

Post Adoption News

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Welcome to Post Adoption News

Welcome to 2021, and the first Post Adoption news of the year! We trust the year has begun well.

In the last 12 months we have learnt a lot about ourselves and had time to reflect on adoption and its place in our lives. We have also learnt about new and different ways to connect with each other and we have gained the confidence to offer services using technology that we had not tackled before. We hope to bring you more online opportunities to connect with sessions, speakers and people affected by adoption no matter their location.

This year, we look forward to celebrating the 30th Anniversary of PARC. This major milestone for post adoption services, demonstrates the theme for our anniversary - "Adoption is lifelong".

For an adopted person, there is not a point in their life when they are no longer adopted and for a mother who lost a child to adoption, and fathers, the impact never goes away. It is telling to us, that clients of both services in NSW and QLD continue to seek support at significant moments when adoption turns up throughout their life. Between PARC and PASQ we have 41 years of experience in providing these important services.

In this Newsletter, we will be focusing on Siblings. We have an article based on the Sibling Chapter in "The Seven Core Issues in Adoption and Permanency" by Roszia and Maxon (2019), as well as some client stories about sibling relationships, both adopted and found later in life.

Wishing you well this Autumn,
- PARC and PASQ Teams

Marking Mother's Day



This year Mother's Day will be special for those who could not travel last year to share it with family but for those in the adoption family Mother's Day can remind us of what we have lost every year.

Here, at The Benevolent Society, we acknowledge and celebrate all mothers for the love they have for their children and the losses they've experienced.

If Mother's Day is challenging, take some time for yourself, catch up with people who are safe for you and/or seek support from our post adoption counsellors.

Adult Calming Tools



Source: Big Life Journal



Siblings

Sibling relationships are one of the most complex areas of people's lives, and particularly for adopted people. Siblings can be related by birth or by adoption. They can be raised in your family, in your original family or by one or both of your parents. There is lots of room for building relationships with siblings and lots of expectation on what those relationships may look like.

Here is a summary of the ideas expressed in "the Seven Core Issues in Adoption and Permanency" in Chapter 21

by Heidi Staples.

Heidi writes about her own experience with her three adopted siblings that she grew up with and her reunion with her (biological) sister later in life. Heidi notes how all families have in them those who have shared interest and abilities, as well as differences. So much of what shapes us is determined by the acceptance, understanding and appreciation of the similarities, as well as the unique characteristics and abilities, of each child. This allows children to succeed in families whether formed by adoption or birth, and to understand that love of siblings is not formed solely by birth or by adoption. In all families, talents and interests can be nurtured and developed if they are recognised and appreciated

and given opportunities to be explored. Each child brings their unique set of abilities and inherited traits that need to be nurtured in order to develop.

"As an adult it is a normal, and very human reaction, to want to know who you are connected to. Biological relationship and family are important to all adopted people. ..."

As an adult it is a normal, and very human reaction, to want to know who you are connected to. Biological relationship and family are important to all adopted people. Where they come from helps define who they are. Biological families who gave life and adoptive families who raised a child are not mutually exclusive but both contribute to who that child becomes as an adult. For many adoptees who never locate their siblings, a void can be present that no one else can fill.

The seven core issues of adoption - Loss, Rejection, Shame, Grief, Identity, Intimacy and Control - can all be identified in the sibling relationships of the adopted person. For example, in the adoptive family the vast differences in siblings can lead to feelings of loss shame and guilt. There can be sadness in their lack of shared history and uncertainty around their place and

order in the family. Differences in looks and talents can lead to confusion of where they belong and what the adoptive family values. For separated birth siblings there is immense feeling of loss and magical thinking over what they have missed. The secrecy, and lack of contact, can contribute to shame and guilt in the adopted person and rejection when they find out later in life that they were part of a sibling group who are all close and have so much shared history.

“Lasting relationships best occur when each sibling has been able to take time to build the relationship and put themselves in the shoes of the other...”

