



# ADOPTION ADVOCACY TRAINING

## 2026



TOGETHER FOR CHILDREN  
AND THRIVING FAMILIES

ADOPTION SUPPORT SERVICES  
FAMILY STRENGTHENING SERVICES  
TRAINING AND CONSULTING SERVICES

# WELCOME

At Arise Family, we believe strong families build strong communities. Our mission is to empower families, caregivers, and professionals with the knowledge, skills, and support they need to help children thrive. Through trauma-informed, evidence-based training and programs, we strengthen attachment, resilience, and connection—creating lasting change in families and the systems that support them.

## ARISE AT A GLANCE:

- 15+ years strengthening families and adoption advocacy.
- 500+ professionals trained in trauma-informed and family-focused practice.
- 1,000+ families reached through workshops and support programmes.
- Training in 15 countries and growing.
- Evidence-based and biblically grounded approach to family strengthening.

## CONTACT INFO

Arise  
Unit 6, Ubunye House, 70 Rosmead Ave,  
Kenilworth, CT, 7708

☎ 021 633 4058 ✉ [training@arisefamily.org](mailto:training@arisefamily.org)  
NPO: 062-293 • PBO: 930028659



# OUR APPROACH

Arise programmes are built on a foundation of trauma-informed care, attachment theory, and strength-based practice. We integrate the latest research in psychology and social work with practical, culturally sensitive tools that equip caregivers and professionals alike. Every workshop is designed to be experiential, reflective, and deeply relational - because transformation happens through connection.

## WHY CHOOSE US?

Three reasons why we should choose to work with us:

### Actionable Learning

We break complex topics into actionable skills; and create spaces where participants engage, reflect, and grow.



### Grounded in Evidence

Our programmes integrate the latest research with a deep understanding of real-world family and community dynamics.



### Flexible & Collaborative

Whether online or in-person, we tailor our approach to meet the needs of your organization and the communities you serve.



# TYPES OF PROGRAMMES

## WORKSHOPS & TALKS

Our workshops and talks are single-session experiences designed to deliver focused, practical learning. They can be delivered face-to-face or online and , typically lasting 1-2 hours, though we can tailor the timing to meet your needs.

# 1

# 2

## ORGANIZATIONAL TRAINING

Our organisational training offerings are designed to build child development knowledge, personal growth, and team-building skills within your staff. Typically delivered as single-session workshops, they can be tailored in length and intensity to suit the needs of your team.

# 3

## FAMILY STRENGTHENING

Our family strengthening programmes are offered as a series of sessions focused on a specific topic, with each session building on the last. Designed for both children and their caregivers, these programmes help strengthen family bonds, improve communication, and nurture positive, lasting relationships.

# 4

## PROGRAMMES FOR CHILDREN & TEENS

Our programmes for children and teens are designed as 6-8 sessions focused on a specific topic, with each session building sequentially on the last. They are typically delivered at partner schools and community organizations, supporting the young people they serve with practical skills and engaging, interactive learning.

# 5

## PROGRAMMES FOR ADULTS

These are offered as a series of programmes within our intern training programme, focusing on personal growth and practical skills development for group facilitators. They equip participants with the knowledge, confidence, and hands-on tools needed to lead workshops and support families effectively.

# 6

## ADOPTION SUPPORT & ADVOCACY

Our adoption support services include low-cost, single-session workshops, multi-session programmes, and self-paced online courses designed to support both prospective and current adoptive parents. Most offerings are delivered online, connecting families from across South Africa with practical guidance, skills, and community support.



# ADOPTION SUPPORT

FOR ADOPTIVE PARENTS, FOSTER CARE &  
TEMPORARY SAFE CARE PARENTS

Our adoption advocacy and support services include low-cost, single-session workshops, multi-session programmes, and self-paced online courses designed to support both prospective and current adoptive parents. Most offerings are delivered online, connecting families from across South Africa with practical guidance, skills, and community support.

# ADOPTION SUPPORTIVE PROGRAMMES



Our online adoption support courses for parents equip families with practical skills and insight for navigating the joys & challenges of adoption.



## LOOKING IN

### SELF-PACED ONLINE COURSE

Looking into Adoption is a course for prospective adoptive parents, covering five key aspects of growing your family. Participants will learn about the legal adoption process in South Africa, attachment, grief and loss, racial identity, and navigating life as a conspicuous family. This is a practical and exploratory course for those wanting to look in to adoption...



## LIFESTORY WORK

### SELF-PACED ONLINE COURSE

Life Story Work is an online, self-paced course for prospective and current adoptive parents, offering practical guidance on supporting children as they explore and document their life stories. Participants will gain tips and strategies to help their child make sense of their past, integrate experiences, and build a strong sense of identity.



## PARENTING BEYOND BEHAVIOUR

### MULTI-SESSION, WEEKLY LIVE ONLINE COURSE

A supportive space for adoptive parents & caregivers raising children in alternative care. The group explores the unique challenges of early trauma, attachment disruptions, and multiple placements, while helping caregivers build felt safety, understand behaviour through a trauma-informed lens, and support emotional and identity needs. |

These multi-session programmes are skills based, and work with the latest research on brain science, development and trauma-informed care. The sessions build on each other & help parents feel prepared, supported, and grounded in principles that promote healthy, resilient family relationships.

