



Life Book Workshop: Explore Your Adoption Story Through Art

We at Adoption Center of Illinois believe that every child has a unique story that deserves to be honored. We are offering a therapeutic space for adopted children to share their story through the creation of Life Books. The 5-week workshop is open to any adopted child, aged 7 through 12.

What are Life Books?

Life Books serve as a beautiful way to honor a child's past while exploring their present and dreaming of their future. These books are not just keepsakes; they're tools for healing, growth, and connection, and help capture a child's adoption and life journey in a meaningful way.

Life Books are personalized collections of photos, art, and writing that document a child's unique adoption story and experiences. By blending personal storytelling with artistic expression, Life Books are a powerful tool for processing one's past, while also serving as a tangible expression of identity and belonging.

What to Expect:

- **Therapeutic Guidance:** Our staff facilitators will help you and your child explore their adoption story through art and storytelling, creating a Life Book that they can continue to add to well into the future.
- **Fun Activities:** Children will take part in hands-on projects, including watercolor, painting, photography and creative writing that make the process engaging and offers children self-expression.
- **Safe Space for Expression:** Children can share their feelings and experiences as they process their journey in a supportive and therapeutic environment.
- **Your Child's Voice:** While the process of creating Life Books will be guided, ultimately it is the children who get to choose what to include in their Life Books. Their voices will be the ones telling their own story, offering an empowering experience.
- **Connection:** Children will get to share what they created, offering a tool for connection with their parents and family. Parents will also be involved in the creative process, taking part in the first and final week.
- **Community Support:** Children and families can connect with other adoptive families, and support each other as they work on Life Books in a communal space.

More Details:

- **Dates:** 5 Saturdays, November 9, 16, 23, and December 7, 14*
- **Time:** 9am-11:30am *The final day (Dec. 14) will go until 12pm.
- **Location:** ACI's Office, 5828 N. Clark St. Chicago, IL. 60660
- **Who can attend:** Adopted children, ages 7 through 12 years old.

- **Food:** Healthy snacks will be provided to the kids each week. The final day will include a celebratory pizza party for kids and parents.
- **Parents' Attendance:** At least one parent is required to attend with their child on the first day, November 9. Parents will also be invited for the group's final presentation and celebration on December 14 from 11am-12pm, which includes a pizza lunch.
- **Cost:** \$300

How to Sign Up:

Spaces are limited! To sign up, please email Clinical Director and Therapist, Claire Dixon at: cdixon@adoptillinois.org.