



What is Birth Family Counselling?

An **independent, confidential** service for birth relatives. This service provides you with access to a qualified counsellor at no cost.

We are not involved with any part of the decision making process and do not work for Social Services.

The focus of the counselling sessions will be to listen to **your** feelings surrounding the adoption, or possible adoption of your child or children. We are here to offer support to you at difficult times.

We aim for our service to be as flexible as possible in order that we can be sensitive and responsive to your individual needs.

**If you are interested in this service
call Sue on:
01908 218 251**

How does Birth Family Counselling work?

If you think you may be interested in this service then you can phone us on 01908 218251 and ask to speak to Sue.

Additionally your child's social worker may contact us to make us aware that you have a right to receive this free service. We would then contact you, answer any questions you may have and discuss if this is a service that you would be interested in. **The choice is always yours.**

Who will be told about what is discussed in the sessions?

No One!

Birth family counselling is confidential. The exception to this is if concerns arise about safety.



What Birth Relatives have told us:-

"The counsellor has helped me to understand how I ended up in a violent relationship and how my children are affected by everything."

"Being able to talk has helped in lots of ways. I'm not stewing about things and it has helped me to offload some things very personal to me."

"I want my life to be different and feel this could happen."

"I am now able to see things from other people's perspective and am feeling calmer and more positive about myself."

This service is provided by Adoptionplus Limited in conjunction with the Cambridgeshire and Peterborough Regional Adoption Agency. Adoptionplus is a voluntary adoption agency registered with OFSTED and part of Barnardo's group.



BIRTH FAMILY SUPPORT

An independent
counselling service
for birth family
members