



# ABC Newsletter

## Summer 2009

### A Letter from Ramone...

June is a time of year when schools are wrapping up their year end and many clubs, sports and activities are coming to a close. It is often a time when I take time to reflect on the year's accomplishments and the changes that have taken place during the months of hard work. It's also a time for many to reflect on the struggles and achievements of the year gone by. June is a time when I reflect not only on the events of the past year, but more importantly the people who mentored me along the way. During my first year as the Director of Adoption By Choice, there have been many moments where I have felt a myriad of emotions from excitement to sorrow. There have been a number of significant people in my circle who may not know what a difference they have made. I have admired the strength of so many in their spirit to move forward in the decisions that they have made, and the differences that they have made in the lives of so many. For anyone going through a significant life transition, what eases the pain, or makes the excitement so sweet, is the people that are by our side as we experience that life changing moment. Our mentors sometimes go unnoticed and so often unrecognized, yet have made such a significant impact in our lives. I encourage you to take a moment, no matter what stage you may be at in your adoption journey, to think about those closest to you who have made a difference.

At Adoption By Choice I continue to be proud of the dedication of our staff and the mentorship that they provide for our birth parents who are making one of the most difficult decisions in their lives, and to our adoptive parents who often need just as much support as they enter into parenthood, whether for the first, second or third time. As well, I am delighted to see the incredible relationships that develop between birth and adoptive families as they share the love of one very special child. When we are open to the mentorship of others, great things can happen.

I encourage you to take some time as June comes to a close and pay tribute to, and to say thanks to those who have played a significant role in your life in the past year, as a mentor, companion and friend.

~ Ramone

P.S. I hope you enjoy this photo I took at Prince's Island Park in Calgary on June 13—A moment of inspiration!

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## NEW ARRIVALS!! ~ ABC PLACEMENTS

**MOLENDYK**—Brian, Helen and big brother Jacob wish to announce the arrival of Benjamin Alexander Joseph Molendyk to our family. Benjamin was born January 30, 2009 and was able to leave the hospital with us the next day. Benjamin is a sweet, beautiful boy so well cared for prenatally by his birth mom Erika. We wish to thank Ericka and Ben's grandparents for their kindness & openness. Our families are connected forever. We also wish to thank Shelia, Laura,



Ramone and Allison as well as the other ABC staff behind the scene. We appreciated the support and professionalism.

**Benjamin  
Molendyk**

**DEMONTIGNY**—Kelvin and Denise are excited to announce the arrival of their son Riley Tyler James. He was born April 6, 2009 and placed lovingly into our arms when he was 1 day old. Riley weighed 6lbs 5 oz and was 50 cm long at birth. He is a very happy and healthy little boy and we are truly blessed to be his parents. He was welcomed in our family by very excited Grandparents, Aunts, Uncles and Cousins. We are forever grateful to his birth mom Krista for her precious gift and welcome her and birth Grandma Adele to our family. A big thank you to Sheila and ABC for helping us through our adoption journey.

**Riley  
Demontigny**



**THOMSEN**—Neil and Arlene are honoured and proud to announce the arrival of Nathaniel Foster Thomsen. Nathan was born on the 23 February at 3:09 pm at the Queen Elizabeth Hospital in Grande Prairie, AB. We wish to extend our sincerest thanks to Amanda and Cole for blessing us with this precious gift. We also wish to thank Alison for her assistance, guidance and support during our match meeting and at the hospital. The patience and helpfulness of the staff at ABC was most appreciated during our adoption journey.

Our families are overjoyed with Nathan's arrival and we look forward to many visitors during the coming year.



**Nathaniel Foster Thomsen**

**TAYLOR**—Robert, Patti and Booker Taylor are happy to announce the arrival of their daughter and little sister. Rylee Rae was born January 8, 2009 to Heather at the Foothills Hospital and came home to complete our family on Jan. 10. A special thank you to Heather, Ivy and all the staff at ABC.

