

Every Child, Every Family,
Every Step of the Way

ADOPTIONS TOGETHER

Counseling Services

“ *The counseling program offered through Adoptions Together has been an invaluable resource for us. The education and support we received gave us the tools we needed to build the bond of attachment and grow together as a family. We would not be where we are today without the counseling we received as a family. Thank you for being there for us.* ”



Adoptions Together understands the importance of establishing and maintaining healthy interpersonal relationships within the family. Since 1993, we have been providing intensive family counseling services to individuals, couples, and families throughout the greater Baltimore, Northern Virginia, and Washington DC areas.

Why Choose Adoptions Together for your counseling services?

- Adoptions Together provides counseling that is centered on wellness and strengthening interpersonal relationships to blended, foster, adoptive, kinship, guardianship, and reunified families.
- Our staff has expertise in child development, family dynamics, attachment and trauma, as well as other adoption-related issues.
- Each of our counselors has a master’s-level education, ensuring that your family receives the most professional and specialized care available.

Our Services

We enable children to lead healthy, productive lives through our specialized counseling and support services designed to keep families strong and to help children heal from past trauma and the mental health challenges that often occur as a result of that trauma. Many children who have had difficult beginnings struggle with the lasting effects of the trauma, which may lead to emotional and behavioral problems at home, at school, and in the community.

Adoptions Together provides family therapy and pre and post-adoption counseling about the following issues:

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| ▪ Adoption, foster care, and kinship care | ▪ Trauma | ▪ Adolescence challenges |
| ▪ Parenting or marital | ▪ Maladaptive behavior | ▪ Infertility |
| ▪ Attachment barriers and difficulties | ▪ Sibling challenges | ▪ Birth parents |
| ▪ Depression and anxiety | ▪ Older child adjustment | ▪ Search and reunion |

Find out more:

Visit us at www.adoptionstogether.org

Or call us at 301.439.2900

Silver Spring, Baltimore, Herndon and DC

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Additional Services

Parent Coaching

Another counseling option available through Adoptions Together is parent coaching, where staff can provide you with a wealth of information, guidance, support, and direction in person or over the phone. Coaching can help parents learn successful strategies for:

- Setting limits with your child
- Embracing the challenges of LBGT or single parenting
- Being aware of the message behind your child's difficult behaviors
- Practicing effective stress management techniques
- Discussing adoption and birth parent issues with your child

Support Groups

Group counseling can help you share, inspire, communicate, and grow as a family. At Adoptions Together, we offer a variety of programs and groups that will help your family grow as a supportive unit:

- Post-adoption support groups for parents
- Therapeutic groups for children
- Teen adoptee group
- Super-parenting support group (intensive family counseling, education, and support for parents of special needs children)



Attachment Enhancement

An evidenced based training program for caregivers of young children who have experienced early adversity. This training can enable the baby (24 months or younger) to achieve security and independence.

This program teaches parents how to read their baby's behaviors to help them feel happy and calm, and encourages parents to provide a loving, consistent environment.



Mission:

Adoptions Together builds healthy lifelong connections for every child and advocates for the continuous improvement of systems that promote the well being of children.

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