



The Latest News from BPAR

Fall 2022 Newsletter



Dear Friend of BPAR

Happy Fall! The change in season always lends itself to reflection. Although it can be helpful to have intentions and goals for the future, we invite you to join us in reflecting on the present. What do you notice about how you are feeling right now? What are you thinking? What do you notice about your breath? How can you attend to yourself in the moment right now?

It is so incredibly important to pause and reflect. It allows you to be intentional about what you need and what you are doing. Over the past few months this is exactly what we have been doing at BPAR. This Fall, we brought the BPAR staff together on our first in-person post-pandemic retreat. It was a powerful experience that helped us reestablish connection and enabled us to work collaboratively, allowing each clinician's voice to be heard and incorporated. With the help of a consultant who specializes in Diversity, Equity and Inclusion (DEI) work, we rewrote our Mission and Vision statements and created a list of internal core values that better reflect and acknowledge our growth as an agency. We are pleased to share our new Mission and Vision statements below.

In addition to our core values, we have set up new internal practices and policies that are focused on continuing to build a culture of inclusivity, appreciation, trust, and accountability. Our clinicians have the space, time, and encouragement to take care of themselves and engage in their own reflective work so that they can provide the best support possible to their clients. We are dedicated to building a diverse staff that is reflective of the community that we serve.

As always we are grateful for your trust and support.

Gratefully,

A handwritten signature in black ink that reads 'Kelly'. The signature is written in a cursive, flowing style.

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Reflecting On Our Mission & Vision

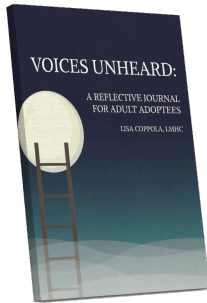
Our New Mission

Since 2012, BPAR has provided specialized trauma-informed individual and group therapeutic care and culturally sensitive support. We connect people to post adoption resources and educate the public about the impacts of adoption. Through our services, BPAR invites those touched by adoption to join our community in an environment that encourages lifelong healing.

Our New Vision

At Boston Post Adoption Resources, we envision a future where everyone in the adoption constellation feels understood, supported, and connected.

Reflecting on Adoptee Stories



The concept of "Voices Unheard" began in 2018 with clinician Lisa "LC" Coppola's writing support groups, grew to include a public forum where adoptees share their stories through creative expression, and expanded to include our prompted journal built around the core themes of adoption, published by BPAR in September.



Attend Our 3rd Creative Forum

Tickets on Sale!

November 29, 2022

7:30 p.m. at the Lilypad in Cambridge, MA



A creative forum for adult adoptees from Boston Post Adoption Resources

Age 18+ | Limited seating | Livestreamed tickets also available

\$10 donation

Tickets available at [BPAR.org/voices-unheard](https://bpar.org/voices-unheard)

Buy In-Person Tickets

Buy Livestream Tickets

Please join us in person or virtually by livestream for our third Voices Unheard: Real Adoptee Stories creative forum in Cambridge, MA on November 29 at 7:30 p.m. LC Coppola organizes this amazing night of storytelling as adoptees use the creative process to express their truths.

We continue to feel so grateful to the courageous writers who share their heartfelt pieces about their experiences at Voices Unheard. Through their work, our audience hears about loss, about grief, about not fitting in, about identity or lack thereof, about fear, about resilience, and about healing and love.

"I was deeply moved, hearing first person accounts of the effect of being adopted. This event has been transformational for me!!" – Carla, an audience member who was reunited with her biological nephew in his adulthood

Buy & Review Our Journal

#1 New Release in Medical Counseling



"This is more than a workbook, it's a mirror and an amplifier for adoptees to reassert our autonomy and rewrite the narratives that are all too often made without us."

—Nate Bae Kupel, adoptee, President Emeritus, Boston Korean Adoptees, Inc.

