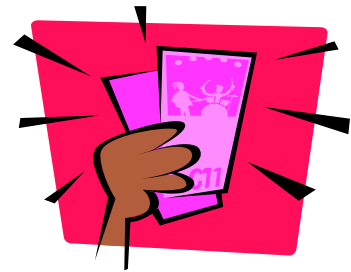
Because this is a preventable disorder and will take the community working together!
"BECAUSE THIS IS YOUR HOME" !

Bingo Mania



Bingo Mania helps non-profit programs in the valley. And the non-profits would like to thank Bingo Mania for all the needed help. 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**.

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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.