

**Peer Support for Adopters with Teenagers**

Adopt East Midlands in partnership with Adoption UK

This Specialist Support Group has been commissioned by AEM to provide an opportunity to share experiences with other adoptive parents, listen and learn strategies and tips to help you to navigate the tricky teenage years. There will be time and space for you to build your networks if you want to.

Rachel and Sue will be leading this group*; both are professional trainers and parent mentors as well as being* adoptive parents who have been through the teenage years with their children. They have a wealth of experience across a wide range of topics related to adoption and hope to facilitate open discussions about adoptive parenting in reality.

The topics covered will depend on what you want as a group, but could include managing Christmas and Covid, identity *issues a*nd building better relationships with your teens.

**The group will run for 8 weeks commencing on Saturday 12th December.**

***All sessions will start at 9:30am.***

Looking forward to meeting you!

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| Date | Focus | Duration |
| 12th Dec | Introductions to each otherManner of engagement through virtual means | 45 mins |
| 19th Dec | Information and support session | 90 min facilitated session |
| 2nd Jan | Drop in | 30-45 mins  |
| 9th Jan | Information and support session | 90 min facilitated session |
| 16th Jan  | Drop in | 30-45 mins drop in |
| 23rd Jan  | Information and support session | 90 mins facilitated session |
| 30th Jan  | Drop in | 30-45 mins drop in |
| 6th Feb  | Self Care, Connection and Farewell  | 90 min facilitated session |
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Places are limited so please book your place via Eventbrite using this link:

[**https://www.eventbrite.co.uk/e/copy-of-aem-peer-supports-for-adopter-with-teenagers-tickets-131004282335**](https://www.eventbrite.co.uk/e/copy-of-aem-peer-supports-for-adopter-with-teenagers-tickets-131004282335)

**Further joining instructions will be sent on Friday 11th December**

*By booking on this group we are asking you to commit to all 8 weeks of the group to ensure you are connected to your peers and benefiting from the support being offered, please email* *angus.watson@adoptionuk.org.uk* *if you have any queries regarding this group*