# KENTUCKY

**Parenting Support Resources**

Dr. Greenmeyer 502-426-2777- deals with infertility, the loss of a child and adoption related issues for adults

Dr Karen Hutcheson 502-338-8829 -has adopted older children internationally, works with children/teens only- does training for international placing agencies around the US. Awesome resource-

Dr. Courtney Snyder http://www.courtneysnydermd.com/about.html My psychological (and social) perspective is guided by my training in psychodynamic individual therapy, family therapy and attachment theory. Prior to closing my previous practice, I sub-specialized in treating children who had experienced trauma - many whose earliest years were spent in international orphanages.

Renee Witkowski, https://www.facebook.com/empoweredcalling/ (502)310-9049 Adoptive mother, adoption specialist, now offering coaching, training and consulting for adoptive and foster parents with an emphasis on training in therapeutic parenting and developing deeper connections between the parent and child.

Carol Lozier, MSW, LCSW (502)426-0550 and (502)298-3580 clozierlcsw@gmail.com is a clinical social worker in private practice in Louisville, Kentucky. Ms. Lozier has spent over twenty five years counseling children and families, specializing in adoption, foster care, and trauma. She is passionate about helping children heal from their past hurts and loss and is the author of The Adoptive & Foster Parent Guide: How to Heal Your Child's Trauma and Loss.

Channing Knighton, MFTA (credentials official as of Nov 1st)
Southeast Christian Church Professional Counseling
502-253-8425
cknighton@secc.org
https://www.southeastchristian.org/connect/care/#counseling
-Specializing in foster/adoptive family issues, crisis pregnancy counseling/birth parent counseling, grief & infertility, marriage & family counseling
-Co-leading two Adoptive/Foster Parent Support Groups:

- Southeast Christian Church- 920 Blakenbaker Pkway, meets the 2nd Thursday of the month 7:15-8:30 PM

Southern Indiana- OCA Connect Group at Graceland Baptist Church, 3600 Kamer Miller Road, New Albany meets third Wednesday of the month at 6:30 PM in Family Life Center Room 301 Facebook Group: https://www.facebook.com/groups/IndianaOCAconnect

Here is a link to Orphan Care Alliance for their "Connect Groups" that meet throughout the area.

http://orphancarealliance.org/oca-connect/

OCA Connect Groups

Jefferson County

Join us every month on the 2nd Monday, from 7:00 pm-8:30 pm

**Calvary Christian Center**

10710 Taylorsville Road, Louisville, KY 40299

Crestwood Kentucky

Join us every month on the 1st Tuesday, from 6:30 pm-8:00 pm

**Southeast Christian Church, Oldham Campus**

Crestwood Station, Crestwood, KY, 4001

If you need childcare during the group, please email Angie Martin at amartin@secc.org

Oldham County

Join us every month on the 4th Wednesday, from 6:30 pm-8:00 pm

**Christ Church of Goshen**

12001 West Highway U.S. 42, Goshen, KY 40026

Lawrenceburg Kentucky

Join us every month on the 1st Tuesday, from 6:30 pm-8:00 pm

**Ninevah Christian Church**

1195 Ninevah Road, Lawrenceburg, KY 40342

Adoptive Parent Support Group held at Northeast Christian Church. Contact Brooke Arnold for more information. **brookebarnold@hotmail.com**

