

Post Adoption News

Summer Edition
2020

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QLD: Post Adoption Support QLD
07 3170 4600 / pasq@benevolent.org.au

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02 9504 6788 / parc@benevolent.org.au

Welcome to Post Adoption News

Welcome to our final edition for 2020 and the launch of our new-look news.

In this edition, we bring you a look at the final core issues of "The seven core issues in adoption" - Mastery and Control. What does Mastery and Control mean? How can we use it to feel we are secure and moving forward?

We also share a number of reader responses to the prompt "When I hear the words adoption and relationships". We received the largest response this season and encourage our readers to take some time to read through each response. Thank you to those who took the time to contribute, we are honoured to be able to share your words.

As the year draws to a close and the world around us seems to be celebrating, we want to acknowledge that not everyone will be feeling joyous this festive season. Our key article also lends some handy tips for taking care at this time with wellness in mind. We'd encourage you to contact us if you find you're needing support or to contact one of the crisis services on this page.

Take care and we looking forward to seeing you in 2021,

- PARC and PASQ Teams

End of Year Operating Hours.

You can find the changes to our service hours below as well as some helpful support services as we near the end of the year.

Post Adoption Support Queensland

Open: Mon—Fri, 8:30 am - 4:30 pm

Closed:

- Friday, 25th December
- Monday, 28th December
- Friday, 1st January
- **Monday, 4th January**
- Tuesday, 26th January

Post Adoption Resource Centre

Open: Mon—Fri, 9:00 am - 5:00 pm

Closed:

- Friday, 25th December
- Monday, 28th December
- Friday, 1st January
- **Monday, 4th January**
- Tuesday, 26th January

National 24/7 Crisis Counselling Services

If you or someone you know are currently experiencing a crisis or in need of urgent support, please call emergency services on 000 or alternatively, you can contact the below National 24/7 Crisis Counselling Services:

Lifeline: 13 11 14

Suicide Call Back Service: 1300 659 467

Beyondblue: 1300 22 4636

MensLine Australia: 1300 78 99 78

Kids Helpline: 1800 55 1800



Understanding 'Mastery and Control'

The following article discusses some of the common experiences of those affected by adoption. PARC and PASQ acknowledge that each person's experience of adoption is unique and may include all, some or none of the themes discussed below.

The final article of our newsletter this year focuses on the last spoke of the wheel of the Seven Core Issues in Adoption, which is mastery and control. This topic is timely as the year that will forever be marked by the pandemic, comes to a close. For many, this year has brought to the forefront, the lack of control we have in relation to such threats and for many it's brought about existential crisis. On the other hand, it's demonstrated how we've taken control in the form of bulk buying toilet rolls, tinned food and pasta!

"Having power and mastery in one's life is a big component of resilience, the ability to bounce back from adversity..."

Most people are generally familiar with the term control. It's about the power to influence and direct behaviours or the course of life events. In adoption, it is known that a loss of control features

as the very first experience in life for the adopted person, and as Sharon Kaplan Roszia and Allison Davis Maxon writes, the loss of control over a person's early life journey, diminishes their power to direct their future life course. For parents who lost a child to adoption, this was often out of their control, whether it be due to their circumstances and lack of support or being forced or coerced into adopting out their child. For adoptive parents, it may be that infertility has been a part of their experience which despite numerous attempts at influencing this through various fertility treatments, their control and influence has not reached their desired outcome. Words connected to the loss of control include frozen, constricted, fearful, vulnerable, unsafe, helpless, powerless and impotent. Many of those we support often share how these words and the associated meaning are intertwined in their life and their being.

Mastery on the other hand is often less understood. Leonardo Da Vinci once said that "one can have no smaller or greater mastery than the mastery of oneself". We acknowledge that this is often the key task of recovery from adoption trauma for all members impacted. Words associated with mastery include active, proficient, learned, empowered and growing. You can see

from the associated words that loss of control is limiting, whereas mastery brings with it expansion and a sense of hope, meaning and empowerment.

