

2018 Camp Choson Parent Workshop Schedule

MONDAY, July 2

10:00-11:15 a.m.

Getting to Know New Friends and Making a Craft with the Hanji Crew

Start the week off by expanding your circle of adoptee family friends. This icebreaker and craft activity is an opportunity to make new adoptee parent friends and reconnect with old friends. After we break the ice and the conversations get started, stick around and enjoy a Korean craft activity facilitated by the Hanji Crew---feel free to stay and chat without participating in the craft.

The Hanji Crew: Friends Kat Wesley and Libby Pomroy, who met when their daughters joined a Korean traditional dance group, invite you to explore their colorful world of Hanji, Korea's amazing mulberry paper. Libby learned about Hanji while taking classes at Saturday Korean School more than 20 years ago. Once she introduced Kat to the intricate art of cutting Hanji designs, the two knew they needed an outlet for the things they produced and the passion they shared for the paper. They formed a (very) small business teaching Hanji classes and creating Hanji items for sale, donating all proceeds to Korean cultural organizations.

2:00-3:30 p.m.*

Mindfully Connecting With Your Kids: addressing race & adoption in our lives

Parents and children thrive when they can speak openly, listen fully, and feel "heard". This can be challenging in our busy day-to-day schedules. Yet, it only takes a little practice to mindfully pay attention to ourselves and our loved ones. This practice can help us learn to communicate effectively within our families, especially regarding race and adoption. We will participate together in a mindfulness activity to help us increase our emotional and psychological presence with our families, and increase our feelings of connectedness.

Nicole Sheppard, MA, is a mental health therapist with Mental Health Systems in Roseville, MN. She provides individual and group therapy with an emphasis in Dialectical Behavioral Therapy (DBT) and mindfulness, and enjoys especially working with adoptee clients. Nicole has extensive experience in global Korean adoptee community development, and previously worked as a counselor at Camp Choson, Kamp Kimchee, and Camp Sejong (Michigan). Further, she served as Vice Secretary General and Annual Conference Director with Global Overseas Adoptees' Link (GOA'L) in Seoul, Korea for 8 years.

TUESDAY, July 3

10:00-11:15 a.m.*

A Continued Conversation

Korean cultural education for Korean adoptee children and adults provides an important connection to self-esteem. Integrating Korean culture into family activities, meals, and events builds self-knowledge and a link to one's birth heritage. Some ways to integrate Korean cultural heritage into your family's experiences are listed below. Many of these activities build networks

and lifelong friendships. Also listed are important topics to consider. Questions will be taken during the last 10 minutes.

- Camp Choson Day Camp and Resident Camp experiences
- Alumni returning as counselors, teachers, volunteers, and parents of campers.
- A brief history of some of the resources (camps, mentorship programs, cultural arts programs) for Korean adoptees from the 80s to today
- The importance of Korean cultural education for the entire family.
- Korean adoptees returning to Korea for the first time
- The adoptee community and network throughout the world and Korea
- Some advice on how to support adoptees--race, identity growing up in a different race family, transracial identity
- Birthparent search -some ideas to support your child.
- Adult adoptees and their families
- The importance of choice of language and respect when discussing adoption, race, and identity
- Korean-American Identity, Asian-American Identity, Korean Adoptee Identity, Bi-racial Identity, Transracial Identity
- Building community and support networks

Brooke Jee-in Newmaster has taught at Camp Choson since the camp was founded in 1993. Currently, she teaches Korean traditional dance & drum and co-coordinates the Resident Camp Program at Choson. Adopted in 1979, Brooke has been passionate about learning about her birth country when she was a young child. She strives to bring Korean traditional performance, workshops, and educational opportunities to Korean adoptee families and the communities in which they live. Brooke is the Artistic Director of the Jang-mi Korean Dance & Drum group in Saint Paul and founder of the Korean Heritage House organization. Jang-mi lessons are currently located in space w at the Sejong Korean Academy Korean immersion school. Brooke also operates a studio space called Kgam Studio in Eau Claire, Wisconsin. Kgam means *persimmon* in the Korean language and the fruit can be found on every continent except Antarctica. Brooke hopes Kgam Studio will be a place for collaborative art making across cultures. Brooke brings Korean cultural workshops/classes into schools across Minnesota and Wisconsin-presenting Korean drumming, mask dance, fan dance and more to schools attended by Korean adopted children. To invite her to your school, email her at BrookeNewmaster@kgamstudio.com.