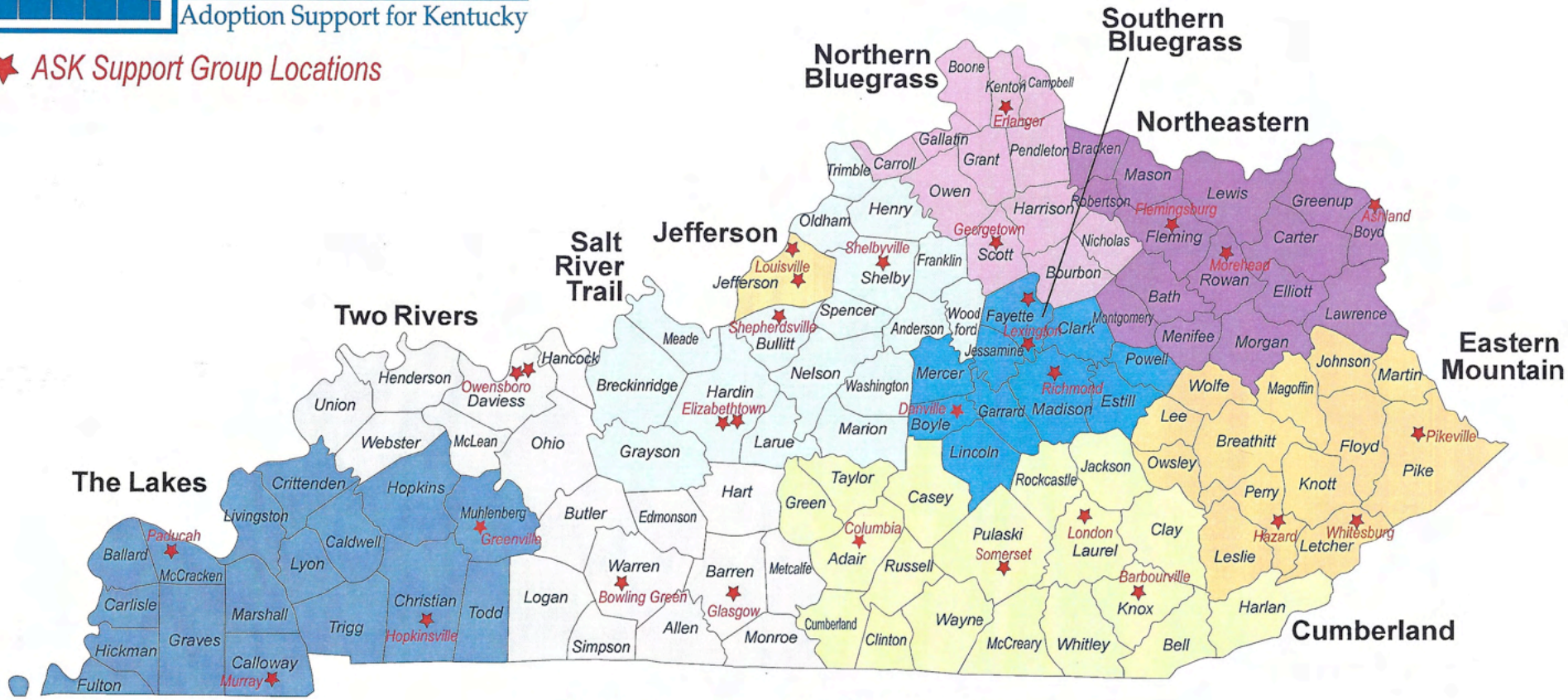
Birth Parent Group- Heart 2 Home Birth Parent Group
There is no specific meeting time - it's random
** birthmothers around the state may be able to skype in if they can't get to Lexington- they could also be linked to a birthmother who could text/talk with them.
When we do meet the address is:
501 W 6th Street
Suite 250 (The Plantory)
Lexington, KY
They can call Leigh Shapiro at: 859.490.3055 or 859.533.5121