Although many adopted people grew up knowing of their adoption, for a significant number it was never really discussed within their family. This contributes to a sense of isolation and separateness. How do you develop an understanding of other sibling/s when you are not given the opportunity to discuss what that is? Secrecy grows into shame and the sense of shame around adoption and one’s place in family is one of the most significant core issues for adopted people. It is highlighted in interactions with siblings, both adopted and birth.

In “Birth Bond” (Gediman 1998) the author discusses the post reunion experiences of 300 mothers. The author wrote of sibling reunions “the absence of a shared upbringing did not preclude the possibility of strong, even instantaneous kindred feelings”. It was noted that the relationship between siblings is less likely to be derailed by unresolved issues (e.g.. the adopted person feeling abandoned by the mother at birth, or the mother feeling shame and guilt over the loss of the child). The fact that siblings are closer in age may also make it easier to communicate with a newly found sibling than with a parent.

Our experience at PARC and PASQ, is that sibling reunions can be as complex as other reunion relationships. There may be disinterest or hostility or differences such as lifestyle, education, religion that make finding common ground challenging. Alternatively, warm and happy long-term relationships often develop and grow. Wherever your relationship travels, you will experience many ‘ups and downs’ - as in most relationships. Lasting relationships best occur when each sibling has been able to take time to build the relationship and put themselves in the shoes of the other.

Most siblings, who have experienced reunion, advise **‘take your time, don’t rush, you’ve got the rest of your life’ and ‘give the other person space when they need it.’**

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)

When I hear the words “adoption” and “addiction”...

If you’d like to share your thoughts and have them published here, we’d love to hear from you via the link here:

www.surveymonkey.com/r/QJ8VWMN

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?



[/postadoptionssupportqld](https://www.facebook.com/postadoptionssupportqld)
[/benevolentsocietyNSW](https://www.facebook.com/benevolentsocietyNSW)



From our readers

“After 75 years of separation I was finally reunited with my sister.”

We were separated in 1947 when she was 12 months old after her 5 brothers, including myself, were all placed in an orphanage because mum could not afford to support such a large family after our father passed away. I was only 4 years old at the time and therefore didn't really get to know that my sister had been adopted by another family until a number of years later.

In the 1940's, there was no government support for families in our situation.

While mum would visit us in the orphanage, she would always talk about her “only and beautiful daughter” and the ache she felt in her heart at having to agree to her adoption.

Before mum passed away, when I was 12 years old, she clearly asked us boys on numerous occasions, to see if we could find our sister and explain mum's situation to her and that hopefully she would come to understand how much her mother really loved her.

Over the years my brothers and I have attempted to find our sister, without success.

I am now in my late 70's and was fortunate to recently become aware that I could make a formal application to the Register General in charge of Births, Deaths and Marriages in Queensland for information relating to my sister's adoption.

After Government approval was given, I contacted Post Adoption Support Queensland who helped carry out research on my behalf and assisted me to draft a letter to my sister after they located where she was living. I am thankful for this support and help in what had previously been an insurmountable task.

I was quite emotional when I found out my sister was still alive and that she was happy to talk and possibly meet with my wife and I. Unfortunately, she was not able to meet with her other brothers as they had all passed away.

My sister met with my wife and I for the first time after 75 years, late last year, just before Christmas (What a great Christmas present). We are both comfortable in talking, on an almost weekly basis, about our lives, family, and all sorts of things.

I am so pleased that I have been able to find my loving, caring sister as our mother had wanted all those years ago.

Intergenerational control. Reflections.

The Post Adoption team advises that this thoughtful article contains themes that may cause distress. The article describes some of the complexity of adoption, family relationships, abuse and ongoing impacts of the Forced Adoption era. If you need support, please contact PARC 02 9504 6788 (NSW) or PASQ 07 3170 4600.

The era of forced adoptions not only left an indelible stain on the souls of so many birth parents and adopted children, but also on the souls of siblings who were raised always knowing something was not quite right. The hardest step I ever took was developing my ability to blindly trust and truly appreciate myself. I will be forever grateful for the support of the Benevolent Society, my GP and my remaining close friends and family.

