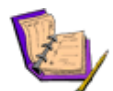




October, 2016

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## *Notes From Cathy's Desk*

Cathy Murphy - Executive Director

### Helping Children and Youth with Social Anxiety

Reference: The Children's Hospital of Eastern Ontario, resource

What is Social Anxiety Disorder?

Social anxiety disorder (sometimes called social phobia) is a problem for children and youth that makes them very anxious or worried in many everyday situations. Children and youth with social anxiety can get worried about:

- Meeting new people
- Going somewhere new
- Talking in class
- Speaking in public
- Eating or drinking in front of others
- Using public toilets when others are nearby
- Making mistakes in front of others

What is the difference between shyness and Social Anxiety Disorder?

Many of us feel shy at one time or another. Some cultures value shyness more than others. Feeling shy at times isn't a problem. In fact, having "just enough" shyness in the right situations keeps us from doing things that might be embarrassing for ourselves or others. But social anxiety is more than feeling shy sometimes. It gets in the way of making friends, enjoying school and getting involved in fun activities. Children and youth with social anxiety will try to avoid (or will endure with distress) social situations like:

- Starting to talk with other who are not close friends or family
- Going to a party or dance
- Talking on the phone
- Talking to people they don't know
- Expressing opinions
- Talking with people in authority (teacher)

Bullies may pick on children and youth with social anxiety, because they seem like an easy target to bully.

What Causes Social Anxiety?

Genetics: Some children are just born with a tendency or temperament to be more shy and anxious. A child has a greater chance of having anxiety (including social anxiety) if family members have trouble with anxiety.

Life Events: Children and youth may be more shy or fearful in social situations if they: don't get a chance to learn how to handle social situations (if parents protect and shield them), have had negative experiences in the past, like being bullied, teased, embarrassed or rejected, have conflicts or stresses with friends or classmates, are not doing well in school or feel too much pressure to do well in school.

It can be hard for adults to see things from a child's or teen's point of view. Things that might not seem like a big deal to an adult can be overwhelming to a child or youth. And some children are just more sensitive to stress.

What Can You Do If You Think Your Child or Teen May Have Social Anxiety?

Start with your family doctor or pediatrician and describe your child's/teen's worries and the situations that are causing them anxiety. Your doctor can check for any medical problems. Your doctor can also help with referrals to counsellors, psychologists or social workers.

Treatment for Social Anxiety

Social anxiety is often treated with Cognitive (thinking) Behavioural Therapy (CBT). This kind of counseling helps children and youth to:

- Learn to think in more positive ways, which gradually changes the way their brain feels about things
- Gradually get more comfortable in situations they are afraid of
- Learn and practice social skills in a safe place
- Solve problems

Counselors can use these methods to support your child/teen. As a parent, you can learn to use them with your child/teen too.

1. Cognitive Restructuring - Many children and youth with social anxiety feel that they are not good at anything and have given up trying. Counselors can help the child/teen to learn to think in different ways and to see themselves and others in a more positive way.
2. Exposure - This involves gradually exposing children and youth to what they fear, until they are no longer afraid or less afraid. Counselors will do this step by step, starting with things that are easy and working up to things that are harder. For example, if your child is afraid to talk to teachers, the plan might be to: 1) just look at the teacher and say hello 2) speak to the teacher when no one else is around 3) speak to the teacher with a friend nearby 4) speak to the teacher in class.
3. Role Play - These give your child a chance to practice new ways of handling challenging or scary situations. For example, if your child finds it hard to talk with other children, you can pretend to be another child and practice talking through role play.
4. Social Skills Training - Because children with social anxiety avoid social situations, they don't have the same chance to learn how to make friends, ask for help or invite someone to play. A counselor can teach your child/teen the rules and steps to connect with others in a positive way.
5. Problem Solving - A counselor can work with your child to figure out what problems are getting in their way and help them to problem solve.
  - o Brainstorming possible solutions
  - o Thinking about the pros and cons of each solution
  - o Picking the best solution
  - o Planning how to make the best solution happen and visualization

Medications may be helpful for some children and youth and a doctor or psychiatrist will assess your child and determine if this can be another effective tool. Medications are usually only use when: counseling is not helping, the anxiety is so severe that counseling is not possible.

Supporting Your Anxious Child or Teen

Understanding and supporting a child or teen that is anxious isn't easy. Here's how you can help:

1. Don't play the blame game.  
Don't blame yourself or your child/teen for the social anxiety, it won't help. Instead, focus your energy on trying to make things better. Ask yourself "What can I do right now to support my child/teen?"
2. Let your child face their fears.  
It is natural to want to protect children and youth from things that worry them. And it can be hard helping your child and youth to work through these feelings. But avoiding situations that make your child anxious can make things worse, because they miss the chance to pick up the skills they need to meet and keep friends.
3. All feelings are OK.  
It is natural for parents to want to change their child's feelings when a child is worried or sad. Acknowledge their feelings. Encourage your child to talk and tell you how they feel when you have some privacy. Talk about your own feelings.

#### 4. If at first you don't succeed...keep trying!

Children and youth with anxiety usually try to avoid things that challenge or stress them. When they are struggling:

- o Talk with them about what made it hard
- o Help your child to come up with ideas and solutions that may help them next time
- o Be sympathetic and listen
- o Give hope by reminding them that there will be more chances in the future to handle things well

#### Resources:

The Shyness and Social Anxiety Workbook by Martin Antony;

School Phobia, Panic Attacks and Anxiety in Children by Marianna Csoti

Mood Problem Reading List from the Offord Centre [www.communityed.ca/docs/booklists/mood\\_problems.pdf](http://www.communityed.ca/docs/booklists/mood_problems.pdf)

#### **Ryerson still looking for families! (Southern Ontario)**

In the Early Childhood Cognition (ECC) Lab, we are interested in how young children think about the world, and how they learn from different sources of information (e.g., firsthand experience, the testimony of others, media). We offer unique opportunities for families to gain exposure to the science of psychology.