revised
10/23/2018

# ASK

Adoption Support for Kentucky

★ ASK Support Group Locations




## ASK Adoptive Parent Liaisons

The Lakes West - Kim Armistead
ASKLakesWest@gmail.com

The Lakes East - Theresa Shell-Goldsby
ASKLakesEast@gmail.com

Northern Bluegrass - (vacant)
ASKNorthernBluegrass@gmail.com

Cumberland East - Rachael Wall
ASKCumberlandEast@gmail.com

Northeastern - Deanna Helton
ASKNortheastern@gmail.com

Two Rivers North- Antoine & Jeremiah Smith-Rouse
ASKTwoRiversNorth@gmail.com

Two Rivers South - Jennifer Perkinson
ASKTwoRiversSouth@gmail.com

Salt River Trail - Kay Upton
ASKSaltRiverTrail@gmail.com

Cumberland West - Sheila Minton
ASKCumberlandWest@gmail.com

Eastern Mountain - Donna Hudson
ASKEasternMountain@gmail.com

Jefferson - Amanda & Tim Chandler
ASKJeffersonCo@gmail.com

Southern Bluegrass - Paul Huber
ASKSouthernBluegrass@gmail.com

Southern Bluegrass (Lexington) - Mollie Cole
ASKLexington@gmail.com

**http://trc.uky.edu/ASK**

**facebook.com/AdoptionSupportForKentucky**

# ASK Support Groups

| Region | Adoptive Parent Liaison Contact | Meeting Date | Meeting City | Meeting Location | Meeting Time |
|---|---|---|---|---|---|
| Cumberland (East) | **Rachael Wall**<br>606-304-5669<br>ASKCumberlandEast@gmail.com | 1. Last Monday<br>2. 2nd Thursday | 1. London<br>2. Barbourville | 1. Community Christian Church, 723 W. 5th St.<br>2. First Baptist Church, 201 N. Main St. | 6:00 - 8:00pm (both groups) |
| Cumberland (West) | **Sheila Minton**<br>606-303-3241<br>ASKCumberlandWest@gmail.com | 1. 2nd Saturday<br>2. 3rd Tuesday | 1. Somerset<br>2. Columbia | 1. Pulaski County Library, 304 South Main St.<br>2. Adair County Headstart, 111 Fairgrounds St. | 1. 10:00am - 12:00pm<br>2. 6:00 - 8:00pm |
| Eastern Mountain | **Donna Hudson**<br>606-233-1395<br>ASKEasternMountain@gmail.com | 1. 3rd Monday<br>2. 3rd Tuesday<br>3. 2nd Thursday | 1. Hazard<br>2. Whitesburg<br>3. Pikeville | 1. Gospel Light Baptist Church, 100 Independence Dr.<br>2. First Baptist Church, 170 Madison Ave.<br>3. First Christian Church, 313 Chloe Rd. | 6:00 - 8:00pm (all groups) |
| Jefferson | **Tim & Amanda Chandler**<br>Tim 502-812-2723<br>Amanda 502-812-2722<br>ASKJeffersonCo@gmail.com | 1. 1st Thursday<br>2. 3rd Thursday | 1. Louisville<br>2. Louisville | 1. St. Joseph Children's Home, 2823 Frankfort Ave.<br>2. Okolona Christian Church, 10801 Faithful Way | 6:00 - 8:00pm (both groups) |

Updated 11/12/18

*Group schedules may change* To confirm, call the regional Liaison, ASK office, or visit our website at http://trc.uky.edu/ASK for an updated quarterly schedule

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|---|---|---|---|---|---|
| Northern Bluegrass | **ASK Staff / APLs**<br>**(new APL to be hired)**<br>ASKNorthernBluegrass@gmail.com | 1. 3rd Thursday<br>2. 3rd Saturday | 1. Erlanger<br>2. Georgetown | 1. Erlanger United Methodist Church, 31 Commonwealth Ave.<br>2. First Christian Church, 112 East College St. | 1. 6:00 - 8:00pm<br>2. 10:00am - 12:00pm |
| Northeastern | **Deanna Helton**<br>606-356-1360<br>ASKNortheastern@gmail.com | 1. 1st Tuesday<br>2. 1st Thursday<br>3. 3rd Monday | 1. Ashland<br>2.Flemingsburg<br>3. Morehead | 1. First Christian Church, 1930 Winchester Ave.<br>2. Fleming County Extension Office, 1384 Elizaville Rd.<br>3. Faith Presbyterian Church, 430 Fraley Drive | 6:00 - 8:00pm (all groups) |
| Salt River Trail | **Kay Upton**<br>270-268-0734<br>ASKSaltRiverTrail@gmail.com | 1. 2nd Monday<br>2. 3rd Monday<br>3. Friday before 3rd Saturday<br>4. 3rd Saturday | 1. Shepherdsville<br>2. Shelbyville<br>3. Elizabethtown<br>4. Elizabethtown | 1. Little Flock Baptist Church, 5500 N. Preston Hwy.<br>2. Bethesda Church of God, 2246 Taylorsville Rd.<br>3. DCBS Office, 916 N Mulberry St.*<br>4. DCBS Office, 916 N Mulberry St.<br>**location change pending Jan. 2019* | 1. 6:00 – 8:00pm<br>2. 6:00 – 8:00pm<br>3. 7:00 – 9:00pm<br>4. 6:00 – 8:00pm |
| Southern Bluegrass | **Paul Huber**<br>859-684-8421<br>ASKSouthernBluegrass@gmail.com | 1. 2nd Saturday<br>2. 2nd Tuesday | 1. Richmond<br>2. Danville | 1. Madison County Public Library, 507 W. Main St.<br>2. The Showroom ("The Bay" rooms), 2405 Lebanon Rd. | 1. 3:00 – 5:00pm<br>2. 6:00 – 8:00pm |
| Southern Bluegrass (Lexington) | **Mollie Cole**<br>859-948-8490<br>ASKLexington@gmail.com | 1. 1st Monday<br>2. 2nd Saturday | 1. Lexington<br>2. Lexington | 1. Lexington Public Library, Northside Branch, 1737 Russell Cave Rd.<br>2. Ashland Avenue Baptist Church, 483 W Reynolds Road, Rm 105. Enter at the right side of the church, door labeled "Church Office" | 1. 6:00 – 8:00pm<br>2. 10:00am – 12:00pm |

