



# Alabama Pre/Post Adoption Connections

SUMMER 2016

ISSUE 45

APAC is a collaborative effort between Children's Aid Society and the Alabama Department of Human Resources to provide education and supportive services to strengthen and empower Alabama's adoptive families.

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## THE VALUE OF PLAYFUL PARENTING

Why should we even be talking about play? What is the big deal? These are often the thoughts we encounter when we begin to talk about play. A few more of these thoughts are similar – “I do not have time for play!” “Even if I had the time, I’m too TIRED.” If you have ever had one of these thoughts when your child asks you to play, or if you have ever wondered why playing with your children is such a big deal, this article is for you.

Parents and professional adults should play with the children in their lives intentionally, spontaneously, and regularly for three reasons: it builds relationships; play is the primary way children learn; and it speaks the language of love to our growing children in an unsafe, scary world.

First, parents and professionals should play with their children because it builds relationships. Whether you are a foster parent, a childcare worker, or an involved parent, the primary way to connect with the children in your life is through play. Children open their hearts more readily in a game or imaginary play than they do when simple dialogue is used.

Even sitting down to color a picture with a child while having an important conversation will cause them to relax and open up more readily and freely. Play makes big, scary, powerful adults suddenly become much more relatable. Secondly, parents and professionals should play with the children in their lives because play is the primary way children learn. Fred Rogers

said it this way, “Play is often talked about as if it were a relief from serious learning. But for children, play is the serious learning. Play is really the work of childhood.” Every time a child plays with a Barbie or action figure, each time they construct a building with blocks or a house with blankets, all the times they are daydreaming and imagining, the child is growing and learning many crucial life skills,

such as thinking, processing, relating to others, sharing, and self-control.

Finally, parents and professionals should play with the children in their lives because play speaks the language of LOVE to our children. Play is called “the universal language of ‘fearless interaction’” by the authors of The Connected Child, and there could not be a

more accurate description. Taking the time to connect with a child by laughing, sharing a game, being silly, pretending, or joining in their imaginary world will improve attitudes, heal past wounds, build trust, and attach the hearts of all involved. It is not a waste of time, but rather one of the most necessary investments we can make in these children.

This topic of play is important because our actions and attitudes toward play - the central element of a child’s life - affect them and their future forever. We should take time to play with our children intentionally, spontaneously, and regularly, no matter the cost. We might even find out it is pretty fun in the process!

- Leigh Anne Swindell, M.A.



## A note from the Director

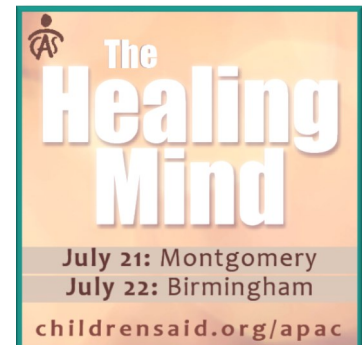
I was 29 and 31 when my children arrived. They were planned for and loved more than I could ever have imagined. We played with and enjoyed each other so much. But when my child commented at age 5, "Mama, a minute is SO long," I realized I had made a habit of saying "I'll be there in just a minute." With honest reflection, I had to admit that yes, my "minutes" were indeed long and in reality were more like 15 minutes or more. And many times, the opportunity of play was gone long before I let go of the "important stuff" I had been involved in. You know the important stuff, right? Well, that was before cell phones and computers, so no it was not reading an email or sending a message. But it might have been a phone call (at least we had wireless phones by then), cooking a meal, washing, or cleaning the house – all that "important stuff." The lesson learned from my five year old was one of the most important life lessons I have encountered – that spending time with and playing with our children IS the "important stuff." AND that play must be both built into the schedule and also spontaneous!



This newsletter focuses on the value of positive play with our children and provides some excellent suggestions for "play." We hope you will enjoy it and be reminded to PLAY! By the time you read this newsletter, APAC staff will have had the opportunity to enjoy Camp APAC with many of your children. I can guarantee you, your children love to play and their personalities blossom in the process of play. It is a wonderful sight to behold. Thanks for sharing your children with us!