In an ongoing study, we look at the role of ethnic identity in transracially-adopted children's trust in others. Transracially-adopted children may experience a unique developmental trajectory of ethnic identity, which in turn may impact how they weigh information from individuals of different ethnicities, ultimately influencing their trust in others and social learning. Findings of this research will have practical implications in educational and forensic settings.

We are looking for families with transracially-adopted children to help us with this research. If you are interested in having your child participate, please feel free to contact us!

This study is open to transracially adopted children between the ages of 3 - 6 years and only one session of 20 - 30 minutes is required. You can participate at the lab (Ryerson), your home or a local centre. Please contact Kyla McDonald for more info. [Kyla.mcdonald@psych.ryerson.ca](mailto:Kyla.mcdonald@psych.ryerson.ca) or 905-706-6215.

#### **Record of Landing Form**

Every person who lands in Canada as a permanent resident is given an IMM 1000 Record of Landing document. The way this document looks has changed many times, but it always shows the immigrant's name, date of birth, and the date they landed in Canada as a permanent resident.

Adoptees will need to show a copy of the IMM 1000 to get their Old Age Pension through Service Canada. If a person was not born in Canada, the Old Age Pension application will not be processed without a copy of the IMM 1000 because you must show that you have lived in Canada for at least 10 years to collect Old Age Pension.

The Children's Bridge recommends all adoptive families keep their child's Record of Landing form, original adoption paperwork, birth certificate, citizenship and passport in a home safe or safety deposit box for safe keeping.

#### **Citizenship and Immigration Canada (CIC) Reminder (from the CIC web site):**

As prospective adoptive parents we recommend you learn about CIC's role in intercountry adoption.

The Children's Bridge is not able to influence the CIC process. CIC will complete a thorough review before issuing a permanent resident visa, or a Canadian passport through a grant of citizenship. The length of time a review usually takes can be provided by The Children's Bridge for your adoption program but you must keep in mind each CIC Mission has different processing times and any CIC application can take longer to review if CIC deems it necessary to do so.

<http://www.cic.gc.ca/english/immigrate/adoption/role.asp>

CIC's first priority is to ensure that the child's rights are protected in accordance with our international obligations in adoption cases and our obligations under Canadian law.

In some parts of the world, child trafficking is a serious concern, documentation is non-existent or unreliable, there is evidence of wrongdoing in the adoption system or infrastructure to protect children is limited. In these cases, CIC must take more steps to verify that the best interests of children being adopted by Canadian citizens and permanent residents are respected.

Intercountry adoption procedures put in place by CIC are meant to protect the best interests of the child. These include requiring proof that the biological parents have given their free and informed consent to the adoption before it takes place, and confirming that the adoption follows the laws of both countries.

With respect to children who may be orphaned, it is international policy and practice to try to first find homes for them in their own country before uprooting and placing them in a foreign country. The United Nation's Children's Fund's UNICEF position on cases of children separated from their parents and communities during war or natural disasters is that such children should not be considered for inter-country adoption, and family tracing should be the priority.

Canadians planning to adopt a child from another country must follow their province or territory's regulations for international adoptions and abide by the laws of the child's country of origin. CIC wants to eliminate any shortcuts in the adoption process that could enable unscrupulous people to obtain children for the purpose of human trafficking.

**To avoid unnecessary expense and disappointment, adoptive parents should not plan to return to Canada with the adopted child until they know for certain that all immigration or citizenship requirements have been met.**

CIC plays no role in the first step of the intercountry adoption process. **The immigration or citizenship process cannot begin until the adoption has been finalized. Once the adoption has been finalized, you can begin the immigration or citizenship process to bring your adopted child to Canada.**

Does an adopted child need a travel document, like a visa, to come to Canada?

Yes. Before bringing your child to Canada, you must apply for the necessary travel document in order for your child to legally enter Canada. The document is either a permanent resident visa, or a Canadian passport through a grant of citizenship. To avoid unnecessary delays and costs, adoptive parents should not plan to return to Canada with the adopted child until they know with certainty that all immigration or citizenship requirements have been met.

If my adopted child's application is refused, what can I do?

**The process to appeal the decision is different for the immigration and citizenship process.**

Immigration

If your adopted child's application for permanent residence is refused, you may appeal the decision to the Immigration Appeal Division at the Immigration and Refugee Board.

Citizenship

If your adopted child's application for a grant of citizenship is refused, you may apply for a judicial review of the decision to the Federal Court of Canada.

CIC Links:

<http://www.cic.gc.ca/english/immigrate/adoption/index.asp>

Differences between the CIC Immigration Sponsorship and Canadian Citizenship processes

<http://www.cic.gc.ca/english/immigrate/adoption/differences.asp>

CIC Call Centre: 1-888-242-2100

#### **New Post Adoption Consultation Service:**

Post Adoption Consultation Service - The Children's Bridge is pleased to offer our Post Adoption Consultation service for adoptive families that includes: scheduled telephone/skype call, email correspondence and identification of resources specific to the needs of the family, child or youth or the country the child has been adopted from.

The fee for consultation is \$75.00 per hour.

Please note that this fee is not charged for our initial 6 months post adoption follow-up call when The Children's Bridge families are first home from country with their child.

To book a Post Adoption Consultation, please contact [Karyn Bakelaar](#), [Darlene Catton](#) or [Cathy Murphy](#).

#### **Pre and Post Adoption Events**

The Children's Bridge will be hosting the following workshops and post adoption groups in the coming months: Information Session for prospective adoptive parents - December 6th in Ottawa, Ontario and **January 29th in the GTA**, AdopTALK on March 4th and 5th, 2017 in Ottawa (Karyn Bakelaar and Cathy Murphy) and Connect-A-Kid Ottawa Mentoring Program events are posted on our web site at [www.childrensbridge.com](http://www.childrensbridge.com) Many thanks to Maryfrances Carton and Anika Clark for leading this group!

