



Q2 2016

WHAT'S NEW **AT FACES?**

Register on our website to have our newsletters and updates delivered straight to your inbox!

TOXIC STRESS & **BRAIN ARCHITECTURE**

Toxic stress is defined by Alberta Family Wellness as that which is severe and prolonged in the absence of the buffering protection of supportive relationships. Sources can include things like physical or emotional abuse, chronic neglect, severe maternal depression, parental addiction, or family violence. Toxic stress disrupts brain architecture and leads to lifelong problems in learning, behaviour, and both physical and mental health.

Educate yourself on brain development and the effects of toxic stress. Check out Alberta Family Wellness' YouTube channel or visit albertafamilywellness.org.



WHAT DID **YOU MISS?**

RESPITE

If you're a family who requires respite, please send us an email so we can connect you!

WHAT'S HAPPENING THIS QUARTER?

SOCIAL NIGHTS

Our social nights provide an opportunity for prospective and adoptive families to meet and build relationships. Regardless of where you are in the process, or what route you're taking to build your adoptive family, you're welcome to join us!

(Please note that you are responsible for your own tab.)

April 20 - Social Night for Dad's

Brewsters

834 11th Ave SW, Calgary, AB

7:00 PM

June 16

Original Joe's

7403 MacLeod Trail SW, Calgary, AB

7:00 PM

June 17

Brewsters Oliver Square

11620 104th Ave, Edmonton, AB

7:00 PM

FAMILY EVENTS

For your safety, we don't publicize the locations of our family meet-up's. To attend these events, search for FACES on meetup.com or email sarah@facesforalberta.com.

June 18

Edmonton Family Event

Picnic & activities in a NE Edmonton park

June 25

Calgary Family Event

Picnic & activities in a south Calgary park

July 22 - 24

3rd Annual FACES Camping Trip

We're doing things a little differently this year. We've rented a large group area complete with a covered cooking shelter, so we can enjoy our time together rain or shine! We'll be hosting evening campfires and a fun-filled Saturday full of games and a hot dog lunch. Join us for the weekend, or join us on Saturday - either way, we'll be happy to see you! We've reserved twenty spots, and we're sure to fill up every one of them, so RSVP quickly!



MOM'S GROUP

Join our mom's group from 7-9PM on the second Wednesday of every month (excluding July & August). There is no set agenda for this group, so come with your questions and topics of interest in hand.

#250, 3115 - 12th St NE, Calgary (Adoption By Choice's office)

WANT TO HOST A MEET-UP?

If you'd like to host a meet-up with other FACES members in your area, we'll be happy to advertise it for you! Email sarah@facesforalberta.com for our meet-up guidelines.

CONTACT US

Find out more about FACES Society for Alberta on our website:

www.facesforalberta.com

Questions? Comments? We're always available by email:

info@facesforalberta.com

Follow us on Facebook and Twitter!