So how does a lack of control often feature in people's lives and behaviour? We know that everyone adapts to this in different ways. One response is to retreat into passivity, because the less a person attempts, the less likely they are to fail regaining control. Chronic loss of control can be seen when a person feels victimised, feeling they have no control at all over their life. They feel attacked by the world, feel ongoing sadness and sorry for themselves. This often features holding onto past wrongdoings and reliving them and the associated suffering.

“How can you honour the feelings that arise for you and acknowledge that these feeling and who you are matters?”

Another response can be seen in aggression, believing the best defence is a good offence. In a dangerous, unpredictable and unsafe world, it may feel beneficial to control, react and aggress against perceived threat to maintain control. The main theme in these adaptations is that people use control in order to get their needs met and avoid further pain, yet by controlling others rather than being kind and loving to themselves and others, the pain they were trying to avoid is often recreated. This of course is driven from the “wounded” part of the being which typically feels vulnerable, unsafe, worthless and may try and manage the loss of control and power by: being demanding, blaming, using alcohol or drugs, lying, complaining, becoming violent, passive aggressive, anxious etc.

So, how do we support this wounded part of ourselves? And how do we move forward from the suffering that's maintained in the behavioural

patterns created to avoid the pain, but often prolongs the suffering?

Having power and mastery in one's life is a big component of resilience, the ability to bounce back from adversity. Human beings tend to feel secure and empowered when they have control over their destiny. To take the journey of mastery, requires lots of practice. Neuroscience, the scientific study of the nervous system, teaches us that people have a habitual behavioural system that operates at a level deeper than conscious thought. This habitual system is deeply engrained and requires awareness and lots of practice in order to create new patterns of behaviour. This is why “practice makes progress”! repeat, repeat and repeat again. This repetition is needed to develop a new skill. A bit like riding a bike, it takes many goes to be able to move forward without falling down. It's also not about reaching the finishing line, but it's about enjoying the process of learning and practicing each day; enjoying the scenery around you whilst peddling away!



We all have moments of mastery, where we may feel a sense of being at peace or content, but often, these moments can be overlooked due to other threats featuring a loss of control taking our attention. It's therefore important to consciously pay attention to each and every moment were mastery arises in your life as this will build your confidence when riding upon unsteady, uneven and uncontrollable terrain.

Steps to mastery according to Maxon and Roszia:

1. Self-awareness. Examining who we are at our core in order to discover our purpose, needs, desires and those aspects of the self that inhibit us from reaching our full potential.

2. Gaining knowledge. Using what was learned from our journey into self-awareness in step one to identify what knowledge, skills and teachers can assist us on our path to mastery.

3. Practice. Actively utilising the knowledge gained from learning in step two and practicing integrating those skills into our everyday life.

4. Mastery. Being able to use, with ease and self-awareness, the newly acquired knowledge and skills from the first three steps.

Think about all of the things you can control: your beliefs, your attitude, your reactions. Your thoughts, asking for help, your smile, what you eat, how you dress, who you spend your time with, activities, the choices you have available every day.

As the holidays approach, perhaps you can see it is an opportunity in your own journey towards mastery. Consider how you spend your time and who you spend your time with. How can you honour the feelings that arise for you and acknowledge that these feelings and **who you are matters?**

If it's a challenging time that often feels uncontrollable, how can you change this narrative and the unsteady terrain beneath your wheels, perhaps reach out for support in the form of some stabilisers for your bike? Of course, this can be easier said than done, but one small step towards mastery in this way, might just offer some small relief as you peddle and give your fatigued body some reprieve.

We wish all of our readers well over the holiday period ahead and in your own journey's towards mastery. We welcome contact from you if you feel this is something you would like to be supported with.

Other avenues for support over the holiday period can be found on the first page of the newsletter. *(Excerpts taken from the book: Seven Core Issues in Adoption and Permanency (2019). Kaplan Roszia, S & Davis Maxon, A)*

Need Support?

