



Local Support Groups for Hampshire Adoptive Parents 2013

Venue 1 - Winchester

Friends' Meeting House
16 Colebrook Street
Winchester
SO23 9LH

Dates

Monday 8 July
10.00am – 1.00pm
Theme: Relational Play

Monday 4 November
6.00pm – 9.00pm
Theme: Social Networking

Refreshments provided

Aims

These sessions provide adopters with a chance to gain support for their own situations and to hear other parents' experiences and solutions.

No need to book – just come along!

Cost Free

Confidentiality

Sessions are confidential, except for where a child protection concern (current or historical) may arise.

Contact PAC

Our office number is 020 7284 0555. PAC operates a daily Advice Line on 020 7284 5879 (Monday – Friday 10.00am – 1.00pm plus Wednesday & Thursday evenings 5.30 – 7.30pm).

Venue 2 - Basingstoke

St Mary's Church
Goat Lane
Eastrop
Basingstoke
RG21 7PZ

Dates

Monday 3 June
10.00am – 1.00pm
Theme: Relational Play

Monday 7 October
6.00pm – 9.00pm
Theme: Social Networking

Refreshments provided

Themes

The first half of each group meeting will be on a specific adoption related theme. The group facilitators will make a presentation on the theme for about ten minutes and then host a discussion on the topic. After the coffee break there will be open discussion, when any participant will be free to bring up anything that is concerning them. Themes for the forthcoming sessions are:

Relational Play - How person-to-person play provides developmental repair and emotional well-being for adopted children with troubled histories. A broad range of activities for children will be introduced.

Social Networking - The impact of Facebook, messaging, mobile phones and the like on adopted children. The aim is to support those parents who want to explore these issues, whether current or for the future.

Group Facilitators

Louis Sydney Louis is a child and adult psychotherapist and specialist adoption consultant at Adoptionplus as well as an independent trainer, clinical supervisor and consultant. He has worked with adopted or fostered children and families for over 10 years and was a family therapist, trainer and offered consultation at Family Futures for 9½ years. He has also trained in Theraplay and Dan Hughes' Dyadic Developmental Therapy and Somatic Experiencing, a body and trauma focussed approach to therapy.



Kunu Gordon Kunu has been counselling for over 20 years and has several counselling qualifications. Her main work has been with students and staff at a university and in private practice, in both settings covering a wide range of issues including ones related to adoption. She completed PAC's Adoption Counselling Expertise course in 2006 and since 2007 has worked in PAC outreach surgeries. Kunu is a party to adoption.



Feedback from previous groups

I went to the support group in Winchester and enjoyed it a lot. It is a good opportunity to meet other adoptive parents and share problems and experiences. It is always helpful to know how other parents deal with similar issues and it's great to share ideas. As there are always members of PAC present, you can also get some professional advice. I can only recommend giving it a go.

Rather than going to self-help groups, I prefer to go to support groups which have professional facilitators because they always seem so much more positive and constructive.

About PAC

PAC (formerly Post-Adoption Centre) offers advice, information and support to anyone involved in adoption and other forms of permanent care, including:

- adoptive families and other families with permanently placed children
- adoptive parents, prospective adoptive parents and other permanent carers
- individual adults adopted as children
- birth parents and birth relatives of adopted children, and of now adult adopted children
- professionals working in adoption and permanent care



PAC's services include: daily Advice Line (020 7284 5879, Mon to Fri 10am - 1pm and Wed & Thurs 5.30 - 7.30pm); individual counselling; family therapy; support with contact arrangements between adoptive and birth families; intermediary services for birth relatives and adopted adults; drop-ins for birth mothers whose children have been compulsorily removed; workshops, groups and seminars for all parties to adoption and permanent care; professional consultation and training.

PAC's counsellors are professionally qualified in counselling/psychotherapy, psychology and/or social work and have a wide range of experience and training in all aspects of adoption and permanent placement. PAC has particular expertise in working with minority ethnic children, families and adults and with transracially adopted children and adults.

PAC is an independent charity and its service is confidential. PAC is registered with Ofsted under the Care Standards Act 2000 as an Adoption Support Agency. In 2011 PAC received a quality rating of 'outstanding' from Ofsted. PAC's website is www.pac.org.uk, email advice@pac.org.uk.