



In partnership with



As a We Are Family member, you can catch up on all past **WAF Talks** webinars. Please log into the We Are Family [Member Hub](#) to select any of the past events for 2021.

10 June	24 June	13 May	20 May
Angela; a birth mum's story of Contact	Mindfulness with Mellow Moments	FASD with Tracy and Andrew from FASD Awareness charity	Contact: choices for your family with Julie Young, UEA
A rare chance to hear about contact from the perspective of a birth parent; what contact she had in place at the beginning of her journey of loss and what contact she has now.	Well-being is important for parents and children, so WAF Talks have teamed up with Mellow Moments founder Sheila Moses for a mindfulness webinar.	Are you parenting a child with Foetal Alcohol Spectrum Disorder? Do you think this might be a future diagnosis for your child? FASD Awareness charity share their knowledge.	Julie talks about what the research tells us about direct contact, and the openness of communication with adoptees.

20 April	29 April	March
The OLLIE Foundation	Lauren Topper Clinical Psychologist	Support from each Adopt London Regional Adoption Agency (RAA)
The OLLIE Foundation charity will share their knowledge and research around suicide that might resonate with some young people's experiences, and give parents ideas about intervention and support.	Lauren supports parents whose children struggle with emotional well-being or reaching developmental milestones, as well as children with anxiety, depression and relationship difficulties.	WAF invited each of the four Adopt London RAAs to come and speak to adopters in their areas throughout March. They cover: <ul style="list-style-type: none"> • Accessing adoption services • The services are available and suitability • Support on contact, therapy/ASF. • Help with school choices and transitions • Contacting each team

9 February	23 February	12 January	26 January
Difficult sibling relationships - children with a traumatic history	Attachment, with Graham Music	Zach Gomm explains the benefits of The GBB	Much needed self-care for whole family
Sarah Naish, adoptive therapeutic parent, author, ex-social worker is CEO of the Centre of Excellence in Child Trauma . Sarah Dillon is a therapist and a founding member of the National Association of Therapeutic Parents . Sarah is a Looked After Child from several foster placements.	Graham Music is a consultant child and adolescent psychotherapist at the Tavistock and Portman Clinics in London, UK. Graham is also an adult psychotherapist in private practice who teaches, supervises and lectures internationally.	Zach is a Great Behavioural Breakdown (GBB) presenter and trainer using the basis on therapeutic parenting. He shares why it is crucial for our children's well-being.	Randhiraj Bilan talks about the importance of maintaining self-care and resilience for the whole family's well-being.