

Contact us via:

Email: [adoption@barnardos.ie](mailto:adoption@barnardos.ie)

Our three centres:

#### DUBLIN

23/24 Buckingham Street Lower, Dublin 1

Tel: (01) 813 4100

#### CORK

Barnardos, Blackmore House, Meade Street, Cork

Tel: (021) 203 8005

#### GALWAY

Barnardos, The Sanctuary, 27 Chois Chlair,  
Claregalway, Co Galway

Tel: (091) 454 489

Our National Post Adoption Helpline:

Tuesdays and Thursdays, 10am – 1pm

Tel: 00 353 (1) 454 6388

Barnardos mission is to help transform children's lives through our services; support parents; and challenge society where it fails children.

Registered Charity No. 20010027

**TÚSLA**  
An Ghníomhaireacht um  
Leanaí agus an Teaghlach  
Child and Family Agency

  
**Barnardos**

# Barnardos Post Adoption Service



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**Barnardos**

[www.barnardos.ie](http://www.barnardos.ie)

Barnardos provides a specialist therapeutic service to adopted children and teenagers who were born abroad or in Ireland and to their parents, including children adopted from foster care.

The service is available nationally and can be contacted through three Post Adoption centres in Dublin, Cork and Galway.

Barnardos Post Adoption service is funded by TUSLA the Child and Family Agency, through donations from clients, and training income.

Barnardos has provided a service to adopted people and to birth and adoptive families since 1977.

## Testimonials

“ My seven year old was adopted when he was two – the expert support from Barnardos was invaluable ”

– An adoptive parent

“ It was great to talk to other teenagers about my feelings about my birth mother – Barnardos made the group fun too! ”

– An adopted 15 year old

“ Sometimes children in school ask me questions about being adopted. Barnardos is helping me learn how to answer them ”

– An adopted 8 year old

## What services are provided?

- A national confidential and professionally staffed helpline and email advisory service.
- An email advisory service – [adoption@barnardos.ie](mailto:adoption@barnardos.ie).
- Advisory sessions for adoptive parents. Parents may have questions about attachment, school issues, sharing background information and identity development among many other issues.
- Therapeutic sessions with adopted children and teenagers individually or together with their parents.
- Group work with children and teenagers.
- Group support and training for adoptive parents.