# ADOPTION SUPPORT WORKSHOPS & TALKS



## ADOPTING & DISCIPLINE

SELF-PACED ONLINE COURSE

This practical workshop for adoptive parents & caregivers, focuses on understanding and responding to children's behaviour with empathy and purpose. Participants will explore how all behaviour is driven by emotion, learn collaborative problem-solving strategies, link boundaries and belonging to attachment, and reflect on their own fears and triggers to respond to challenging behaviours with confidence and care.



## ADOPTION & MENTAL HEALTH

SELF-PACED ONLINE COURSE

This is a practical course designed to increase awareness of mental health challenges that adoptees may face. Participants will explore the origins of these issues, understand how a child's environment impacts their development, and gain practical strategies to support their child's emotional and psychological well-being.



## ADOPTION & NEURODIVERSITY

WORKSHOP LIVE ON ZOOM

This practical workshop for adoptive parents and caregivers, exploring how adoption-related trauma and neurodiversity intersect in children's lives. Participants will learn to view behaviour as communication, gain strategies for supporting emotional regulation and connection, respond to challenges with compassion, and leave with tools to strengthen family relationships and reduce daily stress.



## NAVIGATING SIBLINGS & EXTENDED FAMILIES

SELF-PACED ONLINE COURSE

A course designed to navigate the unique dynamics of adoption within families. You will gain skills to involve siblings & extended family in ways that promote belonging and unity, foster positive sibling relationships, and support emotional well-being; while also providing strategies to advocate for their child within the broader family context.



## TRAUMA IN ADOPTION

FREE SELF-PACED ONLINE COURSE

Understanding Trauma in Adoption is a free short talk that explores the impact of adoption-related trauma and its role in a child's development.

Participants will learn practical insights for creating a secure, nurturing environment that supports healing, resilience, and healthy attachment.



## OPENHEARTEDNESS IN ADOPTION

FREE SELF-PACED ONLINE COURSE

Openheartedness in Adoption is a free short talk that invites parents and caregivers to engage with their child's story, questions, and emotions with empathy, curiosity, and courage. Learn practical ways to foster trust, connection, and understanding while supporting your child's emotional journey.



# ADOPTION SUPPORT TRAINING FOR PROFESSIONALS



Our training for adoption professionals equips practitioners with the essential skills and insight needed for ethical, competent and culturally sensitive practice. These trainings help professionals support families with integrity, sensitivity and a deep understanding of best practice.



## OPENHEARTEDNESS IN ADOPTION FOR ADOPTION PROFESSIONALS

This workshop builds an applied understanding of contact, openness, and openheartedness in adoption practice. Participants unpack best practice, and deepen self-awareness around personal and professional triggers related to openness, communication, and contact. The session ultimately strengthens capacity to advocate for meaningful change in policy and practice.



## CULTURAL MAPPING FOR ADOPTION PROFESSIONALS

This 75-minute workshop for social workers, providing practical tools & strategies to support the racial identity and overall well-being of transracially adopted children. Participants explore accountability in placement preparation, increase self-awareness around personal biases, gain skills to foster identity, belonging, & a positive connection to heritage for the children they serve.



## ETHICS IN ADOPTION FOR SOCIAL WORKERS

This 4-hour workshop is designed to help adoption & alternative care practitioners navigate complex ethical decisions with confidence. Participants explore how personal values & beliefs influence professional judgment, reflect on key ethical principles and develop awareness of their own biases to ensure fair, responsible, and ethical practice.



## HOW TO CHOOSE AN ADOPTION COMPETENT PROFESSIONAL

This workshop helps adoptive parents and caregivers understand what adoption-competent practice looks like and how to confidently choose the right professionals to support their family. Participants learn key questions to ask, qualities to look for, and how to ensure their child receives sensitive, ethical, and informed care.

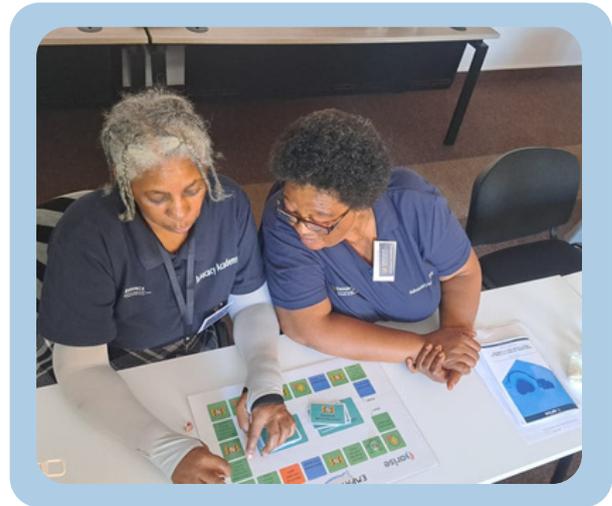


# OUR WORK IN ACTION





# OUR WORK IN ACTION





Unit 6 Ubunye House, 70 Rosmead Avenue,  
Kenilworth, 7701

 +27 21 633 4058  
 info@arisefamily.org  
www.arisefamily.org