



Learning Objectives:

1. Identify missing and difficult pieces of information that come up around the holidays
2. Support conversations that honor birth family connections during the holidays
3. Develop approaches for responding to relatives/friends who say problematic things about adoption and related subjects
4. Apply strategies for discussing adoption journeys during the holidays
5. Construct supports for avoiding overstimulating adoptees during the holidays

Timed Agenda:

- 5 minutes – Introduction and Session Overview
- 15 minutes – Understanding the Holiday's Emotional Landscape
- 15 minutes – Identifying Missing or Difficult Pieces of Information
- 15 minutes – Honoring Birth Family Connections
- 15 minutes – Responding to Insensitive or Problematic Comments
- 15 minutes – Supporting Adoption Conversations in Meaningful Moments
- 10 minutes – Q & A and Discussion