#### **Thailand, Florida and South Korea Adoption Programs**

The Children's Bridge currently has openings in our Thailand, Florida and South Korea adoption programs. Please contact Program Managers, Darlene Catton, Karyn Bakelaar or Maria Fulford to ensure you meet the requirements for these adoption programs [darlene.catton@childrensbridge.com](mailto:darlene.catton@childrensbridge.com), [Karyn.bakelaar@childrensbridge.com](mailto:Karyn.bakelaar@childrensbridge.com) or [maria.fulford@childrensbridge.com](mailto:maria.fulford@childrensbridge.com)

#### **Adoption Program News**

**Book List and Recommended Reading**

Below you will find a list of books related to adoption, trauma-informed parenting, race, culture, ethnicity or just every day books that feature kids of colour. I will be adding to the list monthly, and if you have favourite books that you'd like to share, please feel free to email them to me at [Karyn.bakelaar@childrensbridge.com](mailto:Karyn.bakelaar@childrensbridge.com).

We encourage families to keep in mind these books are good for every child to have as part of their library - adopted or not, person of colour or not - as exposure to diversity, different ways to make a family, etc. can only lead to more tolerance and acceptance for everyone!

**MARCH BOOKLIST**

1. Seventeen Cute Children's Books About Adoption: <http://www.todaysparent.com/family/17-cute-kids-books-about-adoption/image/2/>
2. Great Books for Black Teenage Boys: <http://mybrownbaby.com/2011/08/books-for-african-american-teenage-boy/>
3. Strong Nations - Books that Feature First Nations Children: [http://www.strongnations.com/store/item\\_list.php?it=3&cat=6](http://www.strongnations.com/store/item_list.php?it=3&cat=6)
4. Mighty Girl Booklist - Top Books that Feature Latino/Hispanic Girls: <http://www.amightygirl.com/mighty-girl-picks/top-latino-hispanic-american-mighty-girl-books>
5. Books on Mayan Culture (Guatemala, Mexico, Nicaragua, etc.): [http://www.terraexperience.com/b\\_books\\_childrens.htm](http://www.terraexperience.com/b_books_childrens.htm)
6. Children's Book Tour of Central Africa (CAR, DRC, Cameroon, Rwanda, Burundi, Uganda): <https://www.librarything.com/list/1047/all/A-Childs-Book-Tour-of-Central-Africa-Congo-Cameroon-Rwanda-Chad>
7. Books that Celebrate Haitian Children: <http://www.yalsa.ala.org/thehub/2013/05/14/celebrate-ya-books-that-feature-haitian-culture/>
8. African-American Children's Movies: <http://movies.lovetoknow.com/african-american-childrens-movies>
9. Books that Feature Children from the Pacific Islands (Pacific Islands, Polynesia, Tahiti, Marshall Islands): <http://www.pacificislandbooks.com/children.htm>
10. Exploring East Asia Through Children's Books: [http://www.indiana.edu/~easc/outreach/educators/storytelling/child\\_booklist.shtml](http://www.indiana.edu/~easc/outreach/educators/storytelling/child_booklist.shtml)

**APRIL BOOKLIST**

1. Top Five "Go To" Books for Trauma Informed Parenting: <http://beachildsadvocate.blogspot.ca/2016/04/my-top-5-go-to-books-for-trauma.html?spref=fb>
2. Top Ten Kids Books for Mixed Race/Biracial Children: <http://www.mixedremixed.org/top-10-favorite-kids-books-for-multiracial-kids-and-teens/>
3. Books About and Written By New Immigrants: <https://www.ebscohost.com/novelist/novelist-special/new-fiction-from-new-immigrants>
4. Southeast Asian (middle school fiction): [http://www.goodreads.com/list/show/92237.Southeast\\_Asians\\_in\\_YA\\_Middle\\_Grade\\_Fiction](http://www.goodreads.com/list/show/92237.Southeast_Asians_in_YA_Middle_Grade_Fiction)
5. Middle School and Young Adult Fiction with Muslim Protagonists: [http://www.goodreads.com/list/show/16325.Muslimah\\_YA\\_fiction](http://www.goodreads.com/list/show/16325.Muslimah_YA_fiction)
6. Books for Latino/a/x Kids and Teens: <http://sfpl.org/index.php?pg=2000155101>

**MAY BOOKLIST**

1. Top Ten Books of Filipino Stories for Children: <http://tagaloglang.com/top-10-books-of-filipino-stories-for-children/>
2. Best Books on the Democratic Republic of the Congo (DRC): <http://www.theguardian.com/global-development/2013/dec/12/best-books-democratic-republic-congo-review>
3. 82 Children's Books that Depict Multi-racial Families: [http://www.goodreads.com/list/show/50576.Children\\_s\\_Books\\_Depicting\\_Multiracial\\_Families](http://www.goodreads.com/list/show/50576.Children_s_Books_Depicting_Multiracial_Families)
4. 13 Children's Books About Bullying: <http://humaneeducation.org/blog/2014/10/09/13-childrens-picture-books-bullying/>
5. Many Languages, Many Alphabets - Books that Expose Children to Different Alphabets Around the World: <https://litforkids.wordpress.com/2009/05/03/many-languages-many-alphabets/>