**Patti, Robert  
Rylee &  
Booker  
Taylor**



**CHOCHOLIK**—Jim, Lisa and big sister Samantha are honoured to welcome Sam's baby brother to the family. Jayse Andrew Piers Chocholik was born on Jan 13<sup>th</sup> at the Rockyview Hospital. He weighed in at 6lbs 1oz and had lots to say right from the start! We are so happy to have a great relationship with the birth parents Gillian and Justin and thank them from the bottom of our hearts. Laura and the agency were such a big part of this and words can't express our gratitude. God Bless!

**Jim, Lisa  
Jayse & Samantha  
Chocholik**



**RIEGER**—Dean and Graham Rieger are thrilled to announce the arrival of Noah Kaiden Reiger. Noah was born April 13, 2009 and weighed 6 lbs, 12 oz. We knew going into this that being dads would be special, but I don't think either of us realized just how true to that statement

this journey has become!



**Noah  
Rieger**

**SILVERBERG**—Scott, Britta and big brother Heath are thrilled to announce the arrival of Liam Robert, born Family Day Feb 16th, 2009. We would like to thank Janet and everyone at ABC who have over the years, helped us build our beautiful family. We are eternally grateful to Jessica for coming into our lives!

**Heath &  
Liam  
Silverberg**



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*“Welcome Home to all our Angels”*

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## Annual Updates: Why? Requirements and Information

Once an adoptive family becomes ‘active’ and is on ABC’s waitlist—it is a requirement through Alberta Children’s Services that every year an annual update is completed to a home study. It is important for families to note that if they have experienced a life changing event such as a loss of a family member, separation from a spouse, onset of a new medical condition (to name a few), to notify Adoption By Choice immediately and do not wait until the yearly update. The wait for an adoption can be a very trying time for couples on our list, yet it is vitally important that we are aware if there has been a significant change in your family or personal situation.

The process of choosing a family for a birth parent is very intense and a great deal of time, energy and emotion is displayed during this time period. Adoption By Choice recognizes that at the same time many families experience a wide range of emotions while on the waitlist. These emotions may range from anticipation, excitement, disappointment and worry. It is important for families to access informal supports (family, friends) if needed during this time period. In addition, Adoption By Choice offers a ‘buddy program’ that matches families on the waitlist with families who have welcomed a child through adoption.

Emotions during an adoptive placement run very high for both the adoptive and birth parents which can be very overwhelming. Adoption By Choice wants to ensure that all families on our wait list are at a healthy point in their lives to welcome a child. It is heart breaking for a birth parent to find out that the family they have chosen is unavailable, and in turn they begin to doubt their ability to choose an adoptive family and whether they should build an adoption plan. Please ensure that you notify Adoption By Choice of any pertinent circumstances that may impact an adoptive placement. Birth parents place a great deal of trust with Adoption By Choice as do we with the families we approve on our waitlist.

Laura Swift, BSW, RSW  
Social Worker



## The Power of Parental Love

Parents with both biological and adopted children say the way their children entered their family has made no difference in the intensity or quality of love they feel for them.

One mother, who adopted three children before becoming pregnant unexpectedly at the age of 40, said that before she gave birth, she felt she loved her adopted children as deeply as a mother could love a child. It was only after giving birth that she was certain. "If I hadn't been fortunate enough to conceive a child, I would always wonder if there was some further dimension to parental love that I simply couldn't experience," she said. Now she knows there isn't.

~ By Lois R. Melina, from Adopted Child Magazine, March 1996

### Farewell Julia ... for now!

Many of our families adopting internationally have been fortunate enough to call on the expertise of Julia Marsh, our International Adoption Specialist, so it was with a heavy heart that ABC sent Julia off on her newest adventure. Julia's husband was offered a short-term position overseas, so the family packed up and headed over to Norway in late May. We will be very excited to see her smiling face and hear all her stories when she returns to the ABC team in early 2010! In the meantime, feel free to call either office and we would be happy to help our families continue their international adoption journeys!



