



Fiom

We are a national organisation that offers psychosocial help, information and advice to anyone who has problems or questions in any of the following areas:

- intended or unintended pregnancy, teenage pregnancy and parenthood, child loss during pregnancy or undesired childlessness;
- giving up a child, being adopted, being an adoptive parent or search actions to find relatives.

We will help both men, women and couples and those who are close to them.

We are also able to help you in English.

Chat and email

At Fiom.nl you may chat or email with Fiom experts. You can tell them your story and ask for information, advice or help. Help will be geared towards your personal situation. All the professionals have a duty of professional confidentiality.

Pregnancy

Being pregnant unintentionally: what to do?

The Fiom social workers will help you to consider all the alternatives and to make a well-informed decision: keeping the child yes or no? Even after the decision is made you may still call on us.

Abortion and aftercare

If you decide to have an abortion we will refer you to an abortion clinic and we can support you emotionally if you wish. We also offer aftercare in order to come to terms with the abortion and to accept it as part of your life.

Giving up a child for adoption and aftercare

If you decide that the child should be placed in a foster family or be given up for adoption we can provide you with emotional and practical support during pregnancy as well as during the procedures for a foster family placement or an adoption. You may also call on us to get aftercare.

Teenage pregnancy

When you get pregnant at an early age and you decide to be a mother or father, the changes in your own and your partner's life, if any, will be more dramatic than if you are older. Suddenly you are faced with great responsibilities. What does it mean to be a mother/father and to raise a child while still being young oneself? How do you make practical arrangements regarding school/work, housing and money?

Are you pregnant and under 23 years old? Then you can call on us for information, advice, help and support. You may visit on your own or with your partner, parents, other relatives or friends.

Fiom organises special meetings for mothers of up to 23 years old. The meetings are organised around themes that are both educational and fun. Examples include schooling, setting up house and cooking.

Losing a child during pregnancy

If you have had a miscarriage - or perhaps even more than one - or you have suffered a termination of pregnancy or the death of a newly born child, we can help you to cope with your grief and loss. We may also counsel you in your decision-making if prenatal examinations demonstrate that the developing foetus appears to have serious defects: are you going to have a full-term baby or do you prefer to abort the desired pregnancy?

Undesired childlessness

When people are confronted with undesired childlessness they may be asking themselves how they should deal with it. How do you achieve that the issue can be discussed with those in your immediate environment? How do you deal with the differences in coping between men and women? How do you develop a new perspective?

We can teach you how to deal with emotions and ambivalent thoughts that develop when people have fertility problems and remain childless.

We organise thematic meetings, often in collaboration with hospitals, for women and couples who are having medical tests and fertility treatments.

If you are under - medical – treatment at a hospital then you depend on the hospital for psychosocial counselling. However, you may still participate in our thematic meetings.

Giving up a child for adoption, being adopted or being an adoptive parent

Adoption forges lifelong and inextricable bonds between the biological parents, the adopted child and the adoptive parents - the adoption triangle. Fiom supports people to cope with those bonds. We may help you to prevent or to overcome problems resulting from the adoption and to deal with the consequences.

Parents giving up their child

If you give up your child we can help you to learn how to deal with the consequences of this dramatic event for your life, how to deal with 'the secret' and how to make it a subject of discussion.

If it is some time ago that you gave up a child for adoption, it is possible to start a search action to find the abandoned child, to get information or to get actively in touch with the child. We offer both practical and emotional guidance in these efforts.

Being adopted

If you have been adopted you were abandoned by your biological parent(s). This may give rise to feelings of sadness and anger. Perhaps you feel misunderstood by your parents or your environment or perhaps you have questions about the how and why.

We may counsel you if you have any questions as a result of being adopted: helping you to deal with expectations and disappointments and supporting you in dealing with emotions involved in adoption. If you wish to start a search action to find one or both of your biological parents we can provide you with emotional and practical support.

Adoptive parents

If you are an adoptive parent it is possible that you are faced with – educational – problems that are typical of adoption. We can help you to discuss any questions, ambiguities and fears in relation with adopting and raising children and to use this in your parenting.

National and international search actions to find relatives

If you wish to find one or both of your biological parents or blood relations and you have some clues and/or details you may call in our help.

We support search actions for adopted children and others who are looking for relations in the first and second remove: parents and grandparents, children and grandchildren, siblings and half-siblings.

Search actions may be focussed on finding relatives whom you never met because you were given up for adoption. Or they may involve a father, mother or children with whom you got out of touch because there was a divorce or a relationship was broken off. Persons under 18 years old will get individual counselling.

Search actions abroad will be coordinated by our section of International Social Service.

Any questions?

If you have any questions or you wish to have more information please contact one of the Fiom offices nearby. You will find the address at our website.