

Adoption Savvy



Adult Adoptee Support Groups

IN PERSON:
1st Thur each Month
7pm-8:30pm*

ONLINE via ZOOM:
3rd Thur each Month
6pm-7:30pm*

*Dates & times subject to change

We Talk About What Matters to You:

- Identity & Sense of Self
- Intimacy & Relationships
- Ambiguous Loss
- Disenfranchised Grief
- Abandonment & Rejection
- Transracial Issues
- Split Family Loyalties
- Search & Reunion Aftermath
- Decision Making Struggles
- Birthday Ambivalence
- Much more...

YOUR VOICE IS IMPORTANT!

In a supportive, non-threatening environment, come meet others who **"get it,"** who understand your experiences & feelings as an Adult Adoptee. While discussing relevant adoptee-related topics, you'll receive valuable **support, education, & resources** for the journey. Come join us, and find a place where you belong!

RSVP & Confidentiality required

Contact Amy for more details or RSVP at:
amy@adoptionsavvy.com

\$45 per group*

payable at time of service by online autopayment

*Payment for In Person Group also gets you into the Online Group!

Seattle Location:

1501 N 200th St

Suite 105

Shoreline, WA 98133



Amy Barker D'Alessandro, LMHC, Group Facilitator

Hi! I'm a licensed Adoption & Trauma Therapist, and I work with all ages & members of the adoption community. I'm also an Adult Adoptee of a closed adoption in longterm reunion and a Birth Mother of a grown son of an open adoption. I have extensive experience personally and professionally navigating the many complexities created by adoption, and I so love seeing Adoptees connecting and supporting each other!

For more info, go to: www.adoptionsavvy.com