**JUNE BOOKLIST**

1. Multi-racial Asian Families - books that consider race, families, children and the intersection of Mixed ID/Asian identity: <http://multiasianfamilies.blogspot.ca/p/books-for-kids.html>
2. 50 Picture Books About Mixed Race Families: <http://coloursofus.com/picture-books-about-mixed-race-families/>
3. LGBTQ Positive Books That Kids Need to Read: <http://www.notimeforflashcards.com/2016/06/lgbtq-books-for-kids.html>
4. 25 Books for Black/African-American Little Boys: <http://www.watchtheyard.com/list/childrens-books-for-african-american-boys/>
5. 25 Empowering Books for Black Little Girls: <http://www.forharriet.com/2013/10/25-empowering-books-for-little-black.html#axzz4CHIMDr5S>
6. Children's Books Set in Haiti: [http://www.goodreads.com/list/show/82951.Children\\_s\\_Fiction\\_set\\_in\\_Haiti](http://www.goodreads.com/list/show/82951.Children_s_Fiction_set_in_Haiti)
7. Top Ten Indigenous Books for your Summer Reading List: <http://www.cbc.ca/news/aboriginal/10-top-indigenous-books-for-your-summer-reading-list-1.2695671>

8. #Indigenous Reads: Your Picks for the best Indigenous Books: <http://www.cbc.ca/radio/unreserved/celebrating-indigenous-book-club-month-1.3624136/indigenousreads-your-picks-for-the-best-indigenous-books-1.3624580>

#### JULY BOOKLIST

1. Best Novels on Racism and Discrimination: [http://www.goodreads.com/list/show/21184.Best\\_Novels\\_on\\_Racism\\_and\\_Discrimination](http://www.goodreads.com/list/show/21184.Best_Novels_on_Racism_and_Discrimination)
2. 13 Latina Young Adult Authors to Know: <http://www.latina.com/entertainment/book-club/latino-young-adult-authors-know>
3. Popular Korean American Books: <https://www.goodreads.com/shelf/show/korean-american>
4. Top Ten Books About Adoption (Chosen by Adopted Children): <https://www.theguardian.com/childrens-books-site/2015/oct/22/top-10-books-about-adoption-chosen-by-adopted-children>
5. Books on Transracial Adoption for Adoptive Parents: <https://creatingafamily.org/adoption/adoptionsuggestedbooks/transracial-adoption/>
6. Best Children's Book about Transracial Adoption: <https://www.babble.com/babble-voices/best-books-for-transracial-families/>
7. 10 Most Empowering Books for Girls in 2016: <http://coolmompicks.com/blog/2016/07/13/empowering-books-for-girls/>
8. A Great Place to Get Discount Books Listed Above: <http://bookoutlet.ca/>

#### SEPTEMBER BOOKLIST

1. Ten Children's Books with Black Girl Protagonists: <http://www.bustle.com/articles/144443-10-childrens-books-with-black-girl-protagonists>
2. Ten Must Have Books for Muslim Children: <http://www.aquila-style.com/lifestyle/10-must-have-books-for-muslim-children/45518/>
3. Best Books on Buddhism for Kids: <http://www.criticalcactus.com/best-books-on-buddhism-for-children/>
4. Children's Books Featuring Kids of Color Just Being Themselves - Because That's Enough: <https://medium.com/embrace-race/childrens-books-featuring-kids-of-color-being-themselves-because-that-s-enough-36aa15c94d44#.hpch29xk7>
5. Ultimate Stats on White Privilege: <http://www.jbwttucker.com/ultimate-white-privilege-statistics/>



**USA / Florida Adoption Program**

Karyn Bakelaar - Program Manager

Email Karyn: [Karyn.Bakelaar@childrensbridge.com](mailto:Karyn.Bakelaar@childrensbridge.com)

Tel: (613) 226-2112 Ext 2

#### Adoption by Shepherd Care (ASC)

This adoption program is now full, and a call-back list is in place. We currently have two (2) families on the call-back list. Please contact Program Manager, Karyn Bakelaar, for further information on this adoption program.

Sincere congratulations are extended to Darren and Christine who are now home in Canada with their daughter, Moriah. Welcome home!

#### ACF Adoptions

This adoption program is now full, and a call-back list is in place. ACF hopes to be able to take more applications in January/February 2017. Please contact Program Manager, Karyn Bakelaar, for further information on this adoption program.

#### USA ADOPTIONS - CHART OF FAMILY PROGRESS

##### ADOPTION BY SHEPHERD CARE (ASC)

	FAMILY	STAGE OF PROCESS
1	Family V & N	Waiting to be matched
2	Family D & C	Home in Canada
3	Family S & L	Completing Home Study

##### ACF ADOPTIONS

	FAMILY	STAGE OF PROCESS

1	Family A & M	Compiling dossier for USA
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**\*\*Please Note:** The above chart will not be updated when waiting families are matched with expectant parents in Florida, as there are still too many unknowns at that point in the process. The chart will be updated after the birth of the child, following the signing of final consents in the USA.

If you would like any information on the Florida adoption program, please contact the Florida Program Manager, Karyn Bakelaar at [karyn.bakelaar@childrensbridge.com](mailto:karyn.bakelaar@childrensbridge.com) or 1-613-2112 ext. 2 for further information.



Email Karyn: [Karyn.Bakelaar@childrensbridge.com](mailto:Karyn.Bakelaar@childrensbridge.com)  
Tel: (613) 226-2112 Ext 2

This fantastic resource (below) was recently brought to my attention by one of our families. It contains excellent information for kids living with HIV, as well as training and information for caregivers/parents:  
<http://steppingstonesfeedback.org/index.php/page/Resources/gb?resourceid=67>

Manulife has become the first insurance company to provide life insurance to HIV+ Canadians, as HIV is now considered to be a chronic but manageable condition: <http://www.thestar.com/business/2016/04/22/manulife-to-offer-life-insurance-to-hiv-positive-canadians.html?referrer=> or <http://www.cbc.ca/news/business/manulife-insurance-hiv-1.3548690>

To see what it might be like to parent a child living with HIV, check out “Lily’s Story” available on You Tube:  
<https://www.youtube.com/watch?v=l0pOUS4h1bo>

