



Department of Family and Post-Adoption Services Calendar of Events: April – June 2018

Workshops

Therapeutic Writing Workshop, Sunday April 29th 9:00AM – 4:00 PM

For members of the adoption constellation - adoptees, birth parents and adoptive parents – putting words to complex and amorphous thoughts and feelings can be challenging. The Barker Adoption Foundation is pleased to welcome Sarah Saffian - adoption therapist, author of *Ithaka: A Daughter's Memoir of Being Found*, memoir teacher and journalist - to present a day-long writing workshop at Barker. This one-day workshop will provide a forum for exploring one's internal experiences and emotions surrounding adoption through short writing exercises - for example, writing a letter to a birth child, birth parent or adoptive parent, or imagining a reunion with a birth relative or a return to one's country of origin. The workshop will include discussion and *optional* sharing (no reading aloud required) and participants will have the opportunity to explore these issues with other members of the adoption constellation. All adult members of the adoption constellation, with any writing experience (including none!) are warmly welcome. For more information [click here](#).

Navigating Contact with Birth Parents, Thursday, June 7th at 7:00 PM

Communication with birth parents presents enriching opportunities for the adopted child and his/her family, yet at times there can be unique challenges. This presentation is geared toward adoptive parents in direct or indirect (facilitated through a third party) contact with birth parents. Topics to be discussed include: maintaining boundaries, learning previously undisclosed difficult information, dealing with changes in communication frequency, and talking to a child about his birth parents and/or preparing a child for visits. For more information [click here](#).