I was born the eldest child of a legitimate marriage, and until my late 40s had no idea whatsoever of the events that preceded my birth. The ancient Incans believe that time is not lineal and that instead of a past, present and future being in a sequential order; that the past affects your present, which affects your future. It is all connected.

My mother was the eldest of eight children living in the small rural town of Dalby. From the age of nine, her father groomed and sexually abused her. She became her father's concubine until the age of 23. Everyone in the family knew this disgusting fact. He controlled everything in a time where divorce was social suicide, institutions did not believe victimised children, and family secrets were kept at all costs. Prior to my birth, my mother had three forcibly adopted children (a boy and 2 girls), a miscarriage and an abortion.

In 1966, I came along. I was not born a boy and I was born with a cleft palate. My aunt recalls the cold disassociation my mother displayed as I underwent multiple surgeries as an infant. My grandmother moved into our home. My mother and grandmother had an unusual co-dependency, and constantly competed with each other for who made the better homemaker and parent. There are many instances of dysfunctional adult responses during my childhood I can site. To give you an idea- on my first day of school

at the age of five, I asked my mother if she was going to come into the school with me. Her response was that I could go in by myself, to toughen up and I would be 'right'. She turned her back and left me at the gate. Throughout my life, I was treated as an inconvenience, interspersed with displays of 'love' usually around buying things and reminding me how lucky I was. All I ever wanted as her child was her unconditional love and support, which because of her own trauma; she was never able to give.

Until my late 40s, I engaged in her narcissistic control where my life was enmeshed with hers. I was constantly in a state of having to please her to earn love and support. I wish I had read this quote earlier- 'Be careful with how much you tolerate. You're teaching them how to treat you'. My ex-husband and my two children were taught how to treat me and I will never forgive my mother for this. In 2017, she passed away. She went to extraordinary lengths to deny me my rightful inheritance, her one last punishment and control of me.

This is not all a sad story. Now in 2020, in a year of 'unprecedented times' I have done the work needed and continue to re-claim my self-esteem and recover from the trauma that didn't begin with me. I have a close relationship with my 62-year-old brother and his family. He jokes that 'he got the better deal' by being adopted out. Due to a DNA website, I have also made connection with a 68-year-old sister. She has not put the pieces of the puzzle together yet. I believe she was 'privately' adopted. We are Facebook friends and she seems like a beautiful person. I will be there for her if she decides to enquire further, as to why this random person from Brisbane is genetically connected. The third sibling is still out there somewhere.

The truth always has a way of coming out, and there is healing in this truth. I am gradually re-writing my present and future. I am not a victim. I am a survivor. My family's sordid and tragic trauma and control is having a reduced impact on me. The control of my destiny is now in my and my God's hands, where it rightfully belongs.

“I am the oldest of a number of siblings all born in the 1960’s.”

Our parents died in their late 60’s and in short succession. It was only in reading some letters left in a little tin box that we discovered they had a child together who was adopted before they were married.

So many secrets were kept. We discovered that our father had a brother from his own father’s previous marriage. These things were taboo to discuss, family secrets that couldn’t be shared. Pain and trauma were buried and no-one could start to heal.

The circumstances of our brother’s adoption in 1961 fits within the definition of forced adoption in the Senate Inquiry Report. Our mother had no means of supporting herself and was banned from marrying my father by his family unless the baby was adopted (this is ironic because my grandmother ‘disgraced’ the family by marrying a non-Catholic divorcee – more secrets). She was vulnerable and without capacity and was forced to give up a baby due to circumstance. This in turn left a legacy of pain for her, my father, we as siblings who learnt of this many years after the fact, but most of all our brother.

Whilst we were never told a baby had been adopted, we have since learnt that others in our extended family knew but were sworn to secrecy. We have all found that hard to accept and have had feelings of anger and betrayal because it is not their secret to keep.

