

# Exploring Adoption

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



**Barnardos**

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

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### **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](http://www.barnardos.ie/adoption)



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