Tricia Howell was born in South Korea and was adopted in 1976. She grew up in Eden Prairie, MN She has one brother who is biological to her parents. She attended the University of Minnesota. Tricia has a long history of volunteering and teaching in the Korean adoptee community. It is something that is very important to her and will always be a part of her life. Brian and Tricia have been married for 13 years and have two daughters. Ava is eight and a half, and Ella is five and a half. They live in Rochester, MN and love their community. Tricia has been a part of Camp Choson for 12 years, and co-directing it for eleven years.

2:00-3:30 p.m. *

The Dance of Adoption and Attachment

Attachment in the adoption world is often described as a relational dance—one that is shaped heavily by both our child's history and our own. During this workshop we'll discuss attachment, with an emphasis on reflection and mindfulness about what we as adults bring to the dance floor from our own life experiences and families of origin. We'll also explore ways we can cultivate new attachment-enriching dance moves, as we move towards parenting out of a place of reflection more than reaction.

Elana Meesun Schuster, LICSW is the program lead for the Permanency & Adoptive Family Support program at Fraser—a Twin Cities, community mental health clinic. She has completed advanced training via the University of Minnesota's Permanency and Adoption Competency Certificate program and evidenced-based models, including Attachment Bio-behavioral Catchup (ABC) and Trauma Informed Child Parent Psychotherapy (TI-CPP). She has experience providing outpatient and in-home therapy, preschool mental health day treatment, psychoeducation & support groups for kids. Growing up in a family of adoptees, teaching in Korean children's homes, and professional work with foster care/adoption has significantly shaped her identity and mission of supporting family stability and permanent connections for foster and adoptive children.

WEDNESDAY, July 4

10:00-11:15 a.m.*

Panel Discussion with Korean Adopted Adults

Four adopted adults ranging in age from 21-40 (including some past Choson campers) will share their personal experiences of growing up as Korean adoptees in Minnesota; touching on topics of race, identity, belonging, struggle and what being adopted has meant to them at different stages of their lives. They will also speak about ways they have connected to Korean culture, the adoption community, and their birth stories and the impacts of those connections. The last thirty minutes of the session will be devoted to questions from attendees.

2:00-3:30 p.m.

Navigating the Basics of Korean Cooking

Outside of the kitchen, join us as we learn how to navigate a Korean grocery store, the staple ingredients of a Korean kitchen cupboard—what to buy and what not to buy, de-mystify the top ten mistakes in Korean cooking, and leave with some basic side dish (bahn chahn recipes). The last 30 minutes of the session will be devoted to questions from attendees!

Grace Vigilante has been a long-time dedicated volunteer and former Board Member of Camp Choson. She is the master behind coordinating the Camp Choson kitchen and creating those amazing Korean camp meals. **Jane Lee** learned her Korean cooking knowledge from years of living in Korea with her Korean mother-in-law (from the tasty province of Chullanam-do) and cooking for family meals and events.

THURSDAY, July 5

10:00-11:15 a.m. TBD!!! (possible North Korean-related presentation)

2:00-3:30 p.m.

Camp Choson Board Meeting

The Meeting of the Camp Choson Board is open and all are welcome to attend. Learn more about what is happening with the governance and operation of the Camp. Offer feedback for the Board and learn about plans for next summer!

FRIDAY, July 6

10:00-11:15 a.m.

Ewha Women's University Camp Volunteers Presentation

The students from Ewha University located in Seoul, South Korea will be volunteering with day and resident campers throughout the week. For this session, the volunteers make a special presentation for parents.

2:00-3:30 p.m.

2018 Camp Choson Closing Ceremony

The 2018 Camp Choson Closing Ceremony will be held from 2:00-3:00 p.m. on Friday. Campers **may** wear Hanboks or Taekwondo uniforms for the program if they wish. The closing ceremony is a wonderful celebration for all as campers showcase what they have learned during the week. Camp officially ends at the conclusion of the Closing Ceremony. Please refer to the Welcome Letter for more detailed information about the Closing Ceremony.

***indicates presenter(s) is/are Korean adopted person(s)**