



Y 1000
Diwrnod Cyntaf

The First
1000 Days



Welcome to the adoption community!

Congratulations on becoming a parent. This is an exciting time as you start or extend your family.

The First 1000 Days project is here for you from day one, to offer a helping hand and a listening ear from a thriving community of fellow adopters across Wales.

- Advice and support via phone or email
- Free training courses on topics such as Life Journey Work, Education, and Contact
- Family days for adoptive families
- Local community groups, including 'early days' groups
- One-to-one support during tricky times
- A wealth of information and resources

At Adoption UK, we know how amazing family life can be. We also know that sometimes we all need a bit of support from other adopters who understand. Come and join the community.

Welcome to the First 1000 Days.

To join in, please visit www.adoptionuk.org/first-1000-days



Teulu gyda'n gilydd
Together we're family

Adoption UK Cymru helpline
0300 666 0006 (option 5)
(Mon-Fri 10am to 2.30pm)



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