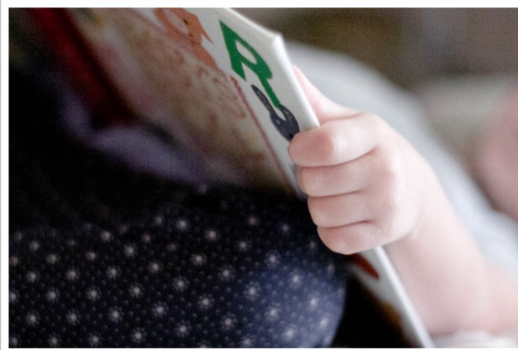
- Debra Hawk Finley, MEd, MSW, LCSW, PIP  
APAC Program Director

**Connect** with other adoptive parents living in Alabama through our online (private) APAC Facebook group! Also make plans to attend our training seminar this summer, The Healing Mind. For more information, visit [www.childrensaid.org/apac](http://www.childrensaid.org/apac) and click on the ads to find out what's happening at APAC!



# ENGAGING CHILDREN IN SUMMER LEARNING

School's out for summer! However, how can we keep kids academically stimulated during the summer without the drama of forced summer reading? Here are some simple tips from a teacher and mom of two to help your child continue to thrive during the summer months in the comfort of your own backyard.



**1. Audiobooks** from the Library - During the summer it is hard to find time to sit with your child, listen to them read, and have conversations about what they are reading. Enter the audiobook. There is a large selection of free audiobooks that you can check out at your local library. This is perfect for long drives during vacations or just trips to and from the ball field. This is also a great alternative to watching a movie in the car or listening to the radio.

*How it works:* The whole family can listen to the books and then discuss the plot, character development, various perspectives, the author's purpose, and more. Audiobooks allow you to have purposeful conversations with your kids about something that interests them, without them even knowing that you are building their reading comprehension skills! The conversation piece is critical. Having a dialogue with your children about the story helps boost their comprehension level as well as your connection. The best part is that it can cover a range of ages by altering the questions to fit their level of understanding. When the younger kids are able to listen to the logic of the older kids, the magic really happens.

**2. Sit Spot Journals** - These have completely changed the way I interact with my kids and nature. A "Sit Spot" is a place where you sit once or twice a week and simply observe the world around you. The journal can be an illustration of the sit spot, a poem about the area, or just notes about their observations. They begin to notice how the plants and trees change throughout the summer, how the moon changes, what animals are present, etc. Like audiobooks, be sure to foster the activity by having conversations with them about what they noticed. What did they think was interesting? How would this spot look to an ant or a bird? Where is the sun and why? What do they think will happen in a few days? It is important to genuinely show interest and validate your child's thinking and learning. Questions like these help to nurture kids' observational skills and teach them to pay attention to the small miracles in life.

These are just two easy ways to continue your child's learning, but meaningful conversations are the key to these being a success. Listen to their thinking, ask them about their wonderings, and press them for understanding. These are what keep them academically stimulated in virtually any setting. If we can grow a generation with an appreciation for the world we live in and the learning that is always at their disposal, they will thrive beyond anything we could imagine. For more ideas, visit [www.readingrockets.org](http://www.readingrockets.org).

- Robin Sellers, M. Ed.



# NINE HUNDRED AND FORTY SATURDAYS

For families with busy schedules including work, school and extra-curricular activities, time together is often hard to come by. Parents finding quality time to spend with their children can be quite a challenge. Although it is difficult to make time to spend with our children, it is critical to do so! Children long to spend meaningful time with their parents. There is a famous quote by Dr. Anthony P. Witham that we all know rings true, “children spell love... T-I-M-E.” Simply put, children equate time spent with them as being loved. I read an article recently which stated there are only 940 Saturdays between a child’s birth and his/her departure for college or the work force. While 940 sounds like plenty, the article went on to say that if the child is 5 years old, 260 Saturdays are already gone! Time can slip by quickly and we need to realize it is not unlimited. We need to make the most of what we have. Below are a few things to keep in mind as we do life with our precious children:

**Don’t mistake caretaking tasks as quality time.** Sometimes we can be so busy doing things for our kids—cooking, cleaning, laundry—that we stop doing things with our kids. Find one-on-one time with each of your children, even if it is only a few minutes each day. Making that connection is essential and can be an important investment in the relationship. If you find yourself buried in laundry, involve your child in helping you complete the chore as you engage with them about their interests and their day.