We each wanted to reach out to our adopted sibling and were very sensitive about not putting any pressure or obligation on him to connect. We had spent many weeks writing a letter to him that didn’t sound desperate or trite. I read all the recommended books and podcasts about other people’s experiences of adoption. When we finally reached out to our brother he declined to connect. We only knew later that he was days away from dying of cancer. So we never got to meet him. We deeply regret not reaching out earlier and I accept responsibility for this. I was crippled with guilt that he would be disappointed and feared that he would not want to engage.

The separation of a baby from their mother is very significant, and that separation creates profound trauma which manifests itself in different ways, even in the lives of those people who are not told they were adopted. However, the separation of siblings is also important to acknowledge. The loss of the opportunity to love them is what resonates the most. We have realised that whilst everyone’s journey is different (as

there are so many variables), it is an emotional process for everyone. I long for our brother. We empathise for our mother whose heart would have broken in giving up her baby for adoption but could not experience or share her grief. We have heard the term ‘disenfranchised grief’ which people in our circumstances experience. This kind of grief is defined by the relationship not being recognised; the loss not being acknowledged; and the griever being excluded. We as siblings have experienced this kind of grief because we were denied a relationship with our brother which is a legacy of forced adoption. Whilst we understand that mothers were told to forget and not to engage as it was thought best at that time for an adoptee, this hasn’t detracted from the feelings of betrayal and disillusionment felt by us as siblings who were denied a relationship, a connection to family.

We were able to gather some facts about our brother just from internet searches. His profile was almost invisible as is typical of a person his age and profession. We are now contemplating whether to reach out to his widow or sister (who was also adopted). We would love to know the joys and tribulations of his life and have some photos we can keep to honour his memory. However, we are aware that this may cause further harm to those people who loved him.

Our brother looks so much like my mother and yet the rest of us, despite having the same biological parents, look like our father.

It would have been a pleasure to welcome him into our lives on his terms, but circumstance did not allow that to happen. As much as we understand that people who were adopted suffered in different ways for things that were beyond their control, we hope that his life brought joy and love, those things that everyone has a right to. I believe that people have a right to know they were adopted and a right to choose to engage with those who adopted them. It is their choice and it needs to be respected at any cost, even at the expense of loss and disappointment in siblings like us.

PARC Update

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

Online Groups

What have we learnt about Online Groups?

The COVID pandemic required PARC to move to online groups as we were unable to run face-to-face groups. Last year, we quickly learnt new skills, and from May to December 2020, held over 12 online groups. Many of you upskilled and learnt how best to access them. We ran our specific groups for adopted people, mothers and adoptive parents and held our general groups such as Speaker's Forum, NSW Apology Anniversary and a Connections Meetings.

We have considered the feedback from these groups and plan to improve them as we continue to learn and review. We realise that there are pros and cons to any form of connection and there are constraints due to the choice of the medium. This article talks about some of the things we have learnt from the feedback and the actions we are taking.

Pros:

PARC can reach people in regional areas who cannot attend face to face groups and would not otherwise have any connection with others.

Many people have attended an adoption specific group for the first time through the online groups and this was greatly appreciated.

"An actual group of people who could relate to and understand my experience...wow!"

Each meeting has been surprisingly successful in establishing a feeling of connection and rapport between "online strangers". The following feedback from a group for adopted people was typical:

"I felt connected with this group and it was nice to hear similar experiences ..."

People appreciate the ease with which they can attend.

Cons:

It can be frustrating to establish this connection in a meeting, and then not take it further. E.g. in a regular monthly / weekly session with the same group or else advertise a theme to be explored more deeply for each group.

Facilitating group flow and turn-taking which is more structured in an online forum vs face to face.

Technology issues which impact on the group:

- group leaders spending time helping a participant get into the group;
- people participating without video;
- managing a range of technology by which people are participating (eg phone, tablet, laptop);
- managing a range of technical abilities for participants
- Limitations of using Benevolent Society supported platforms.

Challenges

For each online group, the number who participate on the night never tallies exactly with the people who said they would come. Sometimes, PARC has had no contact with a participant before.

