

## Why Connect with a Post-Adoption Navigator?

All families deserve to have access to a network of support to meet their needs after they have adopted. Post-Adoption Navigator support is FREE and available to any Minnesota family who recently adopted a child who was under state or tribal guardianship, as well as kinship adoption families.

### Reasons families connect with a Post-Adoption Navigator:

- Your family just recently finalized the adoption of your child(ren) or you are well beyond finalization, and you want to be proactive in learning about post-adoption resources, services and support available to you and your family
- Existing support services are changing, and you have questions about post-adoption support services available to you
- You want a trusted, caring and knowledgeable adoption professional who is a central point of contact and can be accessed as needed over time to help answer your questions and connect you to a helpful blend of post-adoption resources

### Examples of feedback on the HELP Program...

“Thanks again for all of you help with this. You are an amazing resource. I wish I would have discovered this organization years ago.”

“I am so glad I found MN ADOPT! I had no idea you all existed and I am SUPER excited! This conversation makes me feel more hopeful already!”

“Navigating support networks is sometimes so difficult you cannot access the support. MN ADOPT help really was about making the process easy and being as helpful as possible. Everyone was kind and knowledgeable. The support I received made a significant difference for an adopted young person.”

“Thanks [HELP Program staff] for being such a great and available resource! I wish I’d have known your program came to exist a few years ago.”

### Connect with a Post-Adoption Navigator:

**Online:** [www.mnadopt.org](http://www.mnadopt.org), click on the **HELP Program** tab

**Phone:** (612) 746-5137 / Toll-Free: 1.855.670.4357

**Email:** [helpnavigator@mnadopt.org](mailto:helpnavigator@mnadopt.org)



*This program is funded through the Minnesota Department of Human Services*