PARC and PASQ both offer counselling and intermediary services for people separated by adoption. If this article has raised anything for you, or you would like support around the impacts of adoption, then please contact your local service:

PARC: **02 9504 6788** (NSW)
PASQ: **07 3170 4600** (QLD)

Follow us and stay connected

Did you know that both Post Adoption Support Queensland and the Post Adoption Resource Centre have a Facebook Page with adoption related stories, posts, updates and events?



[/postadoptionsupportqld](#)
[/benevolentsocietyNSW](#)



“Adoption” and “Relationships”

Last edition we asked you to tell us in your words what you think of when you hear the words “adoption” and “relationships”. We were inundated with responses and we thank all of those who shared their contributions with us.

"A mirror cracked into pieces. Whether a mother, father, sister, brother, daughter son, uncle, aunt, cousin, niece or nephew; that link and relationship has been severed forever. It's possible to glue some pieces back together but the mirror will never be the same."

"I shudder. I gave up my son so that I could pursue a 'real' relationship. But I've never been able to have a 'real' relationship and I lost my relationship with my husband and both my children because when I gave the one away, I died inside."

"At 27 I decided to tell my fiancé that I was adopted, a very emotional time. He said that doesn't matter, I love you regardless. I told my husband's family in England 15 years ago, having kept this secret for 20 years. I didn't want anyone knowing. I had never dealt with this, but have over the past

20 years, a long journey. I was told at 10 never to mention I was adopted to anyone, it's a secret. I'm now 62. Friends now know, and have been supportive, along with my husband and family. The truth sets us free."

"When I hear adoption it's usually from someone or some source that knows nothing about the subject. It only comes up if some movie star decides to adopt. Relationships are a two way street no matter what the circumstances but far more difficult if you're adopted. You have to manage everyone's feelings and your own don't count"

"A mother who has given up her child for the sake of another"

"It reminds me of the fear that adoption brings to your feelings of security in relationships with all your loved ones. I know that I am loved deeply but being adopted leaves an instinctual fear of being left behind."

"It saddens me because as an adoptee I struggled to maintain authentic relationships. I always felt like I was hiding something. I couldn't grasp the connection

of the person I truly was because I was working so hard to be the person I was expected to be. My self confidence was based on how well I was accepted but that gets tiring and when I would try and reveal the real me, it was destructive to relationships."

"I feel deeply sad, angry, betrayed, filled with rage. The words "Adoption" and "Relationships" are a contradiction. Both Adoptees and Mothers have huge issues with relationships of all kinds after being touched by adoption. The only thing that can bring us back together is the trauma. It's the commonality of trauma, that can bring us together, but also tear us apart. It's a curse and a blessing all at the same time."

"When I hear the words adoption and relationships I think of abandonment—not being wanted. How could anybody love a person who's own birth mother didn't love them enough to keep them. Emptiness. No identity. How could I be in a relationship when I don't even know who I am? Adoption to me is a bad word. It means I don't want you so I'm going to let somebody else take care of you. How can I have a relationship when the person that was supposed to love me the most genuine, doesn't want me."

"I feel so torn and cheated because adoption took relationships away from me. I have never had a relationship with my birth family so I don't know what that would ever be like. At least when puppies are adopted, they still spend the first 12 weeks having a relationship with their Mother. Human adoption took that away forever!"

"I think of rejection. Fear. Misunderstanding. Ignorance. People quite simply do not, and most don't want to understand what it is like to be adopted and therefore don't

understand the lifelong baggage one carries about it."

"As a little girl my adoptive mother told me my birth mother was a horrible woman because she didn't want me. These words caused me major life crisis. Someone said to me that adoption in the family ruins the family tree. This upset me. All my attachments to others have been affected by worry over rejection, abandonment, trust, change and my self esteem issues. Fear has always been my constant companion. It grew over time in relationships. I just wanted that connection. And without that biological identity I felt a trauma, no amount of loving or soothing could remedy."