To see an adoption story from the Agape Home in Thailand, please see: <https://www.youtube.com/watch?v=DPUS-2U2ALs>

#### **Program Possibilities**

- **India** - all ages of children living with HIV are waiting for families, other program requirements may be waived. Please contact Karyn Bakelaar for more information ([karyn.bakelaar@childrensbridge.com](mailto:karyn.bakelaar@childrensbridge.com))
- **Thailand** - Children will be 3+ years at time of adoption, program requirements may be waived, and single applicants (female only) may apply. Please contact the Thailand Program Manager, Darlene Catton, for more information ([darlene.catton@childrensbridge.com](mailto:darlene.catton@childrensbridge.com)).
- **China** - We are currently working with an orphanage in China that is able to place children living with HIV into adoptive families. There are currently two children that are paper-ready and may be able to be matched with a prospective adoptive family through this program. For further information, please contact Cathy Murphy ([cathy.murphy@childrensbridge.com](mailto:cathy.murphy@childrensbridge.com))
- **Zambia** - We are currently accepting applications for this program from families that are open to adopting a child aged 4+ living with HIV. Please speak with Karyn Bakelaar if you would like more information on the Zambia adoption program.

If you would like any information on the HIV+ Kids adoption program, please contact the Program Manager, Karyn Bakelaar at [karyn.bakelaar@childrensbridge.com](mailto:karyn.bakelaar@childrensbridge.com) or 1-613-2112 ext. 2 for further information.



Email Karyn: [Karyn.Bakelaar@childrensbridge.com](mailto:Karyn.Bakelaar@childrensbridge.com)  
Tel: (613) 226-2112 Ext 2

### Adoption Program News

We are not accepting application for this adoption program at this time. If you are interested in this adoption program, please feel free to check back with me within the next 3 - 6 months in case anything changes.

So far we have completed one adoption from Zambia, and have one relative adoption in the final stages of visa processing. Two families are currently waiting for a child proposal from Zambia.

### ZAMBIA ADOPTIONS - CHART OF FAMILY PROGRESS

FAMILY NAME	STAGE OF PROCESS
Susan	Dossier in-country / Zambia approval issued
Graeme and Kat	Dossier in-country / Zambia approval issued

If you would like any information on the Zambian adoption program, please contact the Zambian Program Manager, Karyn Bakelaar at [karyn.bakelaar@childrensbridge.com](mailto:karyn.bakelaar@childrensbridge.com) or 1-613-2112 ext. 2 for further information.



*India Program*

Karyn Bakelaar - Program Manager

Email Karyn: [Karyn.Bakelaar@childrensbridge.com](mailto:Karyn.Bakelaar@childrensbridge.com)  
Tel: (613) 226-2112 Ext 2

If you would like any information about the India Adoption program, please contact me at 613-226-2112 ext. 2, or at [Karyn.bakelaar@childrensbridge.com](mailto:Karyn.bakelaar@childrensbridge.com).

### Finalization in country

Congratulations are extended to Sharmila, who is now home in Canada with her son, Dholu. Further congratulations are extended to Amelia and Varun, who are now home in Canada with their daughter, Mansi.

We currently have one other family in India who are at the final stages of their adoption process in-country and hoping to return to Canada with their child soon. Most families in the India program will go through the citizenship process with CIC and the final stage, applying for citizenship after the adoption order is issued, has taken up to 2 months for some families. Each family has a slightly different process and we will do our best to assist families through this stage.

### Relinquishing Indian Passport and Renouncing Citizenship

Once families are home in Canada with their children, they must complete a formal process renouncing Indian citizenship (dual citizenship is not possible in this adoption program). This **must** be done within 3 years of receiving Canadian Citizenship (or Record of Landing if you complete the Permanent Resident Visa route). It is **very important** to complete this step, as failure to do so may result in penalties when your child travels back to India at any point in their life. It is a punishable offence under the Indian Passport Act, 1967, to apply for an Indian passport, continue to hold an Indian passport, get an Indian passport re-issued or travel on an Indian passport after acquiring foreign citizenship. Under Indian law, Persons of Indian Origin (PIOs) who have acquired foreign citizenship are required to surrender their Indian passports to the nearest Indian Mission/Post immediately after acquisition of foreign citizenship.

Please see this link for more information on relinquishing Indian citizenship and relinquishing your child's Indian passport: [http://www.blsindia-canada.com/renunciation\\_ppt.php](http://www.blsindia-canada.com/renunciation_ppt.php)

### Foreigners Regional Registration Office and NOC

There has been a new requirement put in place by the Indian government that all families must obtain a "No Objection Certificate" (NOC) from the Foreigners Regional Registration Office (FRRO) before you bring your child home from India. This is also a requirement for adoptive parents who hold OCI status and will travel on a Canadian passport. This NOC is essentially an exit permit and families will need to apply for it at the FRRO before departing India.

The adoptive parents are advised to first contact the FRRO office to request an appointment date and bring along with them the printout of the online application form and relevant documents pertaining to their adoption. The exit permit(s) shall be



granted within three working days after submission.

I am happy to provide travelling families with more detailed information about this process once they are at this stage in their adoption process. **Please note:** It is highly recommended that all families travel to Delhi in order to apply to the Delhi FRRO office. The Delhi office is more familiar with the process and has been able to keep to the 3-day turnaround time. As well, the CARA office is close in proximity, which means documents that are needed can be accessed in person and in a timely fashion by the adoptive family or the FRRO officers.

CARA has advised that parents can contact the FRRO support desk by telephone at 91 11 2671-1443 or by e-mail at [frrodli.support@nic.in](mailto:frrodli.support@nic.in) OR [frrodli.support@gov.in](mailto:frrodli.support@gov.in) for assistance in obtaining this document.