### Please Welcome Penny!

Many families have already had the pleasure of speaking with Penny, our new Receptionist at the Calgary office. Penny joined the team in April with a extensive background in office services and has really enjoyed getting to know the ins and outs of adoption. Please take the opportunity to say hello and introduce yourself the next time you call!



We would like to thank Bruno and Cheryl Binassi, and their daughter Emily, for sharing their adoption story at the March workshop; as well as Trevor and Jayson Gayford-Fowlow and their daughter Sydney for joining the June Workshop. Your stories mean a lot to families that are just beginning their adoption journey. The Pre-Adoption Workshop would not be the same without your support!

Thanks to all who helped with our Edmonton picnic on June 13, 2009. Unfortunately our Calgary picnic was cancelled this year due to poor weather. We will keep you posted for upcoming events.

## Open Arms...

As published in *Adoptive Families Magazine* Nov/Dec 2008

By Diane Hood

**We entered into an open adoption with no idea what to expect. Fourteen years later, looking back on the tests we've faced, and the everyday joys, I wouldn't have chosen any other path.**

The guests settled into the pews as the music played. The bridesmaids wore navy blue, and the men looked dashing in their tuxedos. My oldest, Jacob, age 10 at the time, was the ring bearer. He stared straight ahead as he cradled the satin pillow and marched down the aisle, trying not to think about all the eyes on him.

The bride was radiant in her white gown. She looked around the crowd and—I know it sounds corny—our eyes met and we shared a special smile, two women bonded by the love of a child. See, she is the birthmother and I am the adoptive mother of that very special young man.

My husband and I entered into an open adoption on blind faith, with no idea of what we were getting into. A pregnant woman, who lived just a few miles from us, was looking for a stable home for her unborn baby. Mary was willing to place him with us on the condition that we maintain an ongoing relationship, so she would always know that her child was safe and loved. That sounded fine to us, so we jumped right in.

### Letting Love Evolve

Adoption experts use the term “adoption triad” to refer to the three main players in such a relationship: the birthparents, the adoptive parents, and the adoptee. But “triad” implies that all three are active and equal participants. In reality, the roles of the players change over time, and the connections must be carefully maintained.

When Jake was a baby, the relationship was easy. When Mike and I got together with Mary, we would all coo and fuss over Jake, and then make small talk while we watched him play.

As the adoptee gets older, he can maintain his own relationship with his birthmother, which may not involve his adoptive parents. I used to be the one to initiate the phone calls to Mary. I'd speak with her for a few minutes, then hand the phone to Jake and sit nearby as they talked. Now, 14-year-old Jake calls her himself, and he often takes the phone into his room.

I confess that I sometimes feel threatened by this. What do they talk about? Does he tell her anything he doesn't tell me? Does holding a cup up to the wall to listen in on a conversation really work?

At the same time, I know there's no reason to worry. Mary is a beautiful person, inside and out, and she has made it clear that she has no intention of “stepping on our toes.” This is not a co-parenting situation, like that of divorced parents with joint custody. Jake has one set of parents, and we are it.

### A Reality Check

But sometimes, as in any relationship, miscommunications occur and boundaries can get blurred. One episode stands out in my mind.

When Jake was in fourth grade, his class was going on a three-day field trip. The cost for each student was \$200. Mike and I decided that this would be a good opportunity to teach Jake a lesson in financial responsibility, so we told him that he could go on the field trip if he could come up with half the money. Now, we *knew* he was going on the field trip. Given his Christmas money, birthday gifts, allowance, and odd jobs around the house, he would certainly be able to save enough.

Later that week, Jake spoke on the phone with his birthmother. And, a few days after that conversation, a \$100 check from Mary arrived in the mail.

