


## Exploring Adoption

  
Barnardos



### Post-Adoption Workshop

#### **About the Course**

“Exploring Adoption” is a four session evening course for adopted adults which allows participants the opportunity to explore issues such as:

- Growing up adopted
- Looking for birth information
- Outcomes of searching for birth family
- Preparing for contact
- Birth and adoptive parents points of view
- Post reunion dilemmas

This course will be helpful to adopted adults who are considering searching for background information, who have had an outcome to their search and/or who would like an opportunity to reflect on the experience of being adopted. A safe, confidential atmosphere is created and ongoing links and friendships are often made between participants. The service runs occasional follow up support meetings for those who attend the course and information about individual counseling is provided as necessary.

Registration Online