

These peer support groups are for anyone on an adoption journey. If you would like more information or to register for any of the support groups listed, please get in touch. In the event of a cancellation, we will notify you by email.

<p><b>Peer Support for Parents of Children with Challenging Behaviour -</b></p> <p>Virtual</p>	<p><b>Thursday</b> <b>10<sup>th</sup> March</b></p> <p><b>7:30 –</b> <b>9:00pm</b></p>	<p><b>Challenging Behaviour Support Group</b></p> <p>Support for parents of children with extremely challenging behaviours. This group offers adoptive parents' space to talk and gain support from other adoptive parents.</p> <p><b>Contact us at: <a href="mailto:northernireland@adoptionuk.org.uk">northernireland@adoptionuk.org.uk</a></b> for more information &amp; to register</p>
<p><b>Local Support Group Meet-up @</b></p> <p>Dunsilly Hotel, 20 Dunsilly Road, Antrim, BT41 2JH</p>	<p><b>Sunday</b> <b>13<sup>th</sup> March</b></p> <p><b>2:30 –</b> <b>4:30pm</b></p>	<p><b>Antrim Concurrent Care Support Group Meeting</b></p> <p>This meeting provides an opportunity for Concurrent Carers to come along and meet in person other concurrent carers/adopters going through the process, to hear from people that are post adoption, share knowledge and for peer support for families at every stage of the concurrent care process.</p> <p>Welcome to bring younger, preschool aged children with them, but the group is not suitable for older children.</p> <p><b>Contact us at: <a href="mailto:northernireland@adoptionuk.org.uk">northernireland@adoptionuk.org.uk</a></b> for more information &amp; to register to attend this event.</p>
<p><b>Regional Support Group session - Virtual</b></p>	<p><b>Wednesday</b> <b>23<sup>rd</sup> March</b></p> <p><b>7:30 –</b> <b>9:00pm</b></p>	<p><b>Sleep Workshop – Follow Up Session</b></p> <p>This is a follow up session to February's Sleep session &amp; an opportunity for participants to go into greater depth with individual issues and concerns about sleep (or lack of). This is only open to those who attended the previous session as they have been working on some of the recommended ideas and this will be a check-in, a sharing of experiences and a chance to ask further questions.</p> <p>Please attempt to complete a sleep diary before this follow up session. As an open forum, we ask you to respect the confidentiality of those taking part.</p> <p><b>Contact us at: <a href="mailto:northernireland@adoptionuk.org.uk">northernireland@adoptionuk.org.uk</a></b> for more information &amp; to register.</p>
<p><b>Regional Support Group session - Virtual</b></p>	<p><b>Thursday</b> <b>24<sup>th</sup> March</b></p> <p><b>7:30 –</b> <b>9:30pm</b></p>	<p><b>Prospective Adopters – Family &amp; Friends Information Event</b></p> <p>We know it can be difficult for family and friends to fully grasp the adoption process and to understand how they can best support you should you be placed with a child.</p> <p>We would like to invite you and those within your immediate support network, to attend a virtual information session to explain the adoption process and some of the challenges that it brings to carers. We aim to support your family &amp; friends to be better able to understand the process, the stresses you may be under and how they can offer their support to you. We will hear</p>

		<p>from experienced carers &amp; some of the people who supported them on their journey.</p> <p><b>Contact us at:</b> <a href="mailto:northernireland@adoptionuk.org.uk">northernireland@adoptionuk.org.uk</a> for more information and to register.</p>
<p><b>Local Support Group Meet-up @</b></p> <p>Hillsborough Village Centre, 7 Ballynahinch Road, Hillsborough, BT26 6AR</p>	<p><b>Monday 28<sup>th</sup> March</b></p> <p><b>7:30 – 9:00pm</b></p>	<p><b>Hillsborough Support Group Meet Up</b></p> <p>This is an informal meeting where adopters and prospective adopters are welcome to come along and meet other adopters, prospective adopters and share knowledge and for peer support for families at every stage of the adoption process.</p> <p><b>Contact us at:</b> <a href="mailto:northernireland@adoptionuk.org.uk">northernireland@adoptionuk.org.uk</a> for more information and to register to attend this event.</p>
<p><b>Local Support Group Meet-up @</b></p> <p>Girdwood Community Hub 10 Girdwood Avenue, Belfast BT14 6EG</p>	<p><b>Thursday 31<sup>st</sup> March</b></p> <p><b>7:30pm – 9:00pm</b></p>	<p><b>Belfast Support Group Meeting</b></p> <p>This is an informal meeting where adopters and prospective adopters are welcome to come along and meet other adopters, prospective adopters and share knowledge and for peer support for families at every stage of the adoption process.</p> <p><b>Contact us at:</b> <a href="mailto:northernireland@adoptionuk.org.uk">northernireland@adoptionuk.org.uk</a> for more information &amp; to register to attend this event.</p>
<p><b>Regional Group 'Walk &amp; Talk' Support Group</b></p> <p>Antrim Lough Shore Park &amp; Castle Gardens, Lough Road Antrim, BT41 4DQ</p>	<p><b>Friday 1<sup>st</sup> April</b></p> <p><b>10:00 – 11:30am</b></p>	<p><b>Walk &amp; Talk Support Group (Adults only)</b></p> <p>We know that going for a walk outside can be of real benefit to our wellbeing. Going for a walk with other adoptive parents can benefit our parenting journey. The walk, which will last about one hour, with coffee after, is for adoptive parents, not children. If you are free, come along, have a chat and get your daily steps up. The walk will be gentle, and the coffee will be free!</p> <p>We plan to meet at Antrim Lough Shore car park @10am</p> <p><b>Contact us at:</b> <a href="mailto:northernireland@adoptionuk.org.uk">northernireland@adoptionuk.org.uk</a> for more information &amp; to register to attend this event.</p>
<p><b>Single Adopters Support group - Virtual</b></p>	<p><b>Tuesday 5th April</b></p> <p><b>From 8:30pm</b></p>	<p><b>Single Adopters Virtual Support Group Meeting</b></p> <p>This virtual meeting is open to all single adopters, including prospective adopters. This is an opportunity to have a chat with others in similar positions, to build a support network &amp; ask your questions from other adopters.</p> <p><b>Contact us at:</b> <a href="mailto:northernireland@adoptionuk.org.uk">northernireland@adoptionuk.org.uk</a> for more information &amp; to register.</p>
<p><b>Day to Day Parenting Support Group - Virtual</b></p>	<p><b>Thursday 7<sup>th</sup> April</b></p> <p><b>7:30 – 9:00pm</b></p>	<p><b>Day to Day Parenting Support Group</b></p> <p><b>Let's Talk About.... Celebrating progress.</b></p> <p>This virtual support group looks at issues around day-to-day parenting of children who are adopted. Each session focuses on a particular issue which we will discuss together, hopefully learning from each other's experiences and finding out about any useful resources. In this session we will be taking time to Celebrate! Very often we can focus on the challenges of parenting and not recognize how far we and our children have come. Together we will allow ourselves to celebrate what can</p>

