Adoption Group Format

* + Session 1: Introductions, Create group identity
  + Session 2: Roleplay I messages
  + Session 3: Begin Lifebook
    - Front page, All About Me, Earliest Memory
  + Session 4: Create family trees
  + Session 5: Roleplay responses to difficult questions; Birthmother letters
  + Session 6: Affirmation letters and Top 10 Lists
  + Session 7: Family Happenings Game
  + Session 8: Celebration and hand out Lifebooks

Resources to help your Chosen Ones

* 20 Things Adopted Kids Wish Their Adoptive Parents Knew Sherrie Eldridge
* I’m Chocolate, You’re Vanilla Marguerite A. Wright
* Raising Nuestros Ninos Gloria G. Rodriguez
* How It Feels to be Adopted Jill Krementz
* Who Am I and Other Questions of Adopted Kids Charlene C. Giannetti
* We Adopted You, Benjamin Koo! Linda Walvoord Girard
* Tell Me Again about the Night I was Born Jamie Lee Curtis
* Happy Adoption Day! John McCutcheon
* Family Happenings game
* Tarzan
* Stuart Little
* Meet the Robinsons