



BIRTHMOMSCONNECT

On Your Feet is hosting **3 monthly calls** to enable birthmoms, no matter where you are, no matter your limitations due to transportation, work schedules and family commitments, to connect with other birthmoms each month.

Whether you simply want to see a friendly face, need help navigating your adoption, are looking for resources, or have something else you wish to chat about, we're here for you! Each month will feature a different topic and begins with intros and check-ins.

On Your Feet case management staff and retreat facilitators will moderate each call. Calls are scheduled for **1 hour**. For best access, download the **Zoom app**. Calls are open to any birthmom, anywhere. You do not need to be an On Your Feet client.

For more information, and to register for the calls, visit our website:

onyourfeetfoundation.org/what-we-do/birthparent-services/birthmomsconnect.html



1st TUESDAY

2PM CST



2ND THURSDAY

8PM CST



3rd SATURDAY

10AM CST

