

## We're Here for You

If you are considering adoption for your child, Children's Aid and Family Services can help you to review all of your options and choose a plan which is best for you and your child. We are committed to providing the support and counselling that will help you make your decision – whether you choose to raise your child on your own, get help from your family or make plans for adoption.

Children's Aid and Family Services is a non-profit, non-sectarian human services agency with over 110 years of experience in helping families and children. We are nationally accredited and provide services to Bergen, Essex, Morris, Hudson and Passaic counties.

## Our Services

- Free confidential counselling
- Referral and support services
- Participation in the selection of your child's adoptive family
- Short-term foster care
- Adoption placement
- Post-adoption services

## Professional Guidance and Support

Confidential counselling services are available to you, free of charge, before and after the child's birth – regardless of your decision concerning adoption. As you begin to plan for your child's future, a case worker with Children's Aid and Family Services will meet with you to discuss and explain your options and assist you in making an informed decision. Should you choose adoption for your child, trained professionals will help you address emotional issues you may face, such as feelings of separation and loss, grief and mourning, and possibly, guilt and sadness. Counselling is also available for your parents and other family members.

## A Caring Partner Throughout Your Pregnancy

As your pregnancy progresses, there are many practical issues to deal with, including medical care, housing, nutrition, clothing, baby equipment, and family planning. One of our case workers will be your partner throughout each stage, helping you to plan for your future after your baby's birth.

## Making An Adoption Plan

If you decide to proceed with plans for adoption, Children's Aid and Family Services encourages you to become fully involved in the adoption process. This means that before your baby is born, you can review profiles of prospective adoptive parents and participate in selecting your child's adoptive family. In the hospital, you have the option to care for your baby. You may also choose to name your baby. In addition, you may meet your child's adoptive family and maintain some degree of contact with the adoptive parents in the future.

## Short-Term Foster Care Available

You may not be prepared to make your final decision regarding adoption until after your baby's birth. Children's Aid and Family Services offers short-term foster care for your child, enabling you to test your separation from your child and obtain additional counselling, if needed. You are encouraged to visit your baby during this time.

## Post-Adoption Services: The Ongoing Support You Need

Children's Aid and Family Services' counselling services are also available to you after you have placed your child for adoption. These services include a support group for birth parents and continuing sessions with your case worker.

