

# AABA NEWSLETTER

September/October 2016



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## “Surviving the Holidays”

Instructor: Kelly Eggleston, MS, LPC

**Date:** November 16, 2016 (Wed)

**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

What you will learn:

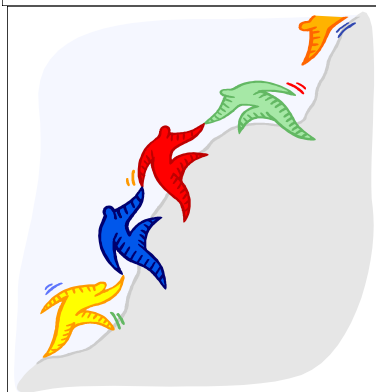
1. Ground rules
2. Examples
3. Be creative
4. Playing fair

Register online at: [www.akattachment.org](http://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. And those who have Trauma and Stressor Related Disorders.



**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 the 2017 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](http://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)**

Jim Wardman

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

Diversified Tires, LLC

Kelly Eggleston

Gottstein Family Foundation

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

Teri & Tom Namtvedt

Jack & Janet Faiks

No recognition wanted

Palmer Elks Lodge #1842

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

Gorilla Fireworks

Bill & Phyllis Cronk

Fred Meyers

Eleanor F. Oakley

In honor of Mark Lorkowski

Fred Meyers

No recognition wanted

**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, candy for the office, 8 rolls paper towels; 12 rolls toilet paper; 2 room spray; 2 tissue.

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

**Volunteers**

Brittany Blawn

Kelissa Arkers

**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](mailto:Tattacbsj@gmail.com)

**Attachment & Trauma Network for parents:** [www.radzebra.org](http://www.radzebra.org),

**Alaska Center for Resource Families:** [www.acrf.org](http://www.acrf.org)

**Alaska Children's Trust:** [www.alaskachildrenstrust.org](http://www.alaskachildrenstrust.org)

**Families & Professionals Resources for the first three years of life:**  
[www.zerotothree.org](http://www.zerotothree.org)

**American Family Advocacy Center:** [www.profane-justice.org](http://www.profane-justice.org)

**Grandfamilies Network Project:** [www.voak.org](http://www.voak.org), 1-888-522-9866

**PARENT SUPPORT GROUP:** Mom2Mom/Dad2Dad907-376-0366

**Court Appointed Special Advocates:** [www.alaskacasa.org](http://www.alaskacasa.org)

**Attachment Disorder support group:** [www.adsg.org](http://www.adsg.org)

**Http://thursdaygroup.blogspot.com**

**Co-occurring Disorders Institute: (CoDI)** [www.codi-ak.org](http://www.codi-ak.org)

**CCS Early Learning:** [www.ccsalaska.org](http://www.ccsalaska.org)

**RAD Kid organization:** [www.radkid.org](http://www.radkid.org)

**Nancy Thomas:** [www.attachment.org](http://www.attachment.org)

### AABA Board

President– Eleanor F. Oakley, MS

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](http://www.akattachment.org)  
(can be found under announcements) or

Call Laura at 907-376-0366

*We are eligible for the Pick Click Give for the years 2016 and 2017*



*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](http://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:

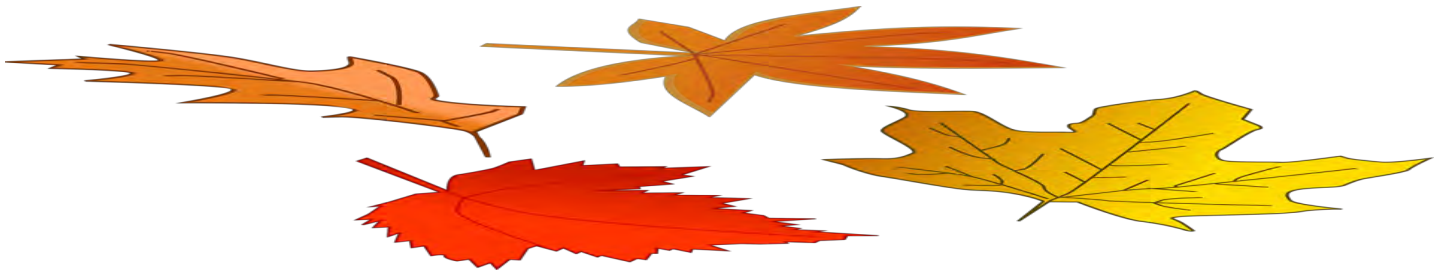
Sign up for the Community Rewards program by linking your Fred Meyer Rewards Card to (non-profit) at [www.fredmeyer.com/communityrewards](http://www.fredmeyer.com/communityrewards). You can search for us by our name or by our non-profit number (#93433).

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](http://www.fredmeyer.com/communityrewards)



## **Article from: Kelly Eggleston, MS, LPC**

With the holidays upon us there is a great opportunity for parents, caregivers, and providers to learn skills to help kids with attachment disorders cope with holidays. Not only will you get some ideas of activities and suggestions, but you will have a chance to learn from the best experts, each other. We are still offering the pay for one bring a friend for free, any one interested



# Workshops and Classes

Alaska Attachment & Bonding Associates

## “Surviving the Holidays”

**Instructor:** Kelly Eggleston, MS, LPC

You will learn about:

- A particularly stressful time for parents and children
- Building your tool kit
- Ways to increase fun and decrease conflict

**Date:** November 16, 2016 (Wednesday) **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](mailto:laura@akattachment.org), **Online:**  
**[www.akattachment.org](http://www.akattachment.org)**

Answers to the many problems caregivers are having in parenting their: adoptive, foster, kinship, step, and guardianship children. And those who have Trauma and Stressor Related Disorders.

