



ON YOUR FEET FOUNDATION

Founded in 2001, On Your Feet provides support to birthparents, helping our clients build a better life, through case management and coaching, monetary grants for counseling, education and job placement, and through the creation of a community of other birthparents via On Your Feet Forever birthmom retreats and other events.



HONORS the choice a birthmother has made to place her child for adoption

EMPOWERS the birth mother by helping her set and meet goals, enabling her to love, honor and respect herself

educates others to **RESPECT** the decision made by the birthmother to place her child for adoption

“On Your Feet does a wonderful job providing a warm and positive environment in which birthmothers feel comfortable sharing learning and growing.”

“Thank you for your constant support. I honestly do not know how I would have found the tools to cope with my adoption if it were not for On Your Feet. You gave me my voice back.”



If you are a birthparent interested in learning more about our events, retreats or case management services, call, text or email one of our case managers:

JULIA STOLLE, MSW, LSW
(317) 502-0996
julia@onyourfeetmidwest.org

JENNIFER ADAMS, MA
(773) 273-9645
jennifer@onyourfeetmidwest.org

JESSICA FIGLIO
(773) 677-7122
jessica@onyourfeetmidwest.org

facebook.com/onyourfeetfoundation

@onyourfeetmidwest.org

on your feet foundation



POST-PARTUM RESOURCES

POSTPARTUM SUPPORT INTERNATIONAL

www.postpartum.net

A post adoption program provides training for adoption professionals and resources for birthparents. Link will direct to support groups broken down state by state and other supportive resources for birthmothers.

INTERNATIONAL CESAREAN AWARENESS NETWORK

www.ican-online.org

A non-profit organization whose mission is to improve maternal-child health by reducing preventable cesareans through education, supporting cesarean recovery, and advocating for vaginal birth after cesarean (VBAC).

SUPPORT GROUPS

ON YOUR FEET FOUNDATION BIRTHMOMSCONNECT SUPPORT GROUPS

www.onyourfeetfoundation.org

Held via Zoom on the 1st Tuesday, 2nd Thursday and 3rd Saturday each month, On Your Feet's Zoom support calls are a way to connect with other birthmoms in a safe space. Each month has a different theme and other events are held throughout the year.

KNEE TO KNEE SUPPORTED BY LIFETIME HEALING FOUNDATION

www.kneetoknee.org

A post adoption program provides training for adoption professionals and resources for birthparents. Link will direct to support groups broken down state by state and other supportive resources for birthmothers.

BRAVELOVE

www.bravelove.org

BraveLove is a movement dedicated to changing the perception of adoption and aims to increase (domestic infant) adoption. They share stories that convey the bravery of birthmoms and the love surrounding adoption. Bravelove writes, edits, researches, curates, and distributes media content and messaging on an ongoing basis. They build relationships with partner organizations – like adoption agencies, pregnancy centers, health clinics, adoption support groups, etc. Bravelove can be found at conferences and outreach events, but primarily, they are a media advocacy organization that's trying to advocate that adoption is a loving option for those in unplanned pregnancies.

CRISIS RESOURCES

NATIONAL RAPE & INCEST NETWORK

1.800.656.HOPE

NATIONAL DOMESTIC VIOLENCE HOTLINE

1.800.799.7233

POSTPARTUM DEPRESSION HOTLINE

1.800.944.4PPD

SUICIDE PREVENTION HOTLINE

1-800-273-8255

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ON YOUR FEET
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ADOPTION COMPETENT THERAPISTS

Northwest Indiana

SEASONS COUNSELING

Phone (574) 277-0274 for Seasons Counseling

Addresses

Christ the King Lutheran Church, 17195 Cleveland Rd, South Bend, IN

Clay Church Firehouse Campus, 17646 Cleveland Rd, South Bend, IN

Email info@seasons-counseling.org

Michele Bowen, MA, LCSW: Michele Bowen specializes in adoption from all perspectives of the adoption triad. She received her MSW from Western Michigan University in 2005. She earned a Bachelor's Degree in Psychology from Purdue University in 1994. Michele's areas of specialty include EMDR, DBT, working with complex trauma/grief and loss, addictions, anxiety, and depression.

Jessica Peachey, MA, LMHC: Jessica Peachey Bowen specializes in adoption from all perspectives of the triad. She received her MA in counseling in 2008 after completing her undergraduate work in Psychology in 2005, both from Grace College. Jessica's areas of specialty include anxiety, depression, and grief/loss.

Finances: Many times, insurance will cover a portion of sessions. If a client does not have insurance or insurance will not cover the cost of counseling services, Seasons Counseling has a Client Assistance Fund. However, if insurance does not cover visits and a client is not eligible for the Client Assistance Fund, the cost is \$145 for the initial session and \$110 for following sessions. Sessions generally last 45 minutes.

VICKIE HEATH LLC, MS, MHA

Phone 260-515-7133

Address 134 East Collins Road, Fort Wayne, IN 46825

Email vheathllc@gmail.com

Vicki Heath is pre-licensed clinician with 25 + years of experience. She is a private practitioner and has experience providing counseling with birth mothers, adoptees, and adoptive families. Adoption is one of Vickie's specialty practices. She has also worked with those involved with the department of Child Services from CHINS thru adoption, Indiana courts and individual attorneys.

She believes in a client centered approach and focuses on the needs of the individual, adapting a therapy model based on that need. She believes that each person is made of complex layers of need and this may involve multiple modalities of treatment. She provides therapeutic services that work to resolve the safety up process. This means establishing a relationship in which clients feel safe, comfortable and willing to share so there can be movement thru complex needs. She focuses heavily on continuing education, understanding neurobiology, attachment, self-regulation, sensory processing, complex medical needs that affect mental health and working with providers in her community to maintain continuity of care. She utilizes multiple tools and modalities to make the therapy process unique to the individual.

Finances: Cost per Session: \$100 - \$115. Sliding Scale: Yes. Pay By: Cash, Check, Mastercard, Visa. Accepted Insurance Plans, Anthem, BlueCross and BlueShield, CareSource, CareSource HIP, MHS, Medicaid, anthem HIP, traditional Medicaid. She accepts all forms of Medicaid and HIP and some HSA debit cards, sliding scale and cash payments. She does not bill private insurance.

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