

Exploring Adoption

A four session evening course for adopted adults with **Barnardos** Post Adoption Service




Barnardos

www.barnardos.ie

The “**Exploring Adoption**” course is facilitated by Barnardos experienced post adoption team each Spring and Autumn. It is suitable for adopted adults of all ages. The course explores issues such as

- how it feels to be adopted
- preparing to search for your birth family
- birth and adoptive family perspectives
- outcomes of search for a birth family

Testimonials from previous participants:

“ It was such a relief to talk to people who could completely understand how I feel about adoption – this was a first time for me. The best thing I ever did. ”

“ I was unsure whether I was ready to look for some information about my background – this course really helped prepare me for that first step ”

“ Hearing from a birth and adoptive mother’s perspective was an eye opener for me ”

For more information contact the service at (01) 813 4100 or see www.barnardos.ie/adoption



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