I don't know what was said that night on the phone (maybe I should have tried the cup trick?), but I imagine Jake told her about the trip and the deal we'd made. Maybe he expressed worry that he wouldn't be able to save that much, and would be left out. Mary, for her part, probably wanted to do a kind thing. Maybe she thought that we couldn't afford to send him on the trip, and she wanted to help. So she sent a check, in an envelope addressed to Jake.

Our dilemma, of course, was that we didn't intend for Jake to have the money handed to him. But how could we tell a nine-year-old boy that he couldn't use the money his birthmother sent? Jake did not take this news well. And I don't blame him. But Mike and I felt we were set up to be the bad guys, despite everybody's good intentions and nobody's fault.

### Life Goes On

Finally, we came up with a compromise—Jake would be allowed to use half of Mary's money, but he would still have to save up \$50. We deposited the other half of Mary's gift in Jake's college fund. Of course, he went on the trip and had a great time. He probably does not even remember the turmoil the field-trip economics caused.

I could not have anticipated such a situation when we agreed to an open adoption, but it could have happened in any family. Miscommunication between people who love and respect one another and who only want to do right by each other—such is the nature of human relationships, be they among spouses, friends, colleagues, or parents and children. We work it out, forgive, move on, and grow closer in the process.

### In Perfect Step

After the wedding ceremony, we celebrated late into the night. At one point in the evening, Mary was dancing with her new husband. She saw Jake standing nearby, broke away from her husband, and took Jake in her arms to dance with him. I remember watching them, thinking how much they looked like each other, down to their brilliant smiles.

This is the essence of open adoption. Jake is loved by two mothers, one who gave him life and one who is part of his life every day. I wouldn't have it any other way.

## Post Adoption Depression: These Boys Deserve So Much More Than I Can Give

By Adriana Barton

As published in *The Globe and Mail*, Tuesday, June 9, 2009

**Six years after adopting two boys, Michelle Brau was still unable to form a bond with them. Now they're in a new home. She may have suffered a condition many still don't understand: post-adoption depression.**

The minute she laid eyes on her adopted son, a seven-month-old Guatemalan boy, Michelle Brau knew something was wrong, she says. Instead of joy, she felt dread. Instead of wanting to comfort the infant, she found herself not wanting him at all. The negative emotions blindsided her, Ms. Brau says. She and her husband, Jim, had yearned to adopt and add to their family of four biological kids.

"I love children," says Ms. Brau, who lives in Springville, Utah. But she couldn't bring herself to love her healthy new son, nor a second boy, aged 2, whom the couple adopted from Guatemala months later. Ms. Brau says she assumed her affection for them would grow with time. For more than five years, however, she avoided their hugs and was more strict with them than her other children, she recalls.

Consumed by guilt and shame, she told no one about her inability to bond with the adopted boys. "I felt like a monster," she says, "I longed to be dead." When she finally confided her husband six months ago, he did some research online and concluded she had post-adoption depression, a condition being studied by researchers but not yet recognized as a psychiatric disorder.

According to adoption professionals, post-adoption depression can range in severity from a few weeks of the blues to a major depression that lasts months or longer. Like postpartum depression, it may bring intense feelings of anxiety and guilt, fantasies of running away, and suicidal thoughts.

Ms. Brau consulted two therapists, she says, but her feelings of desperation did not change. So this spring—nearly six years after they adopted the Guatemalan children—the Braus contacted an agency to find them a new adoptive home. "These boys deserved so much more than I can give them," Ms. Brau says, adding that her depression has lifted since the adoption was dissolved last month. "I feel like me again."

The Braus' case may be extreme but the potential consequences of post-adoption depression are recognized by a growing number of adoption professionals. Left untreated, it can lead to the breakdown of the adoption, says Brenda McCreight, an adoption counselor in Nanaimo, B.C. "I've seen it break up marriages too."

Post-adoption depression didn't have a name until 15 years ago, and it remains a new area of research. Early studies suggest it's "as prevalent, or more so, than postpartum depression," says Karen Foli, who co-authored *The Post-Adoption Blues* with her husband John Thompson, a child psychiatrist.