The address for the FRRO office in Delhi is as follows:

Foreigners Regional Registration Office  
East Block VIII Level II ,  
Sec 1, R K Puram, Delhi - 110066  
+(91)-(11)-26711074, 26711384, 26711443, 26711348

#### Citizenship process - part 1

The citizenship process through CIC is now taking up to 12 months for families to be approved for part 1. Because of the lengthening timelines, it is important that families apply to CIC at the very beginning of their adoption process to ensure there is enough time to be approved before receiving a referral from their orphanage so that there will not be a delay when accepting a referral/finalizing the adoption process.

If you have questions about the application process, please do not hesitate to contact me. Once an approval by CIC for part one is received by the adoptive parents, a copy should be emailed to me for your file.

CARA is now accepting families for both their mainstream program and their special needs stream. Most children are over 3 at time of referral, and they have still emphasized the need for families for older children. There are many older children waiting for families in India so CARA is able to match families fairly quickly who are open to children over the age of 7 or 8 years old.

If you would like any information about the India Adoption program, please contact me at 613-226-2112 ext. 2, or at [Karyn.bakelaar@childrensbridge.com](mailto:Karyn.bakelaar@childrensbridge.com).



*South Korea Program*

Maria Fulford - Program Manager

Email Maria: [Maria.Fulford@childrensbridge.com](mailto:Maria.Fulford@childrensbridge.com)  
Tel: (613) 226-2112 Ext 7

#### South Korea Homeland Visit

Several successful South Korea Homeland Visits have taken place and families have shared their unique and personal experiences which you can find on our website - most recent one, from this summer's visit:  
[http://www.childrensbridge.com/homelandvisits/homelandvisits\\_SKtestimonials.html](http://www.childrensbridge.com/homelandvisits/homelandvisits_SKtestimonials.html)

March and July 2017 Homeland Visit details are now finalized. Please contact me if you'd like information or registration details.

If you are interested in participating in a tour or would like to customize a trip, please contact me.  
[maria.fulford@childrensbridge.com](mailto:maria.fulford@childrensbridge.com)

#### Korean culture groups for adoptees and their families in the GTA:

KCCA in GTA: <http://www.kccato.com/>

The Korean Canadian Children's Association (KCCA) is a non-profit organization dedicated to serving the needs of the Canadian adoptive families with Korean children. John Lim founded this organization after attending a 'Canadopt' summer camp in London, Ontario, 1991.

Our main goal is connecting the adoptive families to other adoptive families as well as organizing various cultural events focused on embracing Korean culture.

You can contact them directly through their website and be put on their regular email list and sign up for the Facebook page.

#### The KCCA Annual Christmas Celebration - December 3, 2017 details:

<http://www.childrensbridge.com/pages/generalevents.html>

**2016-2017 Korean Cultural Class - Ottawa**

<http://www.childrensbridge.com/data/2016-2017ProgramAssocFamKoreanAdoptees.pdf>

**Referral news**

We received a referral for a beautiful 6-month old baby boy. Wait for referral was 6 weeks. We extend our heart-felt congratulations to this family!

**Court dates**

A court date notice for mid-November was received for one of our families whose referral arrived over one year ago. We were thrilled to share this news with the family! Timelines from referral acceptance to travel for court can take 7 to 12 months once referral acceptance submitted to SWS. Each case is different and court date notices can be set out of order. Timelines cannot be guaranteed.

Second travel notice once Confirmation of Permanent Residence (COPR) is received by SWS can take anywhere from 8 to 16 weeks. Lately, we have found that the Canadian Immigration office in Manila is taking longer to issue the COPR.

**Updated information on what to expect at the court hearing**

Below is some information from SWS regarding what to expect at the court hearings in Korea. We hope that all families will feel prepared as they attend court for the finalization of their adoption, and encourage all families to review the questions below and how they would answer each one. Families will either attend court on a Thursday or Friday, and SWS has compiled some questions that families have been asked by each judge. We advise that families should prepare themselves for all questions regardless of which day they attend court.

The following are questions that we were told have been asked by the Thursday judge:

1. Did you meet with your prospective adoptive child? How was it? How did the child do?
2. If you have a child/children, does he/she/they know about this adoption? How did he/she/they respond?
3. After meeting with the prospective adoptive child, was there any change in your decision to adopt?
4. Questions about the occupations of the parents
5. Who is going to be the primary caretaker?
6. How are you going to raise your child (your parenting plan)?
7. What is your motivation to adopt from Korea? Is there any community around you or your neighborhood that can support your adoption?
8. How long has it been since you first applied for adoption?
9. When were you matched with your child? Or how long has it been since the matching?
10. Was there any difficulty in pursuing the adoption process?
11. Lastly do you have anything to say?

Friday judge:

During Friday court hearings, the judge asks questions based on the homestudy and psychological evaluation. Reviewing your own homestudy and psychological evaluation report beforehand would be very helpful.

When you answer the judge, you should be looking at him/her, not the translator, although he/she may not be able to understand what you say. And please smile! Don't be nervous! You just show how much you love your child and just be truthful!

**Information on adopting a 2nd child from South Korea**

We have received information recently from SWS about families that are interested in pursuing a second adoption from South Korea. The Ministry of Health and Welfare has agreed to accept families who are under the age of 50 at time of placement for second adoptions, or for first adoptions if the family is of Korean heritage or an adult adoptee.

Prospective adoptive parents would be required to receive special permission regarding their age in advance. If a family is interested in completing an adoption and is over the age of 45, SWS will ask the Ministry for permission before the family can proceed.

The conditions in which the upper age limit for adoptive parents may be 50 at time of placement are as follows:

- Both parents are of Korean heritage, OR
- Either parent is an adoptee themselves (of any heritage), OR
- Parents (of any heritage) already have previously adopted a child from Korea.

Due to the approximate time frame for adoptions from South Korea, SWS has informed us that they would require the family's dossier before they turn 48.

