

FINDING YOUR AGENCY

Your Guide to Choosing the Support That’s Right for You

Exploring adoption is about gaining information, clarity, and peace of mind — not pressure. You are in charge of your story, your decisions, your future and your voice matters. You deserve respect, honesty, and the freedom to make the decision that is right for you and your child. This is a journey.

Step 1: Clarify What Matters Most to You

- ☐ I want clear, unbiased information so I can decide whether adoption is right for me.
- ☐ I want to feel respected, supported, and in control.
- ☐ I want peace of mind knowing my rights are protected.
- ☐ I want to explore adoption as a path for long-term stability and opportunity.
- ☐ Other priorities: _____

Step 2: Find a Trusted, Licensed Source of Information

Look for agencies in your state and especially in your area who are available at your request. Look for licensing, transparency, and pressure-free support. Trusted directories include BraveLove and the National Council for Adoption.

Step 3: First Impressions & Public Information

Review the agency’s website, language, reviews, and mission. Ask yourself whether you feel safe, respected, and supported.

Step 4: Core Values Checklist

A quality agency offers unbiased counseling, supports your right to choose, provides written information on openness, encourages comparison, and ensures legal transparency and post-placement support.

- ☐ Explains all pregnancy options without pressure
- ☐ Provides unbiased, coercion-free counseling
- ☐ Respects your right to change your mind
- ☐ Provides written information on open, semi-open, and closed adoption
- ☐ Offers to hire an independent attorney for you
- ☐ Allows you to choose the adoptive family
- ☐ Shares diverse waiting family profiles
- ☐ Provides emotional support before and after placement
- ☐ Uses respectful, empowering language
- ☐ Explains legal timelines and parental rights clearly
- ☐ Never uses pressure, incentives, or urgency
- ☐ Provides clear written financial information

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Step 5: Key Questions to Ask

- ☐ Are you licensed?
- ☐ Is someone available in my area and will respond 24/7?
- ☐ How are adoptive families screened?
- ☐ What support do you offer before and after placement?
- ☐ What happens after placement?
- ☐ Are consultations free? Note: Attorneys may require a consulting fee, but agencies do not.
- ☐ What emotional support do you offer before and after placement?

Step 6: Red Flags

Pause or walk away, at any time, if you feel pressured, promises seem unrealistic, emotions feel manipulated, or the agency avoids answering legal or licensing questions.

Step 7: Final Reflections

- ☐ How Do I feel:
- ☐ Respected?
- ☐ Supported?
- ☐ Informed?
- ☐ Other? _____
- ☐ Do their values match mine?
- ☐ Do I want to continue?

Final Reminder

You are in control. You can ask questions, take your time, and change your mind within your state’s laws. On this journey, you deserve compassion, dignity, respect and support-it matters for you and your child. Take your time and know you are going to be okay.