

# A Place of Belonging ~ An Adoption Support Group for Teen Girls

Teen girls have a myriad of challenges in our world today. Adoption adds an additional layer to the task of identity development, a critical time when girls are developing a deeper sense of themselves (i.e., their values and beliefs) and are exploring themselves and their roles in the world.



*Here teens will share a safe space to ...*

- Meet and connect with other adopted teen girls
- Share common experiences of how adoption plays out in their lives
- Address losses associated with adoption — of birth family, culture, etc.
- Explore tough feelings often activated in adoptees during the teen years

*This group is for...*

- Adopted girls approximately ages 14-17 who are interested in being part of an adoption teen group
- Discussion and topics will be semi-structured based upon the needs and desires of group members
- Groups will involve small membership of 4-5 girls and may be developed into age and/or type of adoption (at birth, foster, international/transracial) if there are sufficient numbers
- This is an in-person group located at the address listed below

*How to proceed if you are interested...*

- If you are **not** an existing client, contact me for a 20 minute intake to determine goodness of fit. If the group is not well matched to your teen's needs there is no charge for this intake appointment
- A commitment of attending all sessions is encouraged to allow the group to build trust and cohesion. After our 8 sessions are finished, this group may continue on a monthly basis if there is interest
- The best and quickest way to reach me is through email at: [zuckphd@gmail.com](mailto:zuckphd@gmail.com)

## **Facilitator: Dr. Greta Zuck**

I've had the pleasure of working with adoptees and their families in the Raleigh area in my practice for over 22 years. Please contact me with questions and visit my website for more information about my practice.

[www.drgretazuck.com](http://www.drgretazuck.com)

## **Cost:**

**\$30 Intake fee  
\$520 for 8 sessions**

**Day/Time: Fall 2022**

**Twice per month 6-7pm  
9/14, 9/28, 10/05, 10/19, 11/9,  
11/30, 12/14, 12/21**

**A 2nd group may be added  
on Tuesdays 6-7pm if there is  
interest**

## **Location:**

**Behavioral Health &  
Wellness**

**5613 Duraleigh Road #161  
Raleigh, NC 27612**

**919-784-0205, ext 1  
[www.drgretazuck.com](http://www.drgretazuck.com)**