**Avoid distractions.** Spending time together quickly loses its value if the parent is distracted. Avoiding distractions can be difficult with phone calls and texts vying for our attention. Remember, we are teaching our children how to be in a relationship. What message are we sending our children about their value if they are always losing out to a cell phone? Some families have implemented device-free times so that family members can focus on

each other without distractions.

**Be intentional—teach lessons along the way.** Look for little moments throughout the day to teach lessons and instill values in your child. In everyday situations, make sure they understand what really matters to you. It is often in small moments that big lessons can be taught. Who better to teach them than you?

**Make it fun—be in the moment.** Let’s face it—sometimes as adults, we take things too seriously. It is important that we enjoy the moment and simply be present with our children. Look at the world with childlike wonder. It’s fun to play games, create, and pretend along with our children. A little silliness can go a long way! As the parent, we set the emotional tone in the household. Children most definitely take their cues from us.

As a parent, finding time to spend with your children will be difficult. Yet we are compelled to make it happen when we realize that spending time with our child communicates that we love them and that they matter to us. This is vital to raising happy, healthy children. Isn’t that what it’s all about?

- Robbie Shockey, M.S.



## Change a Life Through Adoption

Visit our website: [www.childrensaid.org/apac/adoption](http://www.childrensaid.org/apac/adoption).

APAC needs your help recruiting families for Alabama's Waiting Children. Please contact us if you are an adoptive family who would be willing to help, for example, to be interviewed to share your story and your family photo, or to be one of our event speakers.

# 1-866-4-ALKIDS



Alabama Pre/Post Adoption Connections presents:

# The Healing Mind

Discovering the Missing Link  
between Trauma and Resilience

FREE TRAINING

July 21: Montgomery / July 22: Birmingham

## Speakers:

William F. Pettit, Jr., M.D.

Psychiatrist

Linda M. Sandel Pettit, Ed. D.

Psychologist

Drs. Bill and Linda Pettit of the 3 Principles Intervention, LLC, will explore the three universal and formless principles that explain how people have an innate capacity to heal from any adverse event and how this understanding alone draws this out in others.

Register online:

[childrensaid.org/apac](http://childrensaid.org/apac)

Have you ever wondered what is really going on “behind the scenes” when people heal from adverse experiences? What truly determines whether an adverse experience is “traumatic” or just challenging? What roles can helping professionals play to not only provide relief but healing that lasts? Most importantly, how do people stay in a loving, light-hearted feeling (stress resistance) despite challenging or uncertain circumstances and what allows them to quickly regain this feeling if they lose it (resilience)?

Drs. Bill and Linda Pettit will explore the 3 universal and formless principles that explain how people have an innate capacity to heal from any adverse event and how this understanding alone draws this out in others.



## 5.5 Clock Hours

available for \$75

**\*Register by June 30 for a  
\$55 early bird registration rate!**  
\*No fee for DHR staff

5.5 Social Work & NBCC Clock Hours  
CAS is an approved CE Provider  
NBCC #6459 ABSWE #0039

### Schedule

8-9am: Check In  
9am-4:30pm: Training  
lunch on your own

## Topics Include:

- The entire spectrum of individual responses to adverse events
  - How every human experience is created
- Neuroscientific and epigenetic implications of chronic stress and complex trauma
  - Evidence of an innate state of mental wellbeing
- Distinctions and commonalities between trauma-informed therapy and the Three Principles Intervention
  - How to experience less stress and more joy regardless of circumstance
  - Emotional healing verses temporary relief

# APAC Resource Library is now online!

Visit our website or drop by our local APAC office to browse the vast collection of resources, or call our library directly to reserve items by phone.

