

Support Resources following Adoption

Therapists

- ◆ **Adoption Therapist Directory**
800-764-8367, Oregon-focused with some out-of-state, all with post-graduate training in counseling adoptive & foster families (orparc.org, Support Services)
- ◆ **Rachael Berkeley, LCSW**
(503) 309-2368, RBerkeleyCounseling.com NE Portland
Adult, child & family counseling, including school challenges, parenting support, and relationship changes
- ◆ **Ally Burr-Harris, PhD**
(503) 452-8002, Children's Program in SW Portland
Specialty in trauma recovery & attachment; experience with domestic and international adoptions
- ◆ **Meg Jeske, MA**
(503) 985-6344, LionTreeCounseling.com NE Portland
Adult/couples counseling, LGBTQ-affirming, versed in issues of open adoption & infertility
- ◆ **Mariah Lebwohl, LCSW**
(503) 289-1584 PortlandFamilyCounseling.com NW Portland
Child and family therapist skilled with school-age kids, transitions of care, teens, & sibling relationships
- ◆ **Todd Nicholson, MS**
(503) 314-7801, PinnacleFamConsulting.com SE Portland
Parent coaching and child & teen therapy, including school challenges, anger/aggression, and family dynamics
- ◆ **MereAnn Reid, MA** *Home visits available*
(971) 533-0228, NorthwestAdoptionSupport.com
Adoptive parent support groups; experience with all types of adoption, family play therapy, grief & loss
- ◆ **Nina Yates, MS, LMFT** SE Portland
(503) 752-9982, PortlandAdoptionCounseling.com
Adult/couples counseling; experience navigating adoption openness and reunions

Community Groups

- ◆ **Adoption Mosaic**
(971) 533-0102, AdoptionMosaic.org
Parent workshops on adoption topics, youth groups, and resources for adoptive families across the lifespan
- ◆ **Northwest Adoptive Families Association (NAFA)**
(503) 243-1356, www.NAFAOnline.org
Youth activities, family events & parent workshops

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Your experience using this guide will help other families and professionals. Please comment: www.NorthwestAdoptionSupport.com