If you meet these requirements and are interested in adopting from South Korea, please do not hesitate to contact me for

further details.

**Adoption Order Finalization and Confirmation of Permanent Residence**

Historically, the estimated time for COPR issuing is 4 to 6 weeks after Manila receives paperwork from SWS. However, recently some families have waited closer to 16 weeks for the visa to be issued. SWS will send the immigration paperwork to Manila approximately 1 week after the confirmed adoption order has been issued as there is translation required. SWS will inform us when a family is ready to travel for the second trip once they have received the COPR at SWS, not when Manila says they have issued it as we do not want families waiting in Korea for an indefinite and longer stay where costs can accumulate for the family.

**Applying for citizenship within 30 days of arriving in Canada:**

Families who have returned home must complete the application for Canadian citizenship for their child within 30 days of arriving home. All of the children adopted from Korea will be returning to Canada as permanent residents and therefore families will need to apply for citizenship as it is not automatically granted to internationally adopted children.

A copy of the completed application should be scanned and emailed to our agency and I will forward to SWS. The family court in Seoul will not issue Adoption Orders if families do not comply and apply for citizenship. Not applying for citizenship will affect all families in process waiting for their Adoption Order.

Please note that CIC has updated their website and their forms as of June 2015. The current citizenship application that should be completed by families when they return home is found here:  
<http://www.cic.gc.ca/english/pdf/kits/citizen/CIT0003E-2.pdf>.

If you have any difficulties, we suggest that you contact CIC to ask specific questions about your application.



*Thailand Adoption Program*

Darlene Catton - Program Manager

Email Darlene: [Darlene.Catton@childrensbridge.com](mailto:Darlene.Catton@childrensbridge.com)  
 Tel: (905) 836-6776

**Adoption Program News**

**Families with Referral/Travelling**

<u>FAMILY</u>	<u>DOSSIER TO THAILAND</u>	<u>REFERRAL REC'D</u>	<u>DATE OF TRAVEL</u>
<u>M &amp; M</u>	<u>March 14, 2014</u>	<u>June 21, 2016</u>	<u>November 2016</u>
<u>J &amp; A</u>	<u>November 21, 2013</u>	<u>July 11, 2016</u>	<u>TBA (TRCCH)</u>
<u>R &amp; m</u>	<u>-</u>	<u>March 10, 2016</u>	<u>TBA</u>

There are 9 families whose files are in Thailand waiting for a proposal (5 from Ontario, 2 from Nova Scotia and 1 each from Newfoundland and Alberta). The next family (H & L) to receive a proposal has a log-in-date of March 2014.

Within this group, there is also a family waiting who are in the Waiting Children Program. We know their file will be expedited but don't know by how much.

There are currently 11 families working on their dossiers and I hope to send 2 of these to Thailand this year. Two of these 11 files are not part of the quota.

**Ministry**

The Ministry is taking up to 16 weeks to approve a home study or home study update.

One family's (A & B) home study is currently at the Ministry waiting for approval and has been at the Ministry since August 31, 2016.

**Waiting Children Program**

If you are interested in adopting an older child (over 4 years of age), this does not fall in the same quota for mainstream

adoptions. Please contact me to see if you qualify. The requirements for families adopting older children are not as restrictive (for example, the age of the adoptive applicants and/or other children in the home could be amended) so please contact me for more information about this.

There are many children in Thailand with special medical needs that are waiting for families. If you are interested in this program, please contact me for more detailed information.

#### Travelling outside of Canada (before adoption finalization)

When you come home with your child and you want to travel with him/her outside of Canada, you are required to obtain a Statutory Declaration from our office to travel since the adoption is not finalized. The Children's Bridge is the guardian of the child until the adoption is finalized. Finalization happens approximately 1 year after you arrive home. Please contact me if you are travelling outside of Canada. Children travelling to the US before finalization need to obtain a US visitor's Visa as they are not Canadian Citizens. Please call your local US consulate for further details.

#### Immigration Sponsorship

Please ensure that you have applied for Immigration Sponsorship approximately two years after your dossier has gone to Thailand. Timelines have become a little unpredictable and we want to make sure that you have been approved to sponsor well before a referral is received. We have just learned that Immigration Sponsorship approvals expire after 2 years and so we have changed when you apply for this.

#### Citizenship and Immigration 1-888-242 2100

<http://www.cic.gc.ca/english/information/applications/family.asp>

Once you submit this to immigration you will receive a letter with a UCI # and Application Number on it. Please note these used to be called Kit and Client ID #. Please email this number to me and/or scan and email me a copy of the document. Keep the package that CIC sends to you in a safe place, as you will need to take it to Thailand with you. Immigration paperwork must be completed well before you receive your referral.



Darlene Catton - Program Manager

Email Darlene: [Darlene.Catton@childrensbridge.com](mailto:Darlene.Catton@childrensbridge.com)  
Tel: (905) 836-6776

#### China Homeland Visit

The next tour has been scheduled for March 10 - 24th, 2017. The registration package for this tour is now available [on-line](#). You can also contact me if you'd like a package.

This tour begins with sightseeing in Beijing (Great Wall, Temple of Heaven, Summer Palace) and also includes a visit to the Chongqing Zoo to see the pandas, a cruise down the Yangtze River and ends in beautiful Shanghai.

If you are interested in participating in a tour or would like to customize a trip, please contact me at: [darlene.catton@childrensbridge.com](mailto:darlene.catton@childrensbridge.com)

#### CCCWA

At this time, we only have five (5) families remaining in the mainstream/expedited China program. Due to the unpredictability of the program, we are unsure when they will receive a proposal.

The CCCWA have matched up to January 10, 2007. They are unable to tell us when any family can expect a referral. They are not even matching 1 day/month and in the last 4 months they did not match 1 child.