A study published last month in the peer-reviewed *Journal of Affective Disorders* found the rate of depression in women after adoption was about 15 per cent—the same rate found in women who have given birth. Dr. Foli, a professor of nursing at Purdue University in West Lafayette, Ind., is partway through a study to assess whether the tools used to diagnose postpartum depression are valid to screen for post-adoption depression. Unlike mothers with postpartum depression, who have a biological explanation for their bleak mood, adoptive mothers cannot attribute their depression to a sudden drop in estrogen levels (although some researchers suggest that nurturing an adopted child may trigger hormonal changes).

"We desperately need to understand it more," she says. The syndrome appears to be more common in women than in men, Dr. Folin says, since women tend to be the primary caregivers. Stress, sleep deprivation, lack of social support and a history of depression can put women at greater risk for post-adoption depression, according to experts in the field.

Also, many adoptive mothers have no parenting experience, notes Sandra Scarth, president of the Adoption Council Canada. For a career woman who has enjoyed years of freedom, the demands of parenting can be a shock, es-

pecially if the child isn't attaching to her well. "Suddenly she's home all day with a child who doesn't like her very much," Ms. Scarth explains.

When depression strikes, adoptive mothers are often secretive about it. They feel pressure from family and friends to rejoice in the child they brought home after years of waiting, often at huge expense. Most are reluctant to seek help from social workers, fearing the child may be taken away—an unlikely event, according to Dr. McCreight. Nevertheless, an estimated 11 to 18 per cent of adoptions break down for various reasons during the probationary period (usually at least six months), according to American researchers, and about 2 per cent of adoptive families cannot cope after the adoption is finalized. In both cases, the child returns to child-welfare authorities and may be readopted.

As awareness of post-adoption depression grows, some agencies are addressing the syndrome in their pre-adoption training sessions. But people who long for children tend to believe it won't happen to them, says Dr. McCreight, who has adopted 12 times. "We think we're going to be the most wonderful parents and we're going to form a family identity with no problem—and that's not going to happen." The expectation of "falling in love" with a child at first sight may be unrealistic, according to Dr. Foli, since most relationships take time to blossom and mature. But the guilt of not bonding with a child immediately can be "overwhelming," says Dr. Foli, who coped with depression after she adopted her daughter from India about 10 years ago.

For Dina Rodrigues, post-adoption guilt cut deep. She sank into melancholy and began to feel "really run down" a month after she brought her 11-month-old daughter, Sierra, home from China, she says. Ms. Rodrigues had no problem caring for her daughter's physical needs, she recalls, but she worried she wasn't connecting with her emotionally. "It's like you have this amazing, wonderful child and you can't really enjoy them," says Ms. Rodrigues, who lives in a suburb of Detroit. Her anxiety intensified when her husband, Ashok, bonded with Sierra easily. "I just felt there was something wrong with me," she says. Having suffered from depression earlier in life, Ms. Rodrigues says, she recognized the signs. Five months after the adoption, she saw a therapist and started taking antidepressants "for my daughter's sake."

When a parent gets depressed, it doesn't mean the adoption has failed, says Dr. McCreight. "It just means that you should get help, get it fixed and move on as a family." Major depression requires prescription medication, she says. As well, a post-adoption counsellor can help parents find ways to get child care and emotional support.

After Ms. Rodrigues began treatment, her daughter fell ill with a stomach virus and wanted to be held by her day and night. The event marked a turning point in their relationship, Ms. Rodrigues says. "I was able to be emotionally there for her, and I think she saw that." That was two years ago, she adds, and they've had a close connection ever since.

