

Understanding Openness: From Grief and Loss to Navigating Tough Cases

Thank you for attending our NACAC presentation on Understanding Openness.

We (Angie and Brandi) were honoured to have you join us as we shared our experiences and some information about navigating openness. We hope you enjoyed learning about keeping our children connected with people they love, at the same time implementing safe boundaries. We are hopeful that using these measures will help your family to form the puzzles and keep the pieces together.

The team at AFABC (Adoptive Families Association of BC) remains committed to helping families navigate the sometimes tricky world of adoption. Our website (www.bcadoption.com) has many resources that can be accessed online, such as [webinars](#) (currently all free), [education calendar](#), relevant [articles](#), and [resources](#). Plus, you can access our social media through [YouTube](#), [Facebook](#), [Instagram](#), and [Twitter](#) for updates.

[Aged Out](#) has a lot of good information for youth who are “aging out” of foster care, or young adults embarking on their own, although some is BC-specific.

Some additional resources:

[How Mother-Child Separation Causes Neurobiological Vulnerability Into Adulthood](#)

[The Effect of Separating Children From Their Parents](#)

[Benefits of Open Adoption](#)

[Social Media/Digital Contact Safety Tips](#)

[More in-depth information about the Open Heartedness/Contact Grid](#)



Feel free to contact us for more information about what we discussed.

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