

## Connect with an Origins Therapy counselor.

Get the peace of mind that comes from exploring your situation with an empathetic professional.



To schedule your  
counseling appointment  
call 1-800-309-2146.

(Live operator available 9 am-5 pm PST M-F)

Or fill out  
our online  
inquiry form.



[www.openadopt.org/origins therapy](http://www.openadopt.org/origins-therapy)

[information@openadopt.org](mailto:information@openadopt.org)  
[www.openadopt.org](http://www.openadopt.org)

### Office locations:

#### Portland

5200 SW Macadam Ave., Suite 250  
Portland, OR 97239  
503-226-4870

#### Seattle

200 W. Mercer St., Suite E-508  
Seattle, WA 98119  
206-782-0442

#### Eugene

315 West 10th Ave.  
Eugene, OR 97401  
541-343-4825

## Origins Therapy.

Counseling for individuals and families involved in adoption, surrogacy or assisted reproductive technologies (ART).



### Schedule your appointment.

Call 1-800-309-2146 or  
go to [www.openadopt.org](http://www.openadopt.org).



If your story includes adoption, surrogacy or ART **we can help.**

For each of us, family is our point of origin.

Every family has its own story.

### What's yours?

Origins experiences are unique and contribute to our sense of identity. You may not have had anyone to discuss this with, until now.

Our Origins Therapy can lead you to enhanced awareness and self-acceptance. We specialize in supporting:

- Birthparents
- Adoptive Parents
- Adoptees (through state, international or domestic adoption)
- Surrogates, Intended Parents, Embryo/Egg/Sperm Donors
- People Born via Assisted Reproductive Technologies, (ART)



Counseling can provide support and answers.

"A question that parents face is how to handle talking with their children about the way they entered the world."

- *Adoptive Families Magazine*

"The decision to talk about donor conception, even if you value familial honesty, can be hard."

- *Slate*

Let us help you work through your origins experience in a way that honors your personal identity and preserves important relationships.

This can give you a deeper understanding of yourself and the people that have made you who you are.

# Origins Therapy: a program of Open Adoption & Family Services.

We offer a safe, empathetic, unbiased space to explore your thoughts, feelings and experiences as they relate to your origins.

Does your story include any of these roles? **Here's how we can help.**



**Birthparent**

- Connect or reconnect to your child's adoptive family.
- Process grief about the placement of your child brought up by a new milestone in your life, (marriage, another child, etc.)
- Receive support as you integrate your adoption experience into your life.



**Adoptive Parent**

- Discuss a recent change in your lives that's impacting your adoption relationship.
- Learn to empower and support your young adult child as they develop a connection to their birthparents.
- Cope with your feelings around your infertility experiences.

**In relationships, the most difficult challenges are often rooted in our fears of the unknown.**

Counseling offers an enriching opportunity to explore these fears and gain insight in a safe, empathetic and non-judgmental environment. The counseling process provides a path to uncover or revisit parts of your story that are particularly important to you and your family.

**For rates and specific information: Please visit our website at [www.openadopt.org/origins-therapy](http://www.openadopt.org/origins-therapy).**



**Adoptee**

- Determine what being adopted means to you.
- Integrate your adoption story.
- Navigate how to have healthy relationships with your birth and adoptive families.

**Explore solutions for situations like these:**

- I'm preparing to talk with my child about their conception through a sperm/egg donor.
- I'm an intended parent wondering if I should build a relationship with my child's surrogate/carrier.
- My child wants to locate their sperm/egg donor.
- My child's birthparents recently found and contacted my child on Facebook.



**Involved in ART**

- Learn how to communicate with your child about their origins.
- Receive guidance in building a relationship with a surrogate, donor, or intended parent.
- Process grief or loss around your story.