

Post Adoption Information Sheet No 27

Post adoption support groups

Post adoption support groups are an excellent way to connect with other people who have had similar experiences and may encounter similar difficulties associated with the impact of adoption.

Groups are facilitated across Australia by peers, as well as funded services. There are also a variety of online support groups which can be accessed via social media platforms. Post adoption groups typically provide the opportunity for participants to share their experiences and gain information regarding searching, reunion and connection.

Below is a list of funded services across Australia who can advise you regarding support networks in your area.

Post Adoption Resource Centre (PARC) and Post Adoption Support Queensland (PASQ) regularly travel to facilitate group meetings in regional areas and also run targeted groups throughout the year with specific themes.

Post Adoption Resource Centre (PARC)

Location: Locked Bag 6002,
Hurstville BC NSW 1481
Phone: 02 9504 6788
Email: PARC@benevolent.org.au
Website: www.benevolent.org.au

Post Adoption Support Queensland (PASQ)

Location: Ground Floor, 189 Coronation Dr,
Milton QLD 4064
Phone: 07 3170 4600
Email: PASQ@benevolent.org.au
Website: www.benevolent.org.au

Other funded services across Australia

Jigsaw Queensland

07 3358 6666

<https://www.jigsawqueensland.com/>

Relationships Australia, Forced Adoption Support Service NSW

1800 210313

forcedadoptions@ransw.org.au

Relationships Australia, Post Adoption Support Services SA

08 8245 8100

<https://www.rasa.org.au/services/couples-families/post-adoption-support-service/>

Vanish Victorian Adoption Network for Information and Self Help

03 9328 8611

info@vanish.org.au
<https://vanish.org.au/>

Adoption Jigsaw WA

08 9328 4000

<http://www.jigsaw.org.au/how-do-i-begin/western-australia/>

Adoption Research and Counselling Service WA

08 9370 4914

<https://www.adoptionwa.org.au/>

ORIGINS Australia: Forced Adoption Support Network

02 9604 9450

<http://www.originsnsw.com/>