

Teens, it's time to

# get real

**Get Real** provides a safe place to talk with food! Meet other teens who are in foster care and get real with them about the way you feel about foster care and adoption. The group is co-led by a young adult who was in foster care, or was adopted from foster care, who can share personal challenges and accomplishments with you and a member of the Adoption Network Cleveland staff.

**Meetings are held twice a month for teens, age 14 and up, at the Maple Heights Library and includes group discussions, activities, and food. The group meets separately for girls and boys in permanent custody in Cuyahoga County.**

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## 2019 Topics

January – New Year  
February – Relationships  
March – Conflict Resolution  
April – Career Exploration  
May – Advocacy  
June – Long Term Goals  
July – Rules & Boundaries  
August – Decision Making  
September – Social Awareness  
October – Identity  
November – Supports  
December – Celebrations

**See details on back**

## Girls

First Thursday  
of the month  
4:30 to 6:30 pm

## Boys

Second Tuesday  
of the month  
4:30 to 6:30 pm

## Location:

Maple Heights Branch  
Cuyahoga County Public Library  
5225 Library Lane, Cleveland

## Round-Trip Transportation

Ask your worker to bring you or schedule you a ride with the DCFS Transportation Dept., and we'll provide a ride home!



### For more information:

Donikea Austin  
Program Coordinator, Youth Services  
donikea.austin@adoptionnetwork.org  
(216) 482-2334

4614 Prospect Ave., Suite 550  
Cleveland, Ohio 44103  
(216) 325-1000  
www.adoptionnetwork.org

# 2019 **get real** Topics

## Girls

First Thursday  
of the month

4:30-6:30pm  
Maple Heights Library

## Boys

Second Tuesday  
of the month

### January 3 Girls | January 8 Boys **Keys to a New Year**

Youth will understand the importance of emotional and behavioral growth. They will identify goals for improving behaviors, changing attitudes etc. and identify skills they will use to meet those goals.

### February 7 Girls | February 12 Boys **Love You, Like You (Relationships & Boundaries)**

Youth will identify challenges in maintaining relationships, and problem solve ways of dealing with those challenges. Youth will gain an understanding of how to create meaningful close emotional connections to others while learning effective communication in healthy relationships.

### March 7 Girls | March 12 Boys **Pushing Buttons (Conflict Resolution)**

Youth will identify triggers to feelings of anger. Develop an understanding of the cycle of conflict. Identify various effective conflict resolution/mediation tools to negotiate conflict in a constructive manner.

### April 4 Girls | April 9 Boys **Get a Job (Summer Planning and Career Exploration)**

Youth will explore summer opportunities; including employment. They will discuss job applications, learn how to write a resume, practice their interview skills and will be provided with resources to assist them in the job search process.

### May 2 Girls | May 7 Boys **National Foster Care Month – Your Questions Answered**

Youth will gain an improved understanding of how the foster care system works and how they can become better advocates for themselves while becoming more involved in the decision making processes. A guest speaker TBA will be in attendance to provide more insight into the court process for youth.

### June 6 Girls | June 11 Boys **Halfway There (New Years Goal Check-In)**

Youth will assess goals set in January and share on progress made. Youth will identify pitfalls to meeting their goals and gain support and tips from their peers to stay on track throughout the year. Youth will discuss managing expectations of themselves and identify ways they can stay motivated to complete long term goals.

### July 9 Boys & Girls Together **Too Many Rules (Rules & Boundaries)**

Youth will learn the role rules and boundaries at home and in the community play in creating a healthy environment. Youth will identify their own rules and boundaries and how they relay this to others appropriately.

### August 1 Girls | August 13 Boys **Pick One (Decision Making)**

Youth will learn how to make more positive choices through thoughtful decision making strategies. They will learn to identify emotions being actions and brainstorm various solutions to problems. Youth will learn how to reflect on past experiences and relate them to current decision making processes.

### September 5 Girls | September 10 Boys **What's Going On? (Social Awareness)**

Youth will develop an awareness of empathy skills and how they relate to continuing positive relationships with others. Youth will practice perspective taking, and develop a respect for the unique experiences of others. These skills can be applied to those in the home as well as in the community to strengthen healthy interactions with others.

### October 3 Girls | October 8 Boys **Who Are You? (Self-Awareness)**

Youth will explore their own emotions, thoughts, and values and how they influence behavior. Youth will discuss self-perception versus how others perceive them and how they can reconcile these differences. Youth will identify their own strengths and limitations and practice activities that promote self-esteem

### November 7 Girls | November 12 Boys **The Game of Life (Supports)**

Youth will identify how they fit into the larger community and learn how to access community resources to help overcome obstacles youth may encounter in their life as they transition from their foster home. Youth will be challenged to utilize critical thinking and decision making skills as well as their strengths as they “solve” the simulated life scenarios they encounter as they navigate the game of life.

### December 5 Girls | December 10 Boys **Traditions/Celebrations: Holiday Party**

Youth will understand traditions, identify and share their family traditions and explore how they have stayed the same or changed while they are in foster care. Participants will enjoy the sessions celebrating the season with their peers.