

## **Adoptive Parent Support Group**

**Adoptive parent support groups provide encouragement for people in all stages of the adoption process.**

**We know how the ups and downs of the adoption process can leave new parents feeling exhausted and frustrated. When you finally meet your child, talking to someone who understands the exhilarating and sometimes overwhelming feelings adoption brings up can be amazingly helpful.**

**Adoption support groups are made up of adoptive parents and provide community, shared experience, as well as an excellent source of information and resources for adoptive families. While there are many types of support groups, most allow parents to vent frustration, gain mutual support, obtain support services and advocate for their children's needs.**

***What can a support group do for me?***

- 1. Emotional Support and Guidance in person, on line, or on the telephone.***
- 2. Newsletter highlighting local issues and activities.***
- 3. Educational Workshops on topics for prospective and experienced adoptive parents.***
- 4. Information and Referrals regarding agencies, attorneys, one-on-one support, and more.***
- 5. Social Activities to promote friendships, connections, and fun.***

**Participating in a parent support group before, during and after the adoption process is very beneficial and helps new parents reduce stress, become better parents and feel more joy related to their relationship with their families and newly adopted children.**

**Participation is free, voluntary and no type of contract or commitment is required. New groups are being developed in Gainesville, Lake City and Trenton.**

**For more information, contact:**

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