We would strongly recommend that the families still in this program consider other options. Please do call me to discuss your individual situation.

#### Citizenship and Immigration Canada (CIC):

If you have applied for direct citizenship (as opposed to immigration sponsorship), please remember that your application is only valid for 2 years. If you are close to expiry, you can simply write them a letter asking for an extension.

#### Applying for Citizenship

Once home, everyone will have to apply for citizenship (in some form) for their child. There are two ways to apply for citizenship now. One would entitle Canadian citizenship to your child's future children should they be born outside of Canada, the other application wouldn't. This new system has caused much confusion for families and even CIC don't always give the correct information.

It's critical that you complete the correct form. If you applied for direct citizenship, you will apply for a citizenship certificate (<http://www.cic.gc.ca/english/information/applications/cit-adoption.asp> ).

If you applied for immigration sponsorship (therefore your child entered Canada as a Permanent Resident), you will fill out a citizenship application (<http://www.cic.gc.ca/english/information/applications/guides/CIT0003E2.asp>).

If you are unclear, please call CIC and explain that you would like to apply for his/her Canadian citizenship at this time. You would like to apply to ensure that if your child was to have children while living outside of Canada, that their children will be granted Canadian citizenship status.

If you have applied for citizenship (to the wrong process) but it has not yet been granted, you can call CIC to stop the process and switch to another. This cannot happen if citizenship has already been granted.

It generally takes less than a year to receive citizenship.

If you do NOT apply for citizenship, your child remains a Chinese citizen, cannot vote, cannot hold certain jobs and can be deported. As well, you cannot apply for a passport unless you have citizenship.



*Waiting Children Program China*

Cathy Murphy - Program Manager

Email Cathy: [Cathy.Murphy@childrensbridge.com](mailto:Cathy.Murphy@childrensbridge.com)

Tel: (613) 226-2112 Ext 6

Congratulations to the Oxley de Sousa and Chinn families who will travel to China to receive their children in November 2016 and to the Ho family who will travel in December 2016!

The Children's Bridge received two referrals this month for two little boys and we are in the process of matching these handsome boys with prospective adoptive families!

All of the families in the WC China Program must now be open to adopting a child of either gender, as there are equal numbers of boys and girls in this program waiting for families. Our goal as an agency is to find the right family for a waiting child.

Families considering our WC China Program must be open to considering a variety of special medical needs keeping in mind cleft lip and cleft palate continues to be the most common special medical need in our program. The Children's Bridge has placed children with the following special medical needs over the past two years: cleft lip and cleft palate, congenital heart disease, missing hand, club foot, visual impairment, hearing impairment, Hep B and developmental delay. The children waiting for families in our WC China Program are toddlers and preschoolers. On average, the boys have been between 2-3 years of age and the girls between 3 -5 years of age at time of referral.

**Our WC China Program is currently full and we will not be accepting new families into the program until December 2016.**

**CIC Immigration Sponsorship links:**

Please click onto the link provided:

<http://www.cic.gc.ca/english/information/applications/family.asp>

Once on this link, go to the gray text box on the left hand side of the page and click onto "Choose a process" and then "Use the immigration process".

<http://www.cic.gc.ca/english/residents/canadians/adoption/immigration.asp>

Once on this link click onto "Apply" "begin the immigration process" and download all of the forms from the following link <http://www.cic.gc.ca/english/immigrate/adoption/apply-how.asp>

If you have any additional questions, you can contact the CIC Call Centre at 1-888-242-2100.

Many of our families are frustrated with the CIC process and have found the web site is not user friendly. Please remember, you can advocate for change and can speak with your Member of Parliament about your concerns.

Many thanks to Jan Gravelle who continues to act as a volunteer mentor to assist our families with the CIC process!

For more information on our WC China Program or to set up a screening call for the WC China Program, please contact me at

[cathy.murphy@childrensbridge.com](mailto:cathy.murphy@childrensbridge.com)



Cathy Murphy

Post Adoption Events and Seminars strengthen our adoption community and support us and our children in our journey. I encourage you to attend events and or host events in your region.

**Connect-A-Kid Mentoring Program**

Connect-A-Kid is running in Ottawa and we are thrilled to have our teen and adult mentors facilitating this wonderful program for adoptees! For more information please go to our web site at [www.childrensbridge.com](http://www.childrensbridge.com) under events or contact Cathy (Ottawa) or Darlene (GTA). Our fall events flyer has now been posted for Ottawa!

**AdopTALK**

Please ensure you register for AdopTALK in the year your family will be travelling to receive your child. [AdopTALK](#) sessions are hosted every 6 months in Ottawa and the GTA and once per year in other areas of the country (as required).

- Ottawa, ON - March 4th & 5th, 2017 - [http://www.childrensbridge.com/adoptalk/at\\_dates.html](http://www.childrensbridge.com/adoptalk/at_dates.html)

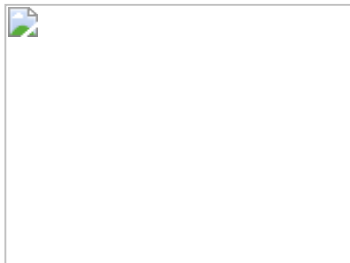
**Post Adoption Follow Up Calls:**

You will be contacted by one of our TCB staff within 6 months after arriving home in Canada. The purpose of our call is to touch base with your family and see how your child and family are doing. Please feel free to contact us if you would like to touch base before this time or if you require any supports or resources for your family.

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**GENERAL EVENTS:**

*Please also check the General Events section of our web site for pre and post adoption events in your community at [www.childrensbridge.com](http://www.childrensbridge.com) under "General Events".*



**CB Newsletters!**

The CB newsletters are online! Please visit:  
<https://www.childrensbridge.com/newsletters>

*Cathy Murphy and the Children's Bridge staff.*

