

# So you've found a member of your birth family.

## *What's next?*

**Many adopted individuals make the deeply personal decision to research, seek and locate their birth parents or members of their birth family.**

If you've taken this courageous step and have obtained the contact information for individuals you believe are members of your birth family, we can help you navigate through the next steps in your reunion journey.

Making the initial contact often involves complex questions and arrangements to navigate, along with a wide range of emotions and feelings.

**Navigations is a program focused on one purpose — assisting adopted individuals to facilitate the reunion journey with their birth families.** With over 30 years of adoption experience, our compassionate, creative and experienced staff will help you create a personal plan that will support your individual needs through this process. A few key services we provide:

- **Initial First Contact Planning**

From technical logistics for initial phone calls and virtual meetings, to working through potential conversation scenarios and safety protocols, we can help you through the challenges of reaching out for the very first time.

- **Personal Counseling**

We're available for talking through your ideas and concerns at every step — meeting to help set your individual goals, as a coach before you make your initial contact, or even as an assistant or ally to accompany you on the phone or in-person during your first and subsequent meetings.



**Every family connection is unique. Contact us today to discuss your birth family journey.**

## Find Your Path to a Successful Family Reunion

Contact us today to plan your journey:

(201) 740-7135

[navigations@cafsnj.org](mailto:navigations@cafsnj.org)

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Birth Family Reunions