## **WARNING SIGNS:**

### **Experts say post-adoption depression shares symptoms with postpartum depression:**

- ~ Feeling sad, tearful, irritable
- ~ Self-imposed isolation from family, friends, spouse
- ~ Anger at the adopted child, spouse or other children for no apparent reason
- ~ Desire to leave home or have the adopted child removed
- ~ Loss of interest or pleasure in most activities
- ~ Significant changes in appetite and sex drive
- ~ Insomnia or a marked increase in sleep
- ~ Fatigue, lack of energy
- ~ Feelings of worthlessness or guilt
- ~ Thoughts of suicide

## Openness: After An Adoptive Placement

Over the past few months I have been provided direct feedback from birth parents in regards to openness during the 'ten day' period following an adoptive placement. Many birth parents who wish to maintain contact have been disappointed when after leaving the hospital, they simply do not hear from the adoptive family. As a social worker who works directly with birth parents and adoptive families, I see the emotion of both parties. I witness many adoptive families who experience fear and anxiety during the ten day period. Families sometimes wish to hide for the ten day period, and can only "breathe" following it. It is important for adoptive families to realize the amount of grief and loss a birth parent experiences after leaving the hospital. For a birth parent who has expressed a strong desire to maintain connections, not hearing from a family sends a mixed message. They fear that the hopes and dreams they have had for openness will no longer be honored.

For many birth parents, they hope to receive a phone call and hear that everyone has made it home safely (especially if a great deal of travel has occurred). They want to receive emails advising how the first night was experienced and pictures of everyone at home. As much as they are grieving, contact does assist in this process. For some adoptive families they may be surprised to hear that a birth parent would like a visit during the ten day period and feel much more comfortable facilitating it after this time period. For birth parents who have discussed maintaining contact through visits, the commitment for adoptive families to honor a birth parent's wish becomes extremely significant. Sometimes a birth parent needs confirmation of their decision and seeing their child interacting with the adoptive family, is one way of doing so. Does every birth parent have contact during the ten day period? No, some birth parents feel contact is too difficult and will communicate this directly or have a social worker outline their wishes to the adoptive family. That being said, it is important to note that a birth parent may not be prepared for the intense sadness and loss that she feels once she leaves the hospital and goes home. It is important for adoptive parents to be mindful of the experience of the birth parent during this crucial time, and flexible in their willingness to accommodate some form of contact.

The first ten days following an adoptive placement may be a bit of a roller coaster for many adoptive parents, yet adoptive families need to prepare themselves for contact during this time period and realize that in most circumstances, this is not a sign of a birth parent revoking their consent. At Adoption By Choice we are mindful that for many new adoptive parents this may be a time where anxieties may run high, yet we encourage adoptive families to be flexible in meeting the needs of the birth family. It will be important during this time to seek out your support system, and of course your social worker is always only a phone call away. The social worker's role may be a liaison between you and the birth family for the first while, until the two families become more acquainted with one another. As time goes on, it has been wonderful to see how these relationships develop and the trust that birth parents feel for the new adoptive parents for their child.

- Laura Swift BSW, RSW



## WE HIT THE JACKPOT!!

Dean and I met 11 years ago, and although we didn't start a relationship at that time, we knew we were destined to be together! 6 years later we finally had the opportunity to have that first date and we've never looked back. One of the main things that brought Dean and I together was the fact that we both wanted to have kids and just live a quiet life raising a family.

We were married in February 2006 and soon after we started thinking that it's time to have kids!! We found ABC and felt very at home with everyone at the agency and knew that our process would be a positive one! After the seminars, paper work and home studies we officially went on the list in April of 2008. April 2009 we went on vacation with some family to Las Vegas. We forgot to let ABC know that we were travelling, which was odd, since no matter how short a time that we would go away we always let them know. 3 Days into our vacation we hit the Jackpot! After a day of shopping and gambling we arrived back at the hotel with a message to call ABC. A birth mom had chosen us, and in fact, we needed to come home ASAP as our son was waiting for us in the hospital to come get him. At the time he was 2 days old! We rushed home on the first flight we could get out of Las Vegas and went straight to the hospital to meet birth mom and the new little addition to our family. Noah Kaiden Rieger!