"Adoption to me is you are different from the family who adopted you. I was never praised by my family as I grew up for doing good at school or sports. I was never shown love by affection or hugs as a child growing up. I found this hard as a child. I was never ever told I was loved and wondered why I was never told this and why I was adopted by this family. I had a great relationship with my adopted Dad but he died when I was twelve years old. After then, I found it hard to bond with my adopted Mum. She was a very hard person, bringing me up alone. I also had a sister in law who gave me grief most of my life till she passed on. There was never any love lost between us. I even find today, it's hard to trust people I meet over the course of my life. I am happier single as I can do whatever I want, when I want."

INHERITANCE

A MEMOIR OF GENEALOGY,
PATERNITY,
AND LOVE

Review: "Inheritance—A Memoir of Genealogy, Paternity and love

Inheritance – A Memoir of Genealogy, Paternity and love - Dani Shapiro 2019

Although American author Dani Shapiro's book concerns donor conception, many of her experiences of late discovery, searching and reaching out to biological relatives are themes that will resonate with anyone affected by adoption. Ms Shapiro is an established writer and her ability to articulate her experience gives great potency to her exploration.

Ms Shapiro has lived her whole life believing that she had Ashkenazi Jewish ancestry, and that her father's family escaped the Polish shtetls and moved to the USA. Although she looked different from her parents, her family seemed to be able to make sense of this in some way that was credible.

A DNA test on a genealogy website, reveals to Ms Shapiro that there are no relatives from her father's side of the family showing and so she begins her search for the truth of her paternal heritage. Without revealing the whole story, what was important from an adoption perspective is

how beautifully she articulates her tentative steps within the family to uncover the truth and her online search and outreach to her biological father.

As she learns more and talks to various people, she describes how "I launched into the story I'd learned to tell without feeling the shock of its impact." This is well known to people affected by adoption who often experience an interest in "the story" but not as much support for the impact of the person's experience.

When she locates the person she believes to be, her biological father, Ms Shapiro describes the duality that accompanies the outreach experience, expressing so accurately, the longing and the terror of reaching out for the first time.

After establishing email contact with her biological father, she reacted to some of the language in later communications when he used words like "situation, matter and privacy", which she said left her feeling shame because the "family wished privacy in the matter of me." She asks herself: "What more did I want? After all, I had been given

the very information I thought would make me whole. Above all, I wanted to eradicate this terrible shame, this sense of being defective, alien, other, as if perhaps I never should have existed at all.”

Ms Shapiro also describes exquisitely the fear of rejection that hangs in the air for anyone reaching out for the first time to birth relatives as well as the devastation of late discovery of ancestry and the fundamental shaking up of identity and trust that occurs. The fear of rejection and the early yearnings for constant contact e.g., checking email

constantly, is also another facet of contact which is described accurately.

Well-articulated is the delight when Ms Shapiro begins to see similarities in herself and her father in among other things, their favourite literature. She describes these discoveries as feeling “like a comfort and a loss all at once”. In first contact from her paternal sister, Ms Shapiro describes the “strange and instant comfort” that she felt when her sister followed her on Twitter, and she followed her back: “I see you. I see you too”



What would you like to read in Post Adoption News?

We’re asking you what you’d like to see more of in Post Adoption News next year. If you’d like to share your thoughts, we’d love to hear from you via the link here: www.surveymonkey.com/r/9DM6J9W

News from the Post Adoption Teams

Farewell Manager, Kylie

It is with mixed feelings the PASQ and PARC teams farewelled our Manager of four years, Kylie Williams. In her time with us, Kylie has seamlessly and tirelessly managed both teams bringing positive transformation to our work.

We quickly discovered Kylie’s energy, warmth and responsiveness upon her arrival, and this continued throughout her time with us. Kylie often sought out opportunities for the PARC and PASQ teams to work together facilitating the sharing of knowledge and building the depth of both services, and she put many hours into advocating for the people we support as well as our stakeholders.

Kylie will always be held in high regard professionally and personally within the team. Our warmth and best wishes go with her.

