

Barnardos

Post Adoption Service Birth Mothers' Group

The Birth Mothers' Group is facilitated by **Barnardos** experienced post adoption team who have provided a safe space since 1977. The service is confidential.



Barnardos

Because childhood lasts a lifetime

The group explores:

- Parting with a child for adoption
- How this experience has affected the mother's life
- Perspectives of adopted adults and adoptive parents
- Searching for or being contacted by an adopted son or daughter
- Outcomes of search
- Relationships after reunion

Testimonials from previous participants



It was such a relief to meet other women who had walked in my shoes- and not feel judged



Barnardos gave me the strength to tell my family about my adopted son and to search for him



We shared tears but also laughter and stayed in touch after the group ended- wonderful support

The groups are run both in person from our Cork and Dublin centres and online. They normally take place over six sessions in the Spring and Autumn of each year and follow up meetings are provided.

For more information contact the service at:

Dublin: 01 8134100, Cork: 021 2038005

Confidential Helpline:

01 4546388 Tues and Thurs 10am-1pm

Email: adoption@barnardos.ie