## Request free online access!

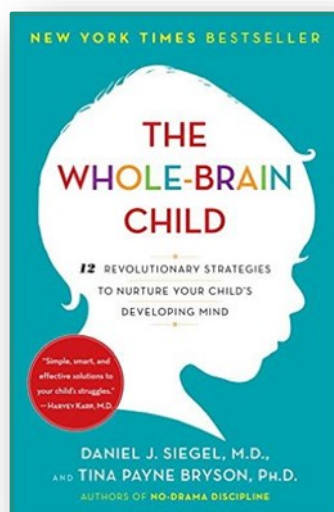
For more details contact our library

[www.childrensaid.org/apaclibrary](http://www.childrensaid.org/apaclibrary)

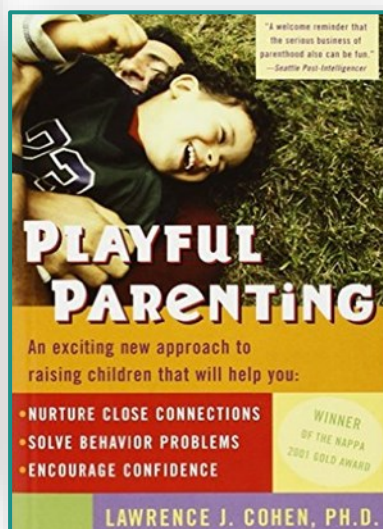
**1-866-944-1044**

*Summer* is the time to explore exciting new places and adventures through the pages of a book. Bed time is quality time to spend reading favorite books to children or creating and telling them stories. Enjoy and take the time to read, they will look forward to it!

## Recommended Parenting Resources:



*The Whole Brain Child*  
by Daniel J. Siegel, M.D.



*Playful Parenting*  
by Lawrence J. Cohen, Ph.D.

# APAC Webinars

Free Online Training for  
Parents and Professionals

## We Equip You Where You Are!

No need to leave your home or office! If you have internet access, you can join our live webinars and receive Social Work, Counseling, and Foster Parent continuing education credits!

## Upcoming Live Webinar Events:

**July 14** - Communicating  
with Schools

**August 25** - Bullying

**September 21** - Fetal  
Alcohol Spectrum  
Disorders

**October 18** - Electronics  
and The Disconnected  
Child

For further details and registration information, go to  
[www.childrensaid.org/apac](http://www.childrensaid.org/apac)



# counselors corner

## MAKING RELAXATION FUN

In February, the APAC Counseling Team had the opportunity to attend a training to become certified in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT). TF-CBT is an evidence-based model that takes children through several steps in order to help them talk about and cope with previous trauma. One key component of TF-CBT is to teach children relaxation skills.

While relaxation skills can be taught by your counselor, parents can teach them at home as well. The key is to make relaxation fun and interactive. I've included some pointers that I hope you will find helpful when teaching your children about relaxation.

**Practice Deep Breathing** – One of the first skills that comes to mind when addressing relaxation is deep breathing. Deep breathing comes from the abdomen. Have your child practice inhaling slowly and deeply through the nose into their lungs. You can have the child lie down and place a toy on their abdomen so they can watch it rise as they inhale and sink as they exhale. Sometimes it helps to have the child count slowly while they are inhaling and exhaling. You can also utilize bubbles by having your child exhale slowly while blowing into a bubble wand. Bubbles are helpful for both breathing and relaxation. Your child may wish to imagine a happy thought coming from each bubble.

"ALLOW YOUR  
CHILD TO  
USE THEIR  
IMAGINATION..."

Kendra L. Alley, MS, LPC

**Visualize Something Peaceful** – Another helpful relaxation technique is to have your child visualize a calm, peaceful scene. Have the child close their eyes and coach them as they use all of their senses (sight, sound, touch, and smell) to describe the scene. You may want to have your child clip images from magazines to put their peaceful scene onto poster board to serve as a visual cue. Allow your child to use their imagination. The peaceful scene does not have to be restricted to reality.

**Tense and Relax Muscle Groups** – Many children find progressive muscle relaxation fun. Go through each set of muscles in the body including the face, hands and arms, legs and feet, and stomach. Have your child tense up those muscles tightly for 10 seconds. Next, have them relax the same set of muscles. Tell them to "shake it off" as if they were made out of limp, cooked noodles. Have them wiggle the tension out of their bodies. Do this for each set of muscles in the body.

**Get Active** – Singing, dancing, stretching, and yoga can be creative outlets children can use to relax. They may also wish to listen to relaxing music or sounds heard in nature. Have your child make a CD of songs they find relaxing. Create a relaxing place in the house where they can go to listen to their music or meditate. Yoga Pretzels Cards are a set of flashcards that depict different fun ways for children to bend, twist, and relax. They can easily be ordered online.