Welcome Manager, Alana

Following Kylie’s departure the PARC and PASQ teams welcomed, Alana Laundry as Manager.

Alana is an experienced Manager with The Benevolent Society who has recently changed roles and brings with her a wealth of experience from the areas of child & family and early intervention services.

Despite “hitting the ground running”, Alana is keeping abreast of our services and is looking forward to many of the opportunities ahead to support the teams and people of The Benevolent Society’s Post Adoption services.

We’re looking forward to introducing Alana in the first edition of the Newsletter for 2021.

PASQ Update

Contact us on **07 3170 4600** or pasq@benevolent.org.au

8th Anniversary of the Queensland Government's Apology for Forced Adoption Policies and Practices



This year, the PASQ Team gathered at their screens and with those around them to mark the 8th Anniversary of the Queensland Government's Apology for Forced Adoption Policies and Practices.

Whilst the setting for this year's Anniversary event was different from the previous sunny days held at the Roma Street Parklands, the message was the same—"we will always remember". The committee were this year faced with the complexities of holding an event amidst a pandemic and with the health and safety of the attendees in mind, chose to forge a new path and hold the event online. Whilst a number of difficulties were encountered in the production of the event and videos, we thank everyone involved who worked tirelessly and with fortitude to ensure the effects of former forced adoption aren't overlooked, and tribute is paid to the occasion. We are grateful this online forum gave many who wouldn't usually be able to attend, the opportunity to do so as well as share it with their networks.

The videos can still be viewed at webcast2.qldgovtv.com.au/Mediasite/Channel/qldgov_adoption_apology. Please note there are two "pages" to the videos.

Gold Coast Connections

Earlier this month, PASQ held the final Gold Coast Adoption Connections Meeting for 2020. With end-of-year fast approaching, there was a festive flavour, but it also marked the end of what's been a very challenging year. Attendance at the meeting was high; some familiar faces, some new - all most welcome.

A broad array of themes were discussed, including grief, loss, trauma, control and the benefit of having all members of the adoption triad in the room, prompting great reflection. Whilst there was a general acknowledgement of the benefit of PASQ services including groups and counselling, the lack of financial redress for people with complex adoption experiences, and support needs, was also noted.



We are looking forward to welcoming a fresh start to the New Year and hope that 2021 brings us all good health!

If you're impacted by adoption and are interested in joining our meetings in the New Year, please don't hesitate to contact us.

Therapeutic Parenting



Over the past month our PASQ practitioners have had the pleasure of guiding a group of parents through our therapeutic parenting program.

Using an online platform for the first time as part of our covid-safe plan, did mean traversing a few challenging technological issues and reshaping the program. However, there were some positive consequences to the learning curve of transitioning online. Primarily, our ability to widen the reach and for the first time, include parents from outside greater Brisbane. This opportunity not only allowed for inclusivity but it especially enriched and diversified the group.

Over the four-week program we challenged common sense parenting and explored topics of trauma, identity, regulation, grief, and shame. In addition to these topics we came together to unpack what it means to be a therapeutic parent. And how we go about fostering: belonging, security, safety and unconditional love for our children and the whole family. It was an inspiring process and we look forward to the opportunity to connect with parents again in this way.

Welcome, Suzanne!

In this edition we welcome Suzanne Cavallo, Counsellor within the PASQ Team, and learn a little more about her.

When did you start working at The Benevolent Society

I began working at The Benevolent Society very recently, with my appointment as Counsellor in the PASQ Team. While I've never previously worked within The Benevolent Society, it's an organisation I've been keen to join.

Life prior to The Benevolent Society?

I'm originally from Queensland, having graduated from the University of Queensland with a Bachelor of Social Work (many moons ago!) and later I completed a Master of International and Community Development from Deakin University.

I've maintained a passion for the field of adoption, having worked in various sites over the years, including Queensland, Canberra and Sydney but eventually returning to Queensland a few years ago, to be closer to family.