The process of writing in [***Voices Unheard: A Reflective Journal for Adult Adoptees***](#) will allow adoptees to make room for a deeper healing experience that will promote authenticity, a more secure sense of identity, and in turn, a more rewarding life. Professionals and peer group leaders who structure sessions around the journal prompts, and family or loved ones who want a better understanding of the complexities of adoption will also benefit a lot from this book. [Buy your copy here.](#)



Your reviews matter!

Please post your honest review on [Amazon](#), [BarnesandNoble.com](#), or [Goodreads!](#)

See What the Media Says

The release of the Voices Unheard journal to Amazon, Barnes & Noble, and other retailers generated media attention that we share on [our website's Media Room page](#). All of this Here are some highlights.

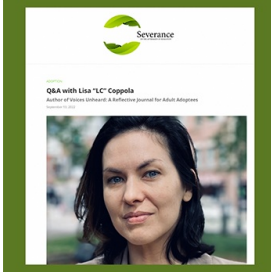


Right Mind Media Podcast

Right Mind Media hosts [discussed the mental health value](#) of the Voices Unheard journal with Lisa Coppola and Kelly DiBenedetto in this September 2022 podcast.

Severance Magazine

Severance Magazine published a Q&A with Lisa Coppola to



discuss how writing in the Voices Unheard [journal is valuable and therapeutic](#) for adoptees.



WBZ News Radio Book Club

Jordan Rich broadcasted this tidy 1-minute review of the Voices Unheard journal for the [WBZ Book Club](#) to kick off National Adoption Month in November 2022.

Reflecting on Community



The community setting of a therapeutic support group is invaluable, and BPAR continues to expand our group offerings. Please watch for emails about new group opportunities coming this winter, and use our [registration form](#) to express interest in joining new and future groups.

[Check Out Our Groups](#)

Training New Clinical Interns



Meet Intern Rebecca Elowe

Rebecca is pursuing a Masters in Mental Health Counseling and Drama Therapy at Lesley University. She speaks Spanish and has worked with children and adults in a variety of roles including as a behavioral therapist.

[Rebecca's Full Bio>>](#)



Meet Intern Alyson Summer Del Castillo

Alyson is studying for her Masters in Mental Health Counseling and Art Therapy at Lesley University. She has worked in residential, community-based, and hospital settings with children experiencing behavioral and mental health challenges.

[Alyson's Full Bio>>](#)

Appreciating You

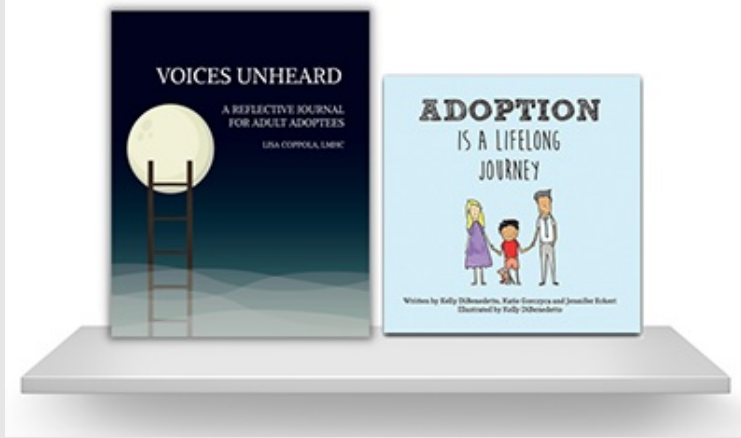
By subscribing to BPAR's emails and reading our blogs and newsletters, you become a part of the BPAR community. All of us stand together in support of the entire adoption constellation.

We appreciate the important role you play. We cannot do all of this special work without your financial support. Thank you!

Donate

STAY CONNECTED





Proceeds from the sale of our books [Voices Unheard: A Reflective Journal for Adoptees](#) and [Adoption Is a Lifelong Journey](#) support BPAR's mission.

BPAR.org
617-778-6213