**Use Props** – Several items can be purchased or created to use when teaching your children relaxation techniques. You can make homemade stress balls by pouring sand or flour into balloons and tying them. My favorite thing to do is make a "relaxation bottle" with my clients. Fill an empty water bottle with warm water, clear craft glue, and colored glitter. Secure the cap tightly. Have the child shake the bottle up and watch it as the glitter slowly settles to the bottom. For a longer lasting effect, add more glue. These bottles work really well for younger children that are anxious or dysregulated.

Happy Relaxing!

- Kendra L. Alley, MS, LPC  
APAC Counselor

# KEYS TO A FUN STAYCATION

As a family of 7, going out of town isn't always an option when the kids get a week off from school. Having a large family and living on a tight budget have caused our family to become masters of the "staycation." With a little planning and creativity, you can have the vacation experience without ever leaving your city! Here are some tips for doing just that.

**Find free fun.** A great idea is to Google free things to do in your city. We've explored the art museum, hiking trails, and different city parks. You can also find events such as story time at local libraries and even craft classes at your local home improvement store. The only cost is a little bit of effort searching the internet.

**Look for the great values nearby.** Do your kids love to swim? Check out the local aquatic center. Have an animal lover? Check out the zoo or an animal rescue center, like the one at Ruffner Mountain Park in Birmingham. Wish you could just get away to the beach? Oak Mountain State Park, here in the Birmingham area, is a super inexpensive alternative. The sandy, lake-front beach and swimming area offer a fun beach experience without the long drive to the Coast.

**Have fun... at home.** With a little creativity, your home and everyday objects can turn into hours of fun for the family! Host a neighborhood water balloon fight or a scavenger hunt. Set up a tent in the backyard or have a meal from the grill. Small children will enjoy playing in the sprinkler or with shaving cream. You might like to give each day a theme to coordinate the day's activities around—collecting bugs on "Critter Day" or playing flag football in your team's jersey on "Sports Day."

**Attitude is everything.** When it comes down to it, the most important part of a successful "staycation" is having a fun, adventurous spirit. Don't focus on heavy duty cleaning or catching up on different projects during the time you have designated as vacation time. Instead, even when you're at home, engage in activities that are fun and out of the ordinary.

You don't have to spend a lot of money to make memories with your family that will be cherished for a lifetime. After all, the best part of a vacation is the people you spend it with.

**Here are some web sites to kick start your family's stay-cation planning:**

- ⇒ [www.tripbuzz.com/free-things-to-do/birmingham-al](http://www.tripbuzz.com/free-things-to-do/birmingham-al)
- ⇒ [www.southernsavers.com/top-25-free-things-birmingham](http://www.southernsavers.com/top-25-free-things-birmingham)
- ⇒ [www.onlyinyourstate.com/alabama/places-to-go-in-alabama](http://www.onlyinyourstate.com/alabama/places-to-go-in-alabama)
- ⇒ [www.familydaysout.com/kids-things-to-do-usa/alabama](http://www.familydaysout.com/kids-things-to-do-usa/alabama)
- ⇒ [www.alabama.travel/festivals-and-events](http://www.alabama.travel/festivals-and-events)
- ⇒ [www.whnt.com/2015/06/19/summer-bucket-list-19-things-to-do-in-north-alabama](http://www.whnt.com/2015/06/19/summer-bucket-list-19-things-to-do-in-north-alabama)
- ⇒ [www.travelingmom.com/2009/03/29/10-free-things-to-do-in-montgomery-ala](http://www.travelingmom.com/2009/03/29/10-free-things-to-do-in-montgomery-ala)
- ⇒ [www.tripbuzz.com/free-things-to-do/montgomery-al](http://www.tripbuzz.com/free-things-to-do/montgomery-al)
- ⇒ [www.tripbuzz.com/free-things-to-do/mobile-al](http://www.tripbuzz.com/free-things-to-do/mobile-al)
- ⇒ [www.travelingmom.com/2009/06/07/8-free-things-to-do-in-dothan-alabama](http://www.travelingmom.com/2009/06/07/8-free-things-to-do-in-dothan-alabama)





