

***Trans-Racial/Ethnic/Cultural Support (TRECS) for AdoPTERS***

**TRECS is a monthly support group for parents who have adopted children from a different race, ethnicity, and/or culture from their own. It allows parents to openly discuss any issues they face, seek advice, and share their experience**

**For children who do not resemble their adoptive parents, establishing identity can be incredibly difficult. We aim to help families achieve this for their adopted children through help and support.**

***What the support group is for:***

* **For parents who are thinking about or who have adopted a child/children from a different race, ethnicity, or culture to their own**
* **For the promotion of racial and cultural identity for adopted children**
* **To help adopters to support their child to explore their cultural and racial background**
* **To invite carefully selected speakers to offer advice using their own experiences and research**
* **To advise on strategies to manage racism or prejudice that adopted children may face**
* **To offer discussion on the importance of life story work and how to explore a child’s heritage**

**"Our lives were filled with daily microaggressions, covert and overt racism, although they were not recognised in this way –we just absorbed it, without knowing the impact it was having on our mental health and well-being" (Direct quote from an adoptee)**

**When?**

**Every 4th Thursday of the month from 7.30-9pm via teams,**

**please contact** **Fozia.saleem@oneadoptionwy.leeds.gov.uk or shazia.malik@onedoptionwy.leeds.gov.uk** **for more information.**

