

SUPPORT GROUP FOR ADOPTIVE PARENTS OF TWEENS AND TEENS

All parents face challenges. Adoptive parents have additional challenges. As their children approach adolescence adoptive families often encounter one or more of the following:

- Children searching for identity
- Parents revisiting their losses due to infertility as children become more curious about biological connection
- Families feeling out of control and overwhelmed by new levels of emotion and rebellion
- Children threatening to run away, or actually running away
- Parents feeling lost about how to meet their children's needs
- Considering initiating search and reunion with birth families if the adoption has been closed
- Managing the relationship between the adoptive family and the birth family in open adoptions
- Parenting emerging adolescents takes new skills and strategies

In this unique group we will create a supportive space to air true feelings and concerns that arise for parents of adopted tweens and teens and brainstorm strategies for enhancing family happiness and stability.

We will discuss readings including the *Seven Core Issues of Adoption*, *The Family of Adoption* by Joyce Maguire Pavao, my own *article Loss and Resilience Form a Family: A Relational Story of Adoption*, and various other readings. Parents will be encouraged to discuss issues and feelings that come up for them as they raise their children and receive support and suggestions on strategies for handling challenges they are facing.

Barbara Freedgood, LCSW



The group will be led by Barbara Freedgood, LCSW, a **psychotherapist in private practice since 1980**. Barbara is a graduate of Fordham School of Social Service and the NYU Post-Doctoral Marriage and Family Program. She has **written and presented internationally on the topic of infertility and adoption**, at Division 39 in New York City and at IARPP (The International Association for Relational Psychotherapy and Psychoanalysis) in Madrid in 2011. Her article: *Loss and Resilience Form a Family: A Relational Story of Adoption* was published in *Psychoanalytic Perspectives* in 2013. In 2013 she spoke at the **Association for the Psychoanalysis of Culture and Society on Adoption and the Internet**. The **mother of two adopted children**, Barbara creates a safe, understanding environment to air thoughts and feelings that arise for the parents of adopted children. There is nothing greater than the power of support from those with shared experience. Supported parents create supported children.

Pricing and Commitment:

- This group meets once a month on Monday's 6:30pm to 7:45pm.
- The fee is \$60/ session
- After the first session, a six month commitment is required to join the group

Groups meet at Barbara's office,
920 Broadway, Suite 1703-F
Between 20th and 21st Street

Virtual Groups also available by
teleseminar.

To register, please contact Barbara@BarbaraFreedgood.com or call 212.645.7047.
www.barbarafreedgood.com