		<p>seem like small things to others but are huge successes for us and our families.</p> <p><b>Contact us at: <a href="mailto:northernireland@adoptionuk.org.uk">northernireland@adoptionuk.org.uk</a></b> for more information &amp; to register.</p>
<p><b>Local Support Group Meet-up @</b></p> <p>Silverbirch Hotel 5 Gortin Road, Omagh, BT79 7DH</p>	<p><b>Thursday 7<sup>th</sup> April</b></p> <p><b>7:30 – 9:00pm</b></p>	<p><b>Tyrone/Fermanagh Support Group Meet Up</b></p> <p>This is an informal meeting where adopters and prospective adopters are welcome to come along and meet other adopters, prospective adopters and share knowledge and for peer support for families at every stage of the adoption process.</p> <p><b>Contact us at: <a href="mailto:northernireland@adoptionuk.org.uk">northernireland@adoptionuk.org.uk</a></b> for more information &amp; to register to attend this event.</p>
<p><b>Adoptive Dad's Support Group</b></p> <p>Limitless Adventure Centre 71 Carrowclare Road, Limavady, BT49 9EB</p>	<p><b>Saturday 23<sup>rd</sup> April</b></p> <p><b>10am – 2pm</b></p>	<p><b>Limitless Adventure Centre</b></p> <p>This adventure day will be hosted at Limitless Adventure Centre and is a great opportunity to meet up with other adoptive and prospective Dads, for some outdoor activities. The day will be action packed &amp; conclude with a bite to eat together.</p> <p><b>Contact us at: <a href="mailto:northernireland@adoptionuk.org.uk">northernireland@adoptionuk.org.uk</a></b> for more information &amp; to register to attend this event.</p>
<p><b>Regional Support Group Session – Virtual</b></p>	<p><b>Wednesday 27<sup>th</sup> April</b></p> <p><b>7:30 - 9:00pm</b></p>	<p><b>Children's Adoption Records</b></p> <p>When the time comes for an adoptive child to have access to their adoption records many parents find it to be a daunting process and may feel unsure of how to support their child. While keeping in mind that every child's adoption records will differ depending on their background, this session will aim to give a general overview to adoptive parents of the process, some of the challenges parents face and how they can offer the right kind of support.</p> <p><b>Contact us at: <a href="mailto:northernireland@adoptionuk.org.uk">northernireland@adoptionuk.org.uk</a></b> for more information &amp; to register.</p>
<p><b>Local Support Group Meet-up @ Belfast</b></p>	<p><b>Thursday 28<sup>th</sup> April</b></p> <p><b>7:30 – 9:00pm</b></p>	<p><b>LGBT Support Group</b></p> <p>This is an informal meeting where adopters and prospective adopters are welcome to come along and meet other adopters, prospective adopters and share knowledge and for peer support for families at every stage of the adoption process.</p> <p><b>Contact us at: <a href="mailto:northernireland@adoptionuk.org.uk">northernireland@adoptionuk.org.uk</a></b> for more information &amp; to register to attend this meeting.</p>
<p><b>Adopter Recommended Reads</b></p>	<p><b>Thursday 28<sup>th</sup> April</b></p> <p><b>7:30 – 9.00pm</b></p>	<p><b>Adopter Recommended Reads – Children's Books.</b></p> <p>Books can help children understand their emotions, feelings or a situation as well as teach them valuable lessons. The imaginative illustrations and moral messages inform children and help them understand the world around them. Sometimes stories offer a narrative in which children won't feel as isolated and worried about what's going on in their heads.</p> <p>In this session adoptive parents will review children's books including: -</p> <ul style="list-style-type: none"> <li>• 'Adopting a Little Brother or Sister' By Holly Marlow</li> </ul>

		<ul style="list-style-type: none"><li>• 'The Colour Monster' by Anna Llenas</li><li>• 'No Matter What' by Debi Gliori.</li><li>• 'Questions &amp; Feelings about Adoption' by Anita Ganeri</li></ul> <p>Next sessions will feature 3 experienced adopters reviewing some books on Therapeutic Parenting.</p> <p>Contact us at: <a href="mailto:northernireland@adoptionuk.org.uk">northernireland@adoptionuk.org.uk</a> for more information &amp; to register.</p>
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If you are interested in finding out more or have suggestions for future events, please let us know. Email [northernireland@adoptionuk.org.uk](mailto:northernireland@adoptionuk.org.uk) or call the office on 028 9077 5211.