



**GWASANAETH MABWYSIADU**  
**Bae'r Gorllewin**  
**Western Bay**  
**ADOPTION SERVICE**



# Western Bay Workshops, Training and Groups 2024

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**Tuesday 12 March - Maintaining contact with birth family.** This online workshop will provide information and advice around the importance of maintaining contact with your children's birth family at 6:30pm - 8.30pm. **Email Jo on [j.mundy@westernbayadoption.org](mailto:j.mundy@westernbayadoption.org) to book your place.**

**Wednesday 20 March - Face to Face Social and Peer Support Group For Parents of Teenagers.** For parents of children aged 10 and over. A space to meet other parents, chat, vent, learn, socialise and be nurtured. 5:45pm - 7:15pm. **Email Martina on [m.wolter@westernbayadoption.org](mailto:m.wolter@westernbayadoption.org) to book your place.**

**Tuesday 16 April - Foundations for Attachment: Therapeutic Parenting Course.** This course is aimed at families who have had children placed for 12 months or longer. This is a 10 week course that will run every Tuesday 7.30pm - 9.30pm. **Email Megan on [m.sampson@westernbayadoption.org](mailto:m.sampson@westernbayadoption.org) to book your place.**

**Wednesday 24 April - Face to Face Social and Peer Support Group For Parents of Teenagers.** For parents of children aged 10 and over. A space to meet other parents, chat, vent, learn, socialise and be nurtured. 5:45pm - 7:15pm. **Email Martina on [m.wolter@westernbayadoption.org](mailto:m.wolter@westernbayadoption.org) to book your place.**



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**Monday 29 April - Online Life Journey Story Workshop (0-5 Years).** We will explain the importance of sharing your child's story with them and the many benefits for them and for you. We will give advice on how to do this using the information you have and by using helpful resources such as children's stories. We hope that you will feel more able and confident in doing this after the workshop. 7:30pm - 9:30pm. **Email Sarah on [s.vaughan1@westernbayadoption.org](mailto:s.vaughan1@westernbayadoption.org) to book your place.**

**Wednesday 8 May - Adopting Again Training.** All day in person training session aimed at those who wish to adopt for a second time. We will discuss what aspects of the process have changed, how we can fast track certain elements and the range of support that we can offer you on your new adoption journey. **Email Beth on [b.lancaster@westernbayadoption.org](mailto:b.lancaster@westernbayadoption.org) or Ruth on [r.hughes1@westernbayadoption.org](mailto:r.hughes1@westernbayadoption.org) to book your place.**

**Monday 13 May - Online Life Journey Story Workshop (6+ Years).** We will explain the importance of sharing your child's story with them and the many benefits for them and for you. We will give advice on how to do this using the information you have and by using helpful resources such as children's stories. We hope that you will feel more able and confident in doing this after the workshop. 7:30pm - 9:30pm. **Email Sarah on [s.vaughan1@westernbayadoption.org](mailto:s.vaughan1@westernbayadoption.org) to book your place.**

**Wednesday 22 May - Face to Face Social and Peer Support Group For Parents of Teenagers.** For parents of children aged 10 and over. A space to meet other parents, chat, vent, learn, socialise and be nurtured. 5:45pm - 7:15pm. **Email Martina on [m.wolter@westernbayadoption.org](mailto:m.wolter@westernbayadoption.org) to book your place.**





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**Wednesday 22 May - Family and Friends Training.** Quarterly In person sessions open to family and friends of approved adopters and those going through the process. Topics include the impact of early life experiences, therapeutic parenting and relationship building. **Email Claire on [c.hereward@westernbayadoption.org](mailto:c.hereward@westernbayadoption.org) for more information and to book your place.**

**Wednesday 26 June - Face to Face Social and Peer Support Group For Parents of Teenagers.** For parents of children aged 10 and over. A space to meet other parents, chat, vent, learn, socialise and be nurtured. 5:45pm - 7:15pm. **Email Martina on [m.wolter@westernbayadoption.org](mailto:m.wolter@westernbayadoption.org) to book your place.**

**Wednesday 17 July - Face to Face Social and Peer Support Group For Parents of Teenagers.** For parents of children aged 10 and over. A space to meet other parents, chat, vent, learn, socialise and be nurtured. 5:45pm - 7:15pm. **Email Martina on [m.wolter@westernbayadoption.org](mailto:m.wolter@westernbayadoption.org) to book your place.**

**Wednesday 11 September - Adopting Again Training.** All day in person training session aimed at those who wish to adopt for a second time. We will discuss what aspects of the process have changed, how we can fast track certain elements and the range of support that we can offer you on your new adoption journey. **Email Beth on [b.lancaster@westernbayadoption.org](mailto:b.lancaster@westernbayadoption.org) or Ruth on [r.hughes1@westernbayadoption.org](mailto:r.hughes1@westernbayadoption.org) to book your place.**



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**Tuesday 17 September- Maintaining contact with birth family.** This online workshop will provide information and advice around the importance of maintaining contact with your children's birth family at 6:30pm - 8.30pm. **Email Jo on [j.mundy@westernbayadoption.org](mailto:j.mundy@westernbayadoption.org) to book your place.**

**Wednesday 25 September - Face to Face Social and Peer Support Group For Parents of Teenagers.** For parents of children aged 10 and over. A space to meet other parents, chat, vent, learn, socialise and be nurtured. 5:45pm - 7:15pm. **Email Martina on [m.wolter@westernbayadoption.org](mailto:m.wolter@westernbayadoption.org) to book your place.**

**Monday 7 October - Online Life Journey Story Workshop (0 - 5 Years).** We will explain the importance of sharing your child's story with them and the many benefits for them and for you. We will give advice on how to do this using the information you have and by using helpful resources such as children's stories. We hope that you will feel more able and confident in doing this after the workshop. 7:30pm - 9:30pm. **Email Sarah on [s.vaughan1@westernbayadoption.org](mailto:s.vaughan1@westernbayadoption.org) to book your place.**

**Monday 21 October - Online Life Journey Story Workshop (6+ Years).** We will explain the importance of sharing your child's story with them and the many benefits for them and for you. We will give advice on how to do this using the information you have and by using helpful resources such as children's stories. We hope that you will feel more able and confident in doing this after the workshop. 7:30pm - 9:30pm. **Email Sarah on [s.vaughan1@westernbayadoption.org](mailto:s.vaughan1@westernbayadoption.org) to book your place.**





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**Wednesday 23 October - Face to Face Social and Peer Support Group For Parents of Teenagers.** For parents of children aged 10 and over. A space to meet other parents, chat, vent, learn, socialise and be nurtured. 5:45pm - 7:15pm. **Email Martina on [m.wolter@westernbayadoption.org](mailto:m.wolter@westernbayadoption.org) to book your place.**

**Wednesday 27 November - Face to Face Social and Peer Support Group For Parents of Teenagers.** For parents of children aged 10 and over. A space to meet other parents, chat, vent, learn, socialise and be nurtured. 5:45pm - 7:15pm. **Email Martina on [m.wolter@westernbayadoption.org](mailto:m.wolter@westernbayadoption.org) to book your place.**

**Wednesday 4 December - Adopting Again Training.** All day in person training session aimed at those who wish to adopt for a second time. We will discuss what aspects of the process have changed, how we can fast track certain elements and the range of support that we can offer you on your new adoption journey. **Email Beth on [b.lancaster@westernbayadoption.org](mailto:b.lancaster@westernbayadoption.org) or Ruth on [r.hughes1@westernbayadoption.org](mailto:r.hughes1@westernbayadoption.org) to book your place.**

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