

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

information@openadopt.org
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



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)

“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*



Counseling can provide
support and answers.

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.

Our guidance brings you peace of mind.

OA&FS has decades of expertise in guiding participants as they navigate complex lifelong relationships. We're bringing our uniquely specialized skill set to support individuals, couples and families involved in adoption, surrogacy and assisted reproductive technology.

Our counselors are licensed, experienced and compassionate. They will meet you wherever you are on your journey.

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.

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.

For rates and specific information: Please visit our website at www.openadopt.org/origins-therapy.



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



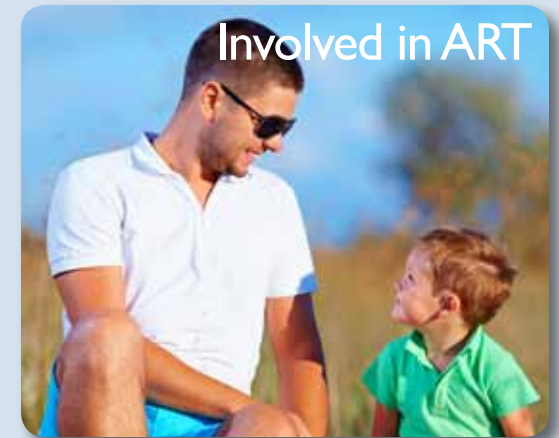
- Connect or reconnect to your child's adoptive family.
- Process grief about the placement of your child brought up by a new milestone in your life, (marriage, another child, etc.)
- Receive support as you integrate your adoption experience into your life.



- 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.



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



- 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.