Noah was born April 13th, 2009, weighed 6lbs, 12 oz, and was healthy as a button. Fast forward two months to June 15th, and we had our first set of vaccinations. (Yes it was traumatizing, but not sure if it was more for him, or us! ) He weighed in at 12lbs 4oz and falls into the 90 percentile for his group. He has been such a joy and is an amazing addition to our family that words often can not express how we feel!! We knew going into this that being dads would be special, but I don't think either of us realized just how true to that statement this journey has become!

Our happiness and gratitude definitely goes out to everyone who works so hard at ABC and we thank them for everything they have done to make our dreams of a family come true!

Lastly, I'd like to thank anyone reading this for taking the time to hear our story. It is one that we will never forget, hitting the jackpot in Vegas!!

Dean, Graham and Noah Rieger



### A Note From Janet:

We are so thrilled at ABC for Dean, Graham and adorable little Noah....Congratulations!!

I must admit that when I tried (unsuccessfully) to reach Dean and Graham in Calgary to let them know about Noah I was getting a little worried. Then I hit the Jackpot too!! We don't give up easily at ABC, and when I tried contacting one of the couple's references in northern Alberta, and lucked into Graham's mother answering the phone, I felt like I had hit pay dirt. It was a family effort to reach Dean and Graham and get them back to Calgary, and I was so impressed with how well their families coordinated their efforts and got the boys back home. There was never any doubt whatsoever that they would catch the next flight home to meet Noah and his birthmom, and they ended up travelling in a very circuitous route to get back the next day.

Dean and Graham were outstanding in their acceptance of Noah's birth mother, even when she threw them a curve ball, and Noah is a lucky little boy that he has such understanding, patient and tolerant parents.

We are impressed with Dean and Graham, as well as the many other couples with ABC who have gone above and beyond what you might expect to make themselves available to birth parents. Bravo! It makes us so proud to be part of your adoption plans.

P.S. Don't tell Graham and Dean this...but having kids and living a quiet life just isn't real life!!

# Ontario Adoption Law Changes

McGuinty Government Opens Records For The First Time Since 1927

TORONTO, June 1 /CNW/ -

Starting today, adopted adults and birth parents can get more information about their past.

Ontario is making it easier for many Ontarians to look for information about their birth relatives. The Access to Adoption Records Act, 2008 gives adopted adults and birth parents access to information that is currently sealed in their adoption records. Adopted adults and birth parents can also protect their privacy by filing a disclosure veto or no contact notice.

Individuals should contact ServiceOntario (<http://www.ontario.ca/en/residents/111872>) to apply for information from their birth and adoption records. This service is free.

## QUOTES

"Many of us are curious about our backgrounds. Some like to trace their family tree. People involved in an adoption are no different. They want to know about their past. They want to know what happened to their children. By opening Ontario's adoption records we're helping people to learn about their personal history, while protecting their privacy."

- Madeleine Meilleur, Minister of Community and Social Services (<http://www.mcass.gov.on.ca/mcass/english/ministry/minister/>)

"For years, adopted individuals and birth parents have needed personal and family information from their birth certificates and adoption records. Today, thanks to the legislation passed by the government of Ontario, acquiring this information is finally possible."

- Wendy Rowney, Coalition for Open Adoption Records

Source: <http://www.globeinvestor.com/servlet/story/CNW.20090601.C9512/GIStory>

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## Did you know?

*Adoption By Choice sends this newsletter via email to adoptive families, waiting families and interested parties in Alberta and across Canada.*

*If you would like to be on our e-mail list, please give Penny a call at the office, 403-245-8854, or e-mail [calgary@adoptionbychoice.ca](mailto:calgary@adoptionbychoice.ca).*

*If you do not wish to receive this newsletter, please let us know and we will remove you from the distribution list.*

*Previous editions of the newsletter are also available on the website at [www.adoptionbychoice.ca](http://www.adoptionbychoice.ca).*

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