



GWEN TIMMERMAN
IFAPA Peer Liaison

How to Contact Me:

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**I UNDERSTAND...
I AM A FOSTER PARENT TOO**

IFAPA recognizes that foster parents often need the perspective of peers during the foster parenting and adoption experience.

I can provide support and assist you with questions regarding:

- Licensing requirements
- Training needs
- Respite care
- Behavior challenges
- Working with birth families
- Confidentiality issues
- And much more!



www.ifapa.org

NEW YEAR'STOP 10 COUNT DOWN



10) Begin the New Year with new clothing for your foster child. Clothing allowances start over January 1st. Contact your DHS worker before you purchase!



9) Like Magic- the Friends of Children in Foster Care has grants to help with your foster child's "special extras" To apply: www.ifapa.org (under resources)!



8) New Year-New Contact Information? Let your liaison know if your email, address, or phone numbers have changed!



7) Ready for a well-deserved break? Remember to set up RESPIRE with your IKN support worker. Each placement receives 24 days per calendar year.



6) Snow days are a great opportunity to work on your child's Lifebook. Printable pages and ideas. www.ifapa.org (under publications)



5) "Spring is Coming" Save the Date for IFAPA's Spring Conference! April 7-8, 2017 in Des Moines. Watch for upcoming details. www.ifapa.org



4) A few quiet minutes, hot chocolate, & IFAPA's Weekly Word....PRICELESS arriving in your EMAIL box each week!



3) Keep Your Mind From Melting! IFAPA's New Training Brochure is out with fresh, new trainings. Don't wait...Sign up now! www.ifapa.org



2) Jack Frost keeping you inside? Take some time to look at IFAPA's website! Full of awesome information, trainings, videos, and resources! www.ifapa.org



1) Lastly, You are making a difference in your Child's Life! Thank You and HAPPY NEW YEAR!

Your IFAPA Peer Liaison!! Christie McGuire (cmcguire@ifapa.org or 855-929-2005)

NEWS FROM YOUR IFAPA PEER LIAISON

SUPPORT GROUP INFORMATION:

ALLISON AREA SUPPORT GROUP:

Vineyard Community Church, 319 W Bremer Ave, Waverly
 Meets monthly-- 2nd Monday, Meal at 6:00 p.m., Meeting 6:30-7:30 p.m.
 Groups meet September-May
 Free childcare offered for ages 0-5/Structured activity for ages 6+
 Contact Persons: Tammy Faux (319-610-9115 or tammy.faux@wartburg.edu)
 Kate Haberman-Foelske (khaberman@monarchtherapyservices.com)
 Gwen Timmerman (319-883-3594 or gtimmerman@ifapa.org)

January Meeting: Roundtable discussion & support (No training credit)

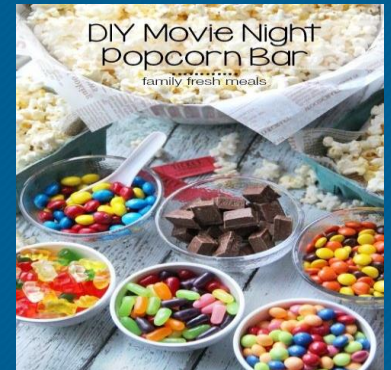
BLACK HAWK COUNTY SUPPORT GROUP:

Grace Lutheran Church, 1024 W 8th St, Waterloo
 Meets monthly-- 2nd Tuesday, 6:30-8:30 p.m. Groups meet September-May
 2 hours training & free childcare offered
 Contact Person: Gwen Timmerman (319-883-3594 or gtimmerman@ifapa.org)
January Training: "It's Not About You-Trust & Motivation" with Nancy Maday

UPCOMING IFAPA TRAININGS

Saturday, Jan. 14, 2017 (9am-4:30)	Utilizing the NURTURED HEART APPROACH in Helping Children with Challenging Behaviors (Kim Combes, LBSW, M.Ed.)	6 hours	Cedar Falls Hawkeye Comm. College 5330 Nordic Dr
Saturday, Jan. 14, 2017 (9am-12:15pm)	Mandatory Child Abuse Reporter Training	3 hours	Cedar Rapids Clarion Hotel 525 33d Ave SW
Saturday, Jan. 14, 2017 (1:15pm-5:30pm)	CPR and First Aid (Register & Pay Here) To avoid late fees, pay by Sunday, Jan. 1	4 hours	Cedar Rapids TBA
Saturday, Jan. 21, 2017 (9am-12:15pm)	Mandatory Child Abuse Reporter Training	3 hours	Cedar Falls Hawkeye Comm. College 5330 Nordic Dr
Saturday, Jan. 21, 2017 (1:15pm-5:30pm)	CPR and First Aid (Register & Pay Here) To avoid late fees, pay by Sunday, Jan. 8	4 hours	Cedar Falls TBA
Saturday, Jan. 21, 2017 (9am-4:30pm)	Foster Care Meets Mental Health: A Foster Parent Dilemma! (Christy Meyer)	6 hours	Cedar Rapids Clarion Hotel 525 33d Ave SW

DIY MOVIE NIGHT



Set up a concession buffet for movie time. ...Don't forget to provide personal lap trays!



DIY LASER MAZE



Make a DIY laser maze in the hallway. You need some red crepe paper & tape! Tape them high & low & all ways in between.

You may have to do some adjusting as they navigate through it. You want it to have a level of difficulty, but also doable so they can feel successful.

Fast & easy for HOURS of fun!!!