

Where to find us

Barnardos,
23/24 Buckingham Street
Dublin 1
T: 01 813 4100
E: adoption@barnardos.ie

Our confidential helpline
operates every
Tuesday (10am - 1pm)
Thursday (10am - 1pm)

01 454 63 88

www.barnardos.ie

Barnardos' vision is an Ireland where childhood is valued and all children and young people are cherished equally.

Barnardos' mission is to challenge and support families, communities, society and government to make Ireland the best place in the world to be a child, focusing specifically on children and young people whose well-being is under threat.



Barnardos Post Adoption Service


Barnardos

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Barnardos has been providing a confidential independent and professional service to adopted people and to birth and adoptive families since 1977. Over the years many people have contacted us to discuss their experiences and to avail of our counselling and group work service. We continue to welcome calls from people whose lives have been touched by adoption.

The service provides a counselling service to internationally adopted children and their parents who are living in the Dublin, Kildare and Wicklow areas. Parents living outside the Eastern region are welcome to seek advice by email or contact our helpline.

What services do we provide?

- A national confidential helpline and email service for adoptive parents, adopted people, birth parents and professionals with questions about adoption. If you have a question or concern about adoption you are welcome to contact us for guidance.
 - Individual appointments for parents who have adopted from abroad and may need some advice and support on aspects of raising their children. Parents can have questions about helping a newly adopted child to settle in, sharing background information, dealing with challenging behaviour and revisiting a country of birth, among many other issues. Some parents may need ongoing assistance for themselves and their children while others may just need a once off appointment.
 - A specialist direct therapeutic service to internationally adopted children. Staff work directly with children together with their parents on issues such as attachment, talking about adoption, developing identity and improving self-esteem.
- A mediation service for adopted people and birth family members, who have been linked through the National Adoption Contact Preference Register. Staff assist in helping people prepare for contact with each other. People are also welcome to contact the service for advice about joining the register.
 - Appointments for birth mothers and adopted adults who may need confidential support or advice. A list of private counsellors with particular knowledge of adoption is also available.
 - Training and support group meetings for intercountry adoptive parents. The service offers support meetings for parents on different aspects of raising adopted children. Staff also co-facilitate workshops for second time applicants to adopt with the HSE intercountry adoption team. Large training sessions facilitated by external experts are also arranged. Details of forthcoming groups and training are available on our website www.barnardos.ie/adoption
 - Group support meetings for birth mothers, adopted adults and parents who have adopted in Ireland on search and reunion issues. These meetings give an opportunity to avail of support from others who have similar concerns and questions.

How to contact us

You can call on our helpline 01 454 63 88 or contact Barnardos at 01 453 03 55, or email at adoption@barnardos.ie

Barnardos Post Adoption Service is supported by the Health Service Executive and through donations from people who avail of the service. Please see our website www.barnardos.ie/adoption for further information about the services provided and for information about forthcoming events.