Updated 11/12/18

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|---|---|---|---|---|---|
| The Lakes (East) | **Theresa Shell-Goldsby**<br>270-704-1953<br>ASKLakesEast@gmail.com | 1. 2nd Monday<br>2. 4th Tuesday | 1. Hopkinsville<br>2. Greenville | 1. New Work Fellowship Church, 5050 Canton Pike<br>2. Sharon General Baptist Church, 166 Sharon Church Road (off KY-189 / Bancroft Rd) | 6:00 - 8:00pm (both groups) |
| The Lakes (West) | **Kim Armistead**<br>502-558-6846<br>ASKLakesWest@gmail.com | 1. 2nd Monday<br>2. Last Monday | 1. Paducah<br>2. Murray | 1. Oasis Christian Center, 3232 Buckner Ln.<br>2. Locust Grove Baptist Church, 1871 Locust Grove Rd.*<br>**location change pending* | 6:00 - 8:00pm (both groups) |
| Two Rivers (South) | **Jennifer Perkinson**<br>270-202-7127<br>ASKTwoRiversSouth@gmail.com | 1. 3rd Thursday<br>2. 3rd Saturday | 1. Glasgow<br>2. Bowling Green | 1. Glenview Christian Church, 1403 Glenview Dr.<br>2. First Church of the Nazarene, 1503 Westen St. | 1. 6:00 – 8:00pm<br>2. 9:30 – 11:30am |
| Two Rivers (North) | **Antoine & Jeremiah Smith-Rouse**<br>Antoine 606-278-0209<br>Jeremiah 270-316-6372<br>ASKTwoRiversNorth@gmail.com | 1. 2nd Friday<br>2. Saturday after the 2nd Friday | Owensboro | New Life Church, 400 Crabtree Ave. (both groups)*<br>**locations & schedule changes pending* | 1. 6:00 - 8:00pm<br>2. 9:00 – 11:00am |

**Please visit the ASK webpage for childcare availability & upcoming training topics: http://trc.uky.edu/ASK/**

**Meeting cancellations & other announcements will be posted on our Facebook page as needed: https://www.facebook.com/AdoptionSupportForKentucky/**

Updated 11/12/18

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*Training Library as of January 1, 2018*

1. **A Guide to Coping with Allegations**
2. **A Child's Education: Rights and Responsibilities**
3. **Adoption: Understanding Your Commitment**
4. **ARC Meeting and IEPs: The Basics**
5. **Attachment and Bonding with Your Foster and Adoptive Child**
6. **Blended Families: Parenting Children When They Don't Get Along**
7. **Building Positive Relationships with Case Workers and Community Partners**
8. **Bullying**
9. **Child Development: Ages 0-5**
10. **Compulsive Lying**
11. **Confidentiality in Foster Care**
12. **Creating Memories and Meaningful Family Traditions for Blended Families**
13. **Creative Parenting: New Ways to Focus on Your Child**
14. **Cyberbullying**
15. **Developmental Stages and Children's Responses to Grief**
16. **Drugs: Things You Need To Know**
17. **First Steps: Kentucky's Early Intervention System**
18. **Fostering and Adopting At Risk Children**
19. **Fostering and Adopting Sibling Groups**
20. **Guiding Your Child Through Adolescence**
21. **Healing After a Foster Child Leaves Your Home**
22. **Healthy Boundaries in Teenage Relationships**
23. **Healthy Boundaries: Strategies for Answering Tough Questions**
24. **Helping Your Child Make Healthy and Positive Choices: Talking to Teens & Preteens**
25. **Helping Foster & Adopted Children Cope with Holiday Stress**
26. **Helping Foster and Adoptive Children Transition to a New School**
27. **Helping Your Child Succeed in School**
28. **Internet Safety**
29. **Keeping Families Strong**
30. **Learning Your Child Has a Disability**
31. **Learning to Communicate: Developing Social Skills**
32. **Myths & Realities of Foster Care and Adoption**
33. **New Placements: Preparing and Adjusting Family Roles**
34. **Openly Talking About Adoption with Children**
35. **Perceptions of Adoption: A Child's Developmental View**
36. **Positive Adoption Language: Part 1**

37. **Positive Adoption Language: Part 2**
38. **Positive Discipline for Teenagers**
39. **Preparing Children for Permanency**
40. **Preventing Child Abuse: Types, Signs, and Symptoms**
41. **Promoting Stability and Increasing Resiliency for Children-in-care**
42. **Recognizing the Signs of Adoption Disruption and Dissolution**
43. **Services and Support for Foster and Adoptive Families**
44. **Sibling Attachment & Adoption**
45. **Strategies for Parenting Teens**
46. **Strategies to Remain Positive When Adopting**
47. **Stress Management for Caregivers**
48. **Ten Things Every Pediatrician Should Know about Children in Care**
49. **Transracial Parenting: Ages 0-5**
50. **Transracial Parenting: Ages 5-12**
51. **Transracial Parenting: Ages 12-18**
52. **Twenty Things Adoptive Kids Wish Their Adoptive Parents Knew**
53. **Understanding a Case Through the Child Welfare System**
54. **Understanding the Brain and Fear Responses in Traumatized Children**
55. **What to Ask When Called About a Placement**
56. **Working with Birth Families to Achieve Permanency**