

Support Group for Adoptive Parents

All Parents Face Challenges. Adoptive Parents Have Additional Challenges. This Group Will Address The Following Questions:

- How is life different as an adoptive parent?
- How do you deal with other people's questions about adoption?
- Do you and your child struggle with issues of "otherness" particular to adoption?
- How do you cope if your child has ADHD and/or learning disabilities?
- Do you experience difficulty discussing your child with family, schools and friends?

In This Unique Group We Will Create A Supportive Space To Air True Feelings About Being An Adoptive Parent And Brainstorm Strategies For Enhancing Family Stability and Happiness.

- Identifying and understanding challenges particular to adoptive families
- How to manage questions from your child about his/her birthparents
- How to integrate a family that contains differences
- How to advocate for a child with learning disabilities
- How to speak with other parents about your child

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. 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 will meet once a month (time to be decided).

A six month commitment is required to join the group.

The group will decide if they want to continue after that.

The price for the six months will be \$360.

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