

# Link up!

FOR ADOPTEEES

Link Up! is a casual group organised by Psychology Associates to help connect adopted young people in the South West between the ages of 16-24.

We currently meet monthly via zoom calls but hope to meet in person soon!

If you would like more information or want to join, please contact;

**Dr Cara Redmond, Clinical Psychologist -**  
**[Cara.Redmond@psychologyassociates.org.uk](mailto:Cara.Redmond@psychologyassociates.org.uk)**

**Next meeting dates:**

- Tuesday 28th March, 4.00pm-5.00pm
- Thursday 11th May, 4.00pm-5.00pm
- Wednesday 7th June, 4.00pm-5.00pm