

Every Child, Every Family,  
Every Step of the Way

# ADOPTIONS TOGETHER

## Parent Coaching

“ *The parent coaching offered through Adoptions Together is enormously helpful. My partner and I don't have the time to come into the office. Being able to have coaching over the phone has helped us to talk through parenting strategies to better understand and be on the same page as our three children.* ”



**Adoptions Together understands the importance of establishing and maintaining healthy interpersonal relationships within the family. Parent coaching is available in person or over the phone for all parents throughout the greater Baltimore, Northern Virginia, and Washington DC areas.**

### Why Choose Adoptions Together for parent coaching?

- Adoptions Together provides support that is centered on wellness and strengthening parents to successfully communicate and parent in 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 you receive the most professional and specialized coaching available.

### Our Services

We enable children to lead healthy, productive lives through our specialized parent coaching designed to help parents to:

- Set limits with your child that work for you and your family
- Understand child development from infancy through the two's, tweens, teens and beyond
- Figure out what to worry about and what to “let go of”
- Balance single parenting with taking care of yourself
- Practice teamwork with your partner even if you are divorced or separated
- Embracing the challenges of LGBTQ parenting
- Understanding the message behind behavior
- Attach with older children who have experienced loss and trauma and joined your family through adoption
- Stress management for parent and child
- Discussing adoption and birth parent issues with your child

#### Find out more:

Visit us at [www.adoptionstogether.org](http://www.adoptionstogether.org)

Or call our Parenting Coach at 301-422-5101

Silver Spring, Baltimore, Herndon and DC

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#### FEES:

- \$50 FOR 30 MINUTES
- \$80 FOR 45 MINUTES
- \$200 FOR FOUR 45-MINUTE SESSIONS EACH MONTH

## Additional Services

### Individual or Family Counseling

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

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



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### 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)



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### 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.



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### 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.***

#### Find out more:

Visit us at [www.adoptions.together.org](http://www.adoptions.together.org)  
Or call us at 301.439.2900

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