I have a lived experience of adoption and carry enormous respect for each party to the adoption circle and the stories shared.

What do you love about your job?

There's still so much I'm yet to learn about the role, but I'm so grateful to be part of such an incredibly supportive team. I also feel privileged to be welcomed into the adoption community once again, and look forward to forging stronger connections over time.

Any holiday plans?

Christmas for me is all about family. I am one of many in our family, so there's always a lot of noise, loads of food, storytelling, swimming and spontaneous, random activities. My happiness.

PARC Update

Contact us on **02 9504 6788** or parc@benevolent.org.au

Farewell Elizabeth

The PARC Team is very sad to say goodbye to Elizabeth Dermody at the end of this year.

Elizabeth has been a vital member of the PARC Team for over 7 years. She is the first point of contact for service users, keeps the Team on track - especially with PARC groups and events and is generally our safety net. Many of you have experienced Elizabeth's warmth, efficiency, helpfulness and reliability. We will miss her but know that she has earned this time to enjoy with her family and doing nice things for herself. Our best wishes go with you Elizabeth!

A goodbye message from Elizabeth...



"After 8 years with The Benevolent Society (mostly with PARC) it is with a mixture of sadness and anticipation that I leave on 23rd December. I have thoroughly enjoyed my time with PARC and come away with a greater understanding of adoption and the ongoing effects felt by those whose lives have been impacted. I also appreciate the opportunity to work with an incredible team who have shared their knowledge and experience and to all of you who I have had contact with over the years. I believe that it has made me a better person.

I wish PARC all the best in their future endeavours and hope that others get to understand and appreciate the incredible work that they do."

Online groups and meetings

Since the last newsletter, PARC has embraced the challenges of technology and been rewarded by the enthusiasm and involvement of clients.

Feedback has included:

"Thank you PARC, I normally can't attend groups as I live too far away so it is nice to get together with other adopted people to discuss the issues that affect us."

"You could see the connection there ...to meet others is great, to share our concerns and experiences."

"It was run in such a lovely caring environment."

In October, we had a Connections meeting with a speaker who shared her story of Late Discovery and the subsequent search for birth family as well as Carol's 20 year reunion with the daughter she

lost to adoption 50 years ago.

We featured Katrina Grace Kelly at a Speaker's Forum, who shared her wisdom about the process of discharge of adoption across the states of Australia.

We continued with the Therapeutic Parenting workshops which was cut short by COVID in March. Our final Therapeutic Parenting workshop in November had a mixture of parents in the meeting room and parents online. This was the first time we had done this and it was a big success.

We have also held three therapeutic groups specifically for adopted people and for mothers. These are closed, supportive groups for people to discuss issues that are affecting them. We are invariably asked to run more.

PARC plans to increase our accessibility by offering online groups and forums in 2021.

Please get in touch if you are interested in attending our online groups.

Speakers Forum

Discharge of Adoption NSW

This online forum was held by PARC 13th October 2020 with guest speaker, Katrina Grace Kelly

PARC facilitated a presentation by Katrina Grace Kelly who was an adopted person and is a columnist for The Australian newspaper. Grace shared her experience of having her adoption discharged in the Supreme Court of Victoria and the application process that was involved.

Grace currently assists other adopted people who are self-represented in court to pursue an Adoption Discharge in their own State. She is experienced in the legal requirements in NSW and Queensland as well as Victoria. Grace continues to advocate for these states to make the legal process more streamlined and available to those who wish to pursue it.

Grace believes that self-representation is critical as it discourages the court from insisting the legal representatives know the implications of the lived adoption experience for the applicant.

Grace believes, "It is time for the courts to deliver the practical consequences of the Apology for Past Forced Adoption Practices."

There are a few criteria required to be met when applying for an adoption discharge. In Grace's experience, the most effective is to apply under the criteria of "exceptional circumstances". This means not trying to argue in court that the adoption was illegal or that the historical fact of the adoption broke laws at the time. The criteria of "exceptional circumstances" involves addressing three main questions;

1. What has been the effect of your adoption on your life?
2. If you have your adoption discharged, how will it help you?
3. If you do not have your adoption discharged how will it hurt you?