The facilitators do their best to establish a feeling of safety and mutual respect and support. There are limits to how much facilitators can notice the reactions of participants in an online environment, when we don't always know the person and are not in the same place.

Our service delivery

Our first priority is our care for participants. Online groups which delve into issues over a period of weeks will be helpful for some but triggering and unsafe for others. Therefore, we are offering open, online and safe groups to a greater number rather than specialised and extended groups.

We will all learn to use online groups better. We will look to implement particular themes for some groups to broaden discussion and so participants can attend on the basis of interest.

PARC is a small team of 6 part time workers and groups are run as one of a number of activities. This limits the number of groups we can plan for.

These are exciting tools – we are learning the best ways to utilise them together!

What can you do?

- Keep giving us your feedback – what works, what could be changed
- Let us know, wherever possible, if you are no longer attending a particular group
- Arrive in time to have your technology working by the start time of the group
- Understand that both group leaders are needed in the group once it has started
- Use your video wherever possible so that other participants can see you

PARC Staffing News

Welcome Clare

Clare Doughty has just joined PARC as our Service Support Coordinator, taking over the role of Elizabeth Dermody who retired last year. She has already proved herself to be an asset to the PARC team!

What attracted you to this role?

Clare: When I was looking through job adverts, this programme appealed to me as something really different, offering a set of services which is different to anything I had heard about. I believed I had a set of skills which would be useful but also the role offered me lots of learning opportunities.

Is there anything that has surprised you?

I was surprised by how warm and welcoming everyone has been. I have not had a lot of experience in the area of adoption and I thought it might be a bit intimidating to work with others who had had experience. But everyone has been really generous with sharing their knowledge with me as I'm getting used to the role.

What would you like people to know about you?

From personal experiences I've always been guided by an interest in how people support and care for others, in formal and informal ways. I'm looking forward to learning more about ways of offering support to people with unique experiences.

Farewell Tricia

This month, Tricia Dearden is retiring after 8 years with PARC. The whole team at PARC will miss her but feel extremely grateful for the time they've been able to spend working with her. Many PARC service users know Tricia and will miss her warmth, support and skilful work.

What are you looking forward to in retirement?

I'm looking forward to doing some volunteer work as well as continuing to focus on exercise and swimming every morning to try and keep up regular mobility. I'm hoping to be able to keep up the swimming in the winter months but know that may be difficult!

What will you miss about working at PARC?

I will miss the team that I've worked so closely with, as well as the clients who I have enjoyed working alongside so much.

I have learnt over the years that counselling is a very special and privileged role to play. It has given me an in-depth understanding of adoption and I will remember my time at PARC as the best job I've ever had.

Our best wishes go with you Tricia.

PARC Groups and Events

PARC ended 2020 with online groups for mothers and for adopted people. In total, we ran over a dozen online groups for our service users throughout 2020!

We were fortunate to squeeze in our End of Year function which was in person at Hurstville! As we all know, the Northern Suburbs COVID outbreak led to restricted activities over Christmas and January.

This year, we have already run an online group for adopted people and have commenced our 6 week therapeutic parenting program.

The PARC Team have learnt a great deal about providing online groups, through practise and via your feedback. We know they have been a popular addition to our services. This is an evolving medium for service provision. Please read our overview in this Newsletter.

Lastly, **PARC is turning 30 this year!!** On the 2nd April 1991, the Adoption Information Act 1990 was proclaimed. A Parliamentary Inquiry led to this radical move away from secrecy to the opening of adoption records in NSW. PARC was established to provide information, support and counselling for people whose lives were affected by adoption and by this significant change to the legislation.

To mark the occasion, we are planning activities and resources. Watch out for more information and an Anniversary celebration in June!!



Upcoming Events

March

8th Anniversary of the Federal Apology for Forced Adoption.

PARC supported the Forced Adoption Support Service luncheon cruise 22 March.

April

30th Anniversary of the opening of PARC 2nd April 1991 (to be celebrated in June).