**Registration and payment in full is required:** Online registration **[www.akattachment.org](http://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](http://www.akattachment.org). For more information email: [laura@akattachment.org](mailto:laura@akattachment.org). Phone: 907-376-0366. Fax: 907-376-0966. Web-site: [www.akattachment.org](http://www.akattachment.org).

**Alaska Center for Resource Families 2016 Training; Mat-Su Area: ACRF training July-August 2016**

### **ACRF Adoption Learning Path**

**Core Training for Resource Families:** Sept 15th 6-9 PM & Sept 17th 9-5 (11 hrs)

**Relative Core Training:** Sept 20th, 22nd & 27th 6:00-9:00 PM (9 hrs) **OR** Oct 4th & 6th 9:00-1:00 (8 hrs)

**Building Families through Adoption:** Oct 13th 6-9 PM & Oct 15th 9-5 (11 hrs)

**Adopting Through OCS:** Oct 20th 6:00-9:00 (3 hrs) held at OCS in Wasilla

Unless otherwise noted classes are held at ACRF on PW Hwy in Brentwood Plaza Ste A2. Drive behind the PO. ACRF is located in the back of the building. Must preregister Call 376-4678.

**Core Training for Resource Families, Adoption & Guardianship Preparation, & Building Families thru Adoption** Contact ACRF 376-4678 for information about online/self-study options.

### **Earn Foster Parent Training for attending Community/Cultural Events:**

You must submit the Alternative Training form for community/cultural events found on our website [www.acrf.org](http://www.acrf.org).

### **Statewide ACRF Rural Teleconferences**

BSN Perinatal Nurse Consultant, Women's, Children's and Family Health, DHSS

Sept 13<sup>th</sup> Tues 7-8 PM **Infant Safe Sleep Practices Pt 2**, Betsy Woodin & Sabra Anckner, RN, BSN

Sept 21<sup>st</sup> Wed 12-1, **The FASD Diagnosis**, Aileen McInnis & Barb Chambers, Parent Navigator FASDx

Oct 11<sup>th</sup> Tues 7-8 PM **Dealing with Difficult Behavior in Your Elementary School Aged Child**, John Bennett, ACRF

Oct 12<sup>th</sup> Wed 12-1, **Finding Permanency**, Betsy Woodin, Dawn Adams & Tara Pickett, Wasilla OCS SCRO Adoption Unit

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](mailto:bwoodin@nwresource.org) or call our toll-free number 1-800-478-7307.

Visit our website [www.acrf.org](http://www.acrf.org) for online classes, audio classes, the schedule for onsite classes and statewide rural teleconferences. Every issue of the newsletter Training Tracks has a 1 hour training article. Find the Alternative training forms for non-ACRF classes, webinars, books, DVD's and cultural or community events. Call the Wasilla ACRF office 376-4678 for assistance or email [bwoodin@nwresource.org](mailto:bwoodin@nwresource.org).

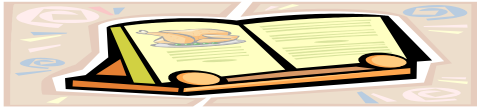
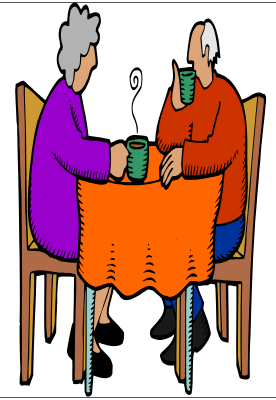


**RAVEN'S: Mom2Mom/Dad2Dad** parent support group

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](mailto: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](mailto:laura@akattachment.org).

**A WORD FROM Our CEO**

With the school year starting let's not forget to give a word of thanks to those individuals who help to mold our children's minds and teach them the things they need to succeed. A special thanks to teachers, aides, care providers, counselors , brothers, sisters, and family.

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](http://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](http://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**

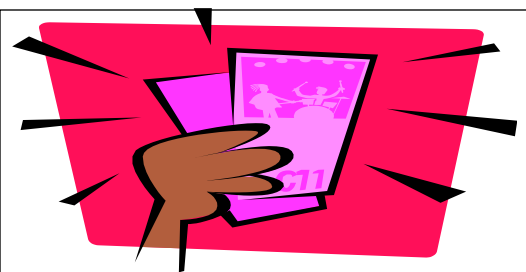
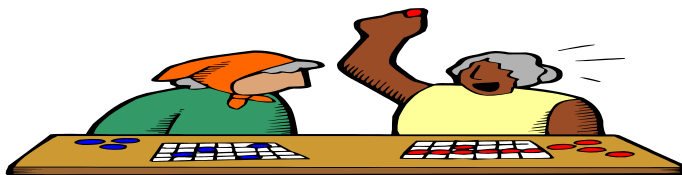
Closed: Monday; Tuesday; Wednesday.

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.