Grace pointed out that each Discharge of Adoption is different and each person's experience is different. It is difficult for the court to deny the individual's experiences presented to them in court which makes it the most effective route to take.

There was some discussion around costs. The application itself does require an outlay of cost. Some people have had any additional costs waived.

Grace has generously offered to act as support person in court on a number of occasions and assists with completing the application form. She is available to answer questions via her email address, which is

adoptionreversal@cribmates.com.au

Following her presentation Grace provided an extract from a recent NSW Supreme Court decision.

In the decision by Hallen J in *Re Gordon* [2020] NSWSC 673, his Honour said:

An adoption order is status changing. It severs, in law, but not in fact, the existing relationship of blood, and creates an adoptive relationship in place of the natural relationship, which in fact, although not in law, continues unchanged. New family ties are created which approximate blood ties. The child becomes part of his, or her, adoptive parents' family, solely through operation of law, and there is no necessity for any actual blood relationship to exist between them. He, or she, thereafter, is regarded, in law, as the child of the adoptive parents, and the adoptive parents are regarded in law as the parents of the adopted child. The adopted child also ceases to be regarded, in law, as the child of the birth parents and the birth parents cease to be regarded, in law, as the parents of the adopted child. The parental responsibility for the adopted child by the birth parents is also extinguished. By operation of law, a legal fiction is created.

*It is important to note that the views of Grace Kelly are her own personal views and they do not represent the views of the Post Adoption Resource Centre or The Benevolent Society

End of year messages

A message from PARC



It seems a long time ago that PARC services moved offsite in March. The team quickly adapted and continued to deliver almost our full range of services. You, our service users, also adapted and learnt new ways to interact with us. Thankyou!

In October, we began a partial return to the office and the PARC team met at Hurstville for the first time since March on 8th December.

We later shared a meal. As you can see, we were **very happy to be together**.

Thank you all, for your support and patience throughout the year. Wishing you a loving and peaceful Christmas season and best wishes for a bright 2021.

Best wishes The PARC Team.

A message from PASQ

Sometimes it seems like January 2020 was yesterday and sometimes it seems like a lifetime ago. Whatever the date is, we know this year has been jammed packed with new adventures—some manageable but some quite challenging to face. We want to send our thanks to you at this time for your patience as we navigated the strange landscape that was 2020. It has been an honour to walk alongside many of you at this landmark time and we hope the future brings with it renewed energy and hope for all of us.

We're looking forward to seeing you again in the new year and offering our support where it is needed. We wish you all the best as the year comes to a close. Here's to a renewed year!

From The PASQ Team



Adoption in the news

Adoption Awareness Week 2020



The Benevolent Society Post Adoption Services (Post Adoption Support Queensland, Post Adoption Resource Centre) decided to use Adoption Awareness Week 2020 as an opportunity to share the voices of those we support. Our hope was that in sharing these powerful words it would raise awareness of some of the unique impacts of adoption.

Our posts received a large response online with the above image garnering over 600 people reached.

Adopt Perspective Podcast: Share your story



If you would like to be interviewed for the podcast, please click [here](https://www.jigsawqueensland.com/adopt-perspective) or visit www.jigsawqueensland.com/adopt-perspective. Please note that Adopt Perspective can be listened to by people all over the world. If you reside outside Brisbane, there are options to be interviewed remotely.

Adopted person, Layne Beachley on ABC's "Anh's Brush with Fame"



World Champion Surfer and adopted person, Layne Beachley shares her story of the many emotional and physical battles in her unrelenting quest for success, love and contentment.