May

PARC Mother's event prior to Mother's Day

June

PARC 30th Anniversary

Speaker's Forum

Unveiling of a Memorial to acknowledge the impact of forced adoption on mothers and their babies at St Anthony's Croydon, in June. More details to come.



PASQ Update

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

8th Anniversary of the Australian Government National Apology for Forced Adoption

The 8th Anniversary of the Australian Government's National Apology for Forced Adoption was held in New Farm on Sunday, 21st March 2021.

If you were unable to attend the event on the day, you can watch a film of the events highlights, click [here](#) or visit www.jigsawqueensland.com/8th-anniversary-afed-apology/

fbclid=IwAR1aeJYaodoq4HuLsvwENxOaEE2sVexcVQTc8Uhl2pEe4Ru0zXf1P7P91bQ



Therapeutic Parenting Connect

PASQ welcomed March with an online Therapeutic Parenting Connect group. The group was one of our most well attended online groups with many parents taking time out of their evening to connect, share, learn and support each other.

If you'd like to register your interest for upcoming groups, please contact us on 07 3170 4600 or pasq@benevolent.org.au.

Upcoming Groups and Events

April

Gold Coast Connections group

June/July

Toowoomba and surrounds Adoption, Belonging and Connections group

Teens Adoption, Belonging and Connections group

We're also looking forward to bringing even more opportunities your way in the second half of the year.

Looking back on 2020

Whilst preparing for the year's groups and events, the PASQ team took a moment to reflect on the service from the year. We'd like to share with you a snapshot of PASQ in 2020:

- Received 152 requests for support services
- 672 total number of people accessing the PASQ service.
- Over 2550 counselling contacts made
- Of those surveyed last year upon exiting the PASQ service, over 95% rated the service highly positively.

Adoption in the news

Adopting new law can be dangerous for kids



“The sides are drawn as Queensland politicians decide if adoption is the answer for children in state care. It comes as the Stolen Generation and thousands of other Australians are still recovering from forced adoptions in the past.”

To read more click [here](#) or visit peakcare.org.au/news/adopting-new-law-can-be-dangerous-for-kids/?fbclid=IwAR0UgCEK-d5mniHRLQoNf4-5vT4-clh6utAf0MWRixQv0Shq3usLYUm_41Q

South Australian Vietnam vet's daughter finds biological grandparents after 46-year search



“Maybe if dad had known from the very start that he was adopted he may have dealt with it much better than he did,”

To read more click [here](#) or visit www.abc.net.au/news/2020-12-19/vietnam-vet-daughter-samantha-hart-finds-his-parents/12957672?fbclid=IwAR0wO4SAGa-llGllsFWAZ3gMDXzCb1st2jBaaumZshQFyGKf0CSdSjChML0

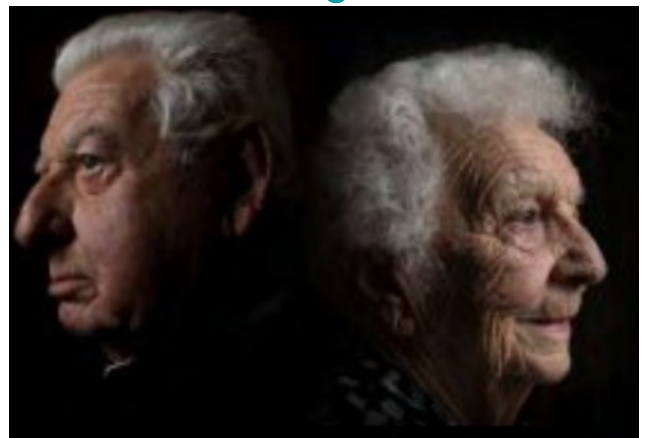
When Robert found Maida



“Robert was 41 when he tracked down his birth mother Maida and discovered that their lives were more closely linked than he ever could have imagined.”

