

# Support Group for New Adoptive Parents

The experience of adopting is challenging. New adoptive parents begin the journey of parenting after weathering the hard journey of adopting. They often need a place to debrief their experience with people who understand what it truly means to adopt.

## Common issues that new adoptive parents can benefit from support with are:

- Discussing their relationship with potential birth parents during the adoption process.
- Sharing about surprises, losses and difficult situations that they encountered during the adoption process.
- Bonding with their child during the waiting period before finalization.
- Dealing with flashbacks and memories of stressful moments during their adoption experience as they bond with their child.
- Negotiating boundaries with birth parents going forward.
- Managing questions from well-meaning friends and neighbors in the community when they bring their child home.
- Integrating their experience into their role as new parents.
- Stepping into the role of parent with confidence.



### Barbara Freedgood, LCSW

The group will be led by Barbara Freedgood, LCSW, a **psychotherapist in private practice since 1980**. Barbara is a graduate of Fordham School of Social Service and the NYU Post-Doctoral Marriage and Family Program. She has **written and presented internationally on the topic of infertility and adoption**, at Division 39 in New York City and at IARPP (The International Association for Relational Psychotherapy and Psychoanalysis) in Madrid in 2011. Her article: ***Loss and Resilience Form a Family: A Relational Story of Adoption*** was published in *Psychoanalytic Perspectives* in 2013. She is speaking at the **Association for the Psychoanalysis of Culture and Society** in the fall of 2013 on **Adoption and the Internet**. The **mother of two adopted children**, Barbara creates a safe, understanding environment to air thoughts and feelings that arise for the parents of adopted children. There is nothing greater than the power of support from those with shared experience. Supported parents create supported children.

### Pricing and Commitment:

This group will meet once a month (time to be decided).

A six month commitment is required to join the group.

The group will decide if they want to continue after that.

The price for the six months will be \$360.

**Groups meet at Barbara's office,  
920 Broadway, Suite 1703-F  
Between 20<sup>th</sup> and 21<sup>st</sup> Street**

**Virtual Groups also available by  
teleseminar.**

**To register, please contact [Barbara@BarbaraFreedgood.com](mailto:Barbara@BarbaraFreedgood.com) or call 212.645.7047.  
[www.barbarafreedgood.com](http://www.barbarafreedgood.com)**