# Adoptive Family Groups

*APAC offers support groups that meet throughout the state, providing education and social interaction for adoptive parents and their children.*



## **Baldwin County**

3rd Thursday

6-7:30pm @ 3 Circle Church, Fairhope

## **Calhoun County**

*\*Off July, August.*

2nd Thursday

6:30-8pm @ Greenbrier Church of Christ, Anniston

## **DeKalb County**

4th Tuesday

6:00-7:30pm @ Rainsville Seventh-Day Adventist Church,  
Rainsville

## **Etowah County**

*\*Off June and July, will resume in August.*

3rd Thursday

6-7:30pm @ East Garden Baptist Church, Gasden

## **Jefferson County East**

*\*Off June and July, will resume in August.*

1st Thursday

6-7:30pm @ Huffman United Methodist, Birmingham

## **Jefferson County Multi-Cultural**

2nd Tuesday

6:30-8pm @ Children's Aid Society, Birmingham

## **Jefferson County West**

*\*Off June and July, will resume in August.*

4th Thursday

6:00-7:30pm @ Pleasant Hill United Methodist, Bessemer

## **Lee County**

1st Thursday - resuming in August.

6-7:30pm @ Cornerstone Church, Auburn

## **Madison County**

2nd Monday

6-7:30pm @ First United Methodist Church, Huntsville

## **Mobile County**

4th Friday

6-7:30pm @ Regency Church of Christ, Mobile

## **Morgan County**

*\*Off June and July, will resume in August.*

2nd Thursday

6-7:30pm @ Central Park Baptist Church, Decatur

## **Shelby County**

*\*Off June and July, will resume in August.*

1st Tuesday

6:30-8pm @ First United Methodist, Alabaster

## **River Region (Autauga, Elmore, Montgomery)**

*\*New Group Series begins August 2016!*

Time and Location TBA

## **Wiregrass Area (Geneva, Henry, Houston)**

*\*New Group Series begins August 2016!*

Time and Location TBA

*Our Northern AFG Groups will focus on a series theme for the fall session, August—November:*

**"Families and Change."**

*All groups have parent sessions, child groups, and childcare unless otherwise indicated.*

# Alabama's Waiting Children

**Juliecia**, born February 2007, is a sweet child. Juliecia has been diagnosed with Oto-Palatal-Digital Syndrome and Asperger's. Oto-Palato-Digital Syndrome causes facial features, and hands and feet to be positioned in the wrong place. Typically, those diagnosed are non-verbal and have developmental delays, which is true for Juliecia. She has also experienced seizures in the past which are controlled by medication that she takes daily. She attends elementary school and receives special education accommodations.



Despite all of the challenges that she has faced, she is a sweet and loving child. She enjoys the simplest things like bubbles. Juliecia has mastered many skills at school, and with the dedication of her teachers, she continues to master more each year. She is non-verbal but can use "I want" picture cards, as well as her iPad to communicate. Juliecia will also take you by the hand and lead you to what she wants. She has receptive language skills demonstrated by her ability to follow simple commands or directions, and she is responsive to her name. She loves music, games and toys that make sound. She also loves to smile and is a very active child and will need ample space to run and play.

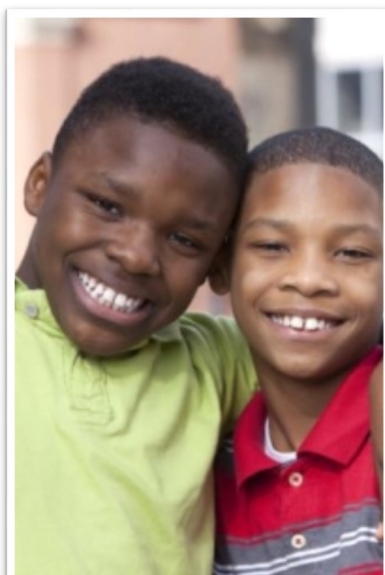
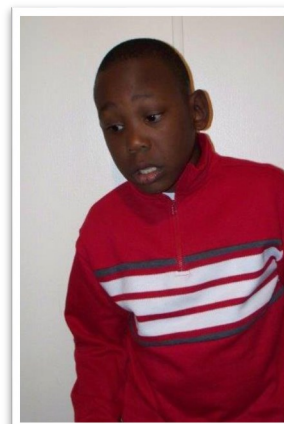
Overall, Juliecia is a very loving child. She may be a bit shy until she gets to know you, but once she does you will see a wonderful child. She will need continued care as she gets older. Those working with her over the years have seen the potential she has and the vast improvements she has made.