To watch, click [here](https://www.abc.net.au/show/anh-s-brush-with-fame/series/5/video/DO1830H006S00?fbclid=IwAR3pjazITkoYyCL3PhRZdzBdNjn2ndp7hu1eqDU6VkyluLOkb82YkD6l8Zog) or visit [iview.abc.net.au/show/anh-s-brush-with-fame/series/5/video/DO1830H006S00?fbclid=IwAR3pjazITkoYyCL3PhRZdzBdNjn2ndp7hu1eqDU6VkyluLOkb82YkD6l8Zog](https://www.abc.net.au/show/anh-s-brush-with-fame/series/5/video/DO1830H006S00?fbclid=IwAR3pjazITkoYyCL3PhRZdzBdNjn2ndp7hu1eqDU6VkyluLOkb82YkD6l8Zog)

DNA Secrets



"Investigating our ancestry can help us connect with relatives and explore our heritage, but what happens when your search unexpectedly uncovers a long-held family secret? Insight talks to people who've had to rewrite their own personal history after a DNA test or document exposed a lifetime of lies."

This episode features experiences of forced adoption, donor conception and those impacted by the stolen generation. To watch, click [here](https://www.sbs.com.au/ondemand/video/1785950275564) or visit www.sbs.com.au/ondemand/video/1785950275564

Barbara Sumner: 'I have yet to meet a woman who gladly gave away her baby'



“Do you call your mother your birth mother? By doing that, we are reducing a woman to her biological function. We’re almost saying she’s there to serve with her womb, that she only exists just to give birth. And after that, we wipe her clean from, certainly our collective memory, but also we then we hide it away in the files and we make it impossible for anyone to know, we keep it a big secret...”

To read more, click [here](#) or visit www.stuff.co.nz/life-style/parenting/300101188/barbara-sumner-i-have-yet-to-meet-a-woman-who-gladly-gave-away-her-baby?fbclid=IwAR0t-4EkVFiq2xEbGSS5ohaFOnPZ-RbChuLea4lJkUe3a0rT7MvPJiFCaA8

Separated at birth: 'if I kept my child, I could never return home'



“In 1970, I lost my only child to forced adoption. This experience at age 19 had a pervasive and lifelong impact on me which determined the course of my life. I am now 70 years old. The loss of my baby and subsequently the loss of my grandchildren haunts me to this day.”

To read more, click [here](#) or visit www.bccatholic.ca/voices/bernadette-dumas-rymer/separated-at-birth-if-i-kept-my-child-i-could-never-return-home

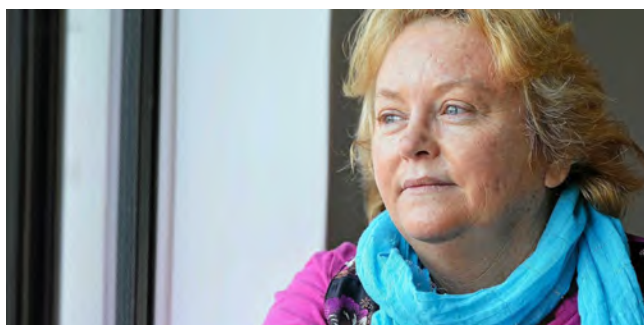
TikTok reunites long lost twin sisters separated for more than 20 years



Euis Trena Mustika had spent years trying to track down the twin sister she was separated from as a child, until finally the social media app TikTok brought them together.

To read more, click [here](#) or visit www.abc.net.au/news/2020-11-01/indonesian-twins-separated-for-twenty-years-reunited-by-tiktok/12828872?fbclid=IwAR3BIYq708Ze-f7vOMdkwkihi51RHKXxBe4B2pvoAJvA_-F4yo67xoUMFol

Adoption, legislative change and redress



Jigsaw Post-Adoption Centre Queensland share a new edition of Adopt Perspective with Kerri Saint - an adopted person and advocate who was a founding member of the Association for Adoptees. Click the link below to listen in.

To listen, click [here](#) or visit www.jigsawqueensland.com/podcast?fbclid=IwAR141B7_pjxahyhHdHCicbr8zWQ5bwuJjw6itXpuNMQG0ACgqpn9vmR6-E4

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