



### Learning Objectives:

- Examine common stressors that can strain relationships within adoptive families—even in the strongest cases—and explore their impact.
- Identify causes of relational ruptures and learn practical strategies for repairing these breaks in connection.
- Discover innovative approaches for couples to strengthen relational resilience and foster long-term growth within their partnership as they navigate adoptive family dynamics

### Timed Agenda:

#### Welcome and Introduction (10 minutes)

- Brief welcome and introduction
- Overview of the session's objectives
- Briefly introduce key concepts to be covered

#### Overview of Discussion (5 minutes)

- Outline the topics to be discussed
- Explain the goals and learning outcomes for the session

#### Identify Causes of Relational Ruptures (15 minutes)

- Discuss common causes of relational breaks in adoptive and foster families
- Share practical strategies for recognizing ruptures
- Engage the audience with a reflective question or brief group discussion

#### Relational Myths vs. Facts in the Adoption and Fostering Journey (10 minutes)

- Address common relational myths in adoption and fostering
- Present facts that counter these myths
- Short discussion or Q&A to clarify and reinforce understanding

#### Examining Stressors (15 minutes)

- Identify common stressors that can strain relationships (e.g., trauma, behavioral challenges, societal pressures)
- Discuss their impact on adoptive and foster families

#### Recap and a Closer Look at Relational Resilience (10 minutes)

- Recap key points discussed so far
- Introduce the concept of relational resilience in more detail



- Use examples of how relational resilience plays a role in adoption and fostering
- Vital Strategies for Healthy Relationships and Connection Building (15 minutes)
- Focus on intentional strategies to nurture relational resilience
  - Discuss strategies for couples to build long-term growth in their relationship
  - Present techniques for improving communication and mutual support
  - Provide a takeaway framework for participants to apply in their own relationships

Wrap-Up & Takeaway Challenge (5 minutes)

- Summarize key points from the session
- Encourage participants to apply one new strategy to their relationships over the next month
- Provide resources for further learning

Questions and Answers (10 minutes)

- Open the floor for any remaining questions or reflections

Close (5 minutes)

Audience: Parents & Professionals