**Amani**, born December 2000, is a quiet young man. He is very intelligent, likes to read, and has the ability to excel academically. He currently has an IEP to help him fully meet his educational needs. Amani is like many teen boys; he enjoys playing video games and listening to his MP3 player. He will do best in a two parent household or possibly a single male home. He is very easy to engage; he likes to play and have a lot of fun. It would be ideal if he was adopted into a family with other teenagers.



Visit [www.heartgalleryalabama.com](http://www.heartgalleryalabama.com) to meet more kids waiting to be adopted or to inquire about any of the kids you see here.

**Bernard**, born January 2006, is an energetic boy who loves to dance and listen to music. Bernard enjoys playing outside and also in the water. He will need a family who is patient and can provide constant supervision to ensure his safety. Bernard is very loving and affectionate and needs a parent who can help him learn to self-soothe and practice calming behaviors. He loves playing with his stuffed animals and watching westerns or Sponge Bob. Bernard will need 24-hour care the remainder of his life with a family who will fully commit to him and his needs. He receives occupational, speech, behavioral, and psychological therapy.



## **Christian & Christopher** were born in

January of 2005. Christian is an energetic child who is considerate of others. He loves to run and move, and really enjoys playing outside. He enjoys all sports and has an aptitude for them. He also is good swimmer. He also enjoys board and card games and can easily be engaged in those activities. He sometimes needs encouragement to work hard at school. He is good at both math and science, and he's very interested in aquatic animals. He needs and deserves a family who can help him learn to live in a family setting.

Christopher is very sweet, outgoing, and likeable. He makes friends very easily because he enjoys socializing and receiving positive attention from both adults and children. He enjoys skating, basketball, and other sports. He has also expressed interest in dance. He enjoys watching movies & TV and playing simple card games and board games. He has allergies & asthma, both of which are easily controlled with medication. He enjoys school and receives Special Education services. He would do best in a patient family who is aware of his needs. These brothers long to be placed together.

**Josolyn**, born October 2005, is a bright, smart child. She has a big heart and is nurturing to others. She enjoys playing her Nintendo DS and going to church. She loves to eat, especially sweets. Her favorite restaurant is Jason's Deli. She enjoys listening to music and also watching music videos. She is also known to be a good communicator. She likes to spend time with her friends and tell jokes. She would like to be a police officer when she grows up because they save people.

Josolyn needs a family that is patient and will provide consistent structure and unconditional love. She can struggle with impulse control and can be easily distracted. She will benefit in a two parent home with no other children.







CHILDREN'S AID  
SOCIETY

2141 14<sup>th</sup> Avenue South

Birmingham, AL 35205

P: 866.803.2722

F: 205.933.8152

E: [cas@childrensaid.org](mailto:cas@childrensaid.org)

W: [www.childrensaid.org](http://www.childrensaid.org)

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## Connect With APAC

### Central Office & Northern Region Birmingham Area

2141 14th Avenue South  
Birmingham, AL 35205

P: 205.949.2722

F: 205.933.8152

TF: 866.803.2722

### Southern Region Montgomery Area

500 Interstate Park  
Suite 508

Montgomery, AL 36109

P: 334.409.9477

F: 334.409.9474

TF: 866.944.1044

### Mobile Area

572 Azalea Road,  
Suite 101

Mobile, AL 36609

P: 251.460.2727

F: 251.460.2729

TF: 800.489.1886

### Huntsville Area

P: 256.539.5828

F: 256.536.9497

TF: 888.539.5828

### Wiregrass Area

P: 334.409.9477

F: 334.409.9474

TF: 866.944.1044

### APAC Adoption Services Help Line

866.803.2722



[twitter.com  
/childrensaidorg](https://twitter.com/childrensaidorg)



[facebook.com  
/childrensaid](https://facebook.com/childrensaid)

[www.childrensaid.org/apac](http://www.childrensaid.org/apac)