To read more click [here](#) or visit www.abc.net.au/radio/programs/conversations/robert-tickner-adoption-biological-parents-adoptive-parents/13096930?fbclid=IwAR2m-BkS7O0PWxpg4TmKAVkk3EIPbvo3XoUjtwRrhzmahoblsq1Eb9MgpvY

Two families. One big secret.



A 90-year old story of separation, searching, siblings and reunion.

“It took me about two months of really solid searching and I thought surely, surely he’s not alive,” Sue says.

Then, after plenty of missteps, two breakthroughs.”

To read more click [here](#) or visit www.abc.net.au/news/2021-02-14/it-took-an-amateur-sleuth-for-roy-and-phoebe-to-find-each/12149780?nw=0

Adoption in the news

Daughter battles with COVID restrictions during reunion



"Having waited more than 30 years to finally be reunited with her birth mother, Yasika Fernando was cruelly denied the meeting she had dreamed of."

To read more click [here](#) or visit www.msn.com/en-au/lifestyle/familyandrelationships/long-lost-family-daughter-cruelly-denied-reunion-with-mother-in-unprecedented-catastrophe/ar-BB1di6r1?ocid=spartandhp&fbclid=IwAR104x6icZxgyHQnkJZLQDeyLflvHE39DTIcPTSfoKxlx6OUsgbbhhbWano

Why Some Adoptees Are Not Ready for Reunion



"As an adoptions psychotherapist and an adoptee, I want to help bring more awareness and understanding to a very painful, and sensitive circumstance in adoption, the initial separation of mother and child, and the core vulnerabilities that develop for the child placed for adoption, which can hinder having a successful reunion."

To read more click [here](#), or visit [linkedin.com/pulse/why-some-adoptees-ready-reunion-jeanette-yoffe-mft-jeanette/?trackingId=E6JV97CsR76cJW65ujTkww%3D%3D&fbclid=IwAR11Hbx2WWxDjiU6cEIKGgCtRhpreIUcK5kESqYQ9XEIWadfdhRI3JWDiNk](https://www.linkedin.com/pulse/why-some-adoptees-ready-reunion-jeanette-yoffe-mft-jeanette/?trackingId=E6JV97CsR76cJW65ujTkww%3D%3D&fbclid=IwAR11Hbx2WWxDjiU6cEIKGgCtRhpreIUcK5kESqYQ9XEIWadfdhRI3JWDiNk)

"Matters of Adoption" Podcast

"In this episode, we talk to Anna Kopeikin, a Filipino-Australian adoptee about her life as an intercountry-adopted person. Anna generously and candidly talks about her life as an adoptee in Australia from her early years into the present moment and her experience of becoming a mother."

To listen click [here](#), or visit soundcloud.com/user-797692394/ep-06-anna-kopeikin-mp3?fbclid=IwAR3jxPfQr7z5ulG8GZBS4yqPOf4OF7jPp3erSCnpExwP6NOemOIVXXIS408

Discharging an Adoption Podcast

Michael Costello was born in Brisbane in 1970, at the height of the closed and forced adoption eras. He was initially placed in an orphanage, and then extended foster care, despite his mother making several attempts to regain custody. Michael went on to be adopted by his foster carers at the age of five where he was physically, sexually and emotionally abused. Five years ago, he began the process of discharging his adoption, having his original birth certificate reinstated and his mother legally recognised as such. In this episode, Jo Sparrow talks to Michael about why he pursued

a discharge and the process involved in achieving it. This episode discusses adult themes and listener discretion is advised.

To listen, click [here](#) or visit www.jigsawqueensland.com/podcast/episode/cf9cb5db/michael-discharging-an-adoption

Adoption and Estrangement Podcast

Adoptees On meets with Pam Cordano to guide us through some thoughts on estrangement. Why does it ever get to the point that we'd consider going no-contact with our adoptive parents? Are adoptees just "too sensitive" and take everything personally? Even through challenging topics such as this one, Pam leads us with thoughtfulness, compassion, and helps us discover what's most important.

To listen click [here](#) or visit www.adopteeson.com/listen/172

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