



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 education and counseling, and through the creation of a community of other birthparents via our **BirthmomsConnect** calls, birthmom retreats, and other events.



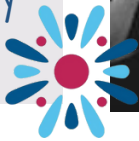
We define a birthparent as a person who has placed a child for adoption.

We provide the comprehensive support, services, and community that birthparents deserve no matter when they placed their child for adoption and we advocate for birthparent rights and ethical practices in adoption in order to improve outcomes for all members of the adoption constellation.

"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:

JENNIFER

(773) 273-9645

jennifer@onyourfeetfoundation.org



[/onyourfeetfoundation](https://www.instagram.com/onyourfeetfoundation)



[/onyourfeetfoundation](https://www.facebook.com/onyourfeetfoundation)



[@here4birthmoms](https://twitter.com/here4birthmoms)



[/on-your-feet-foundation](https://www.linkedin.com/company/on-your-feet-foundation)

BIRTHMOMSCONNECT (Monthly Zoom Calls)

Moderated calls:

- 2nd Thursday of every month @ 8PM
- 3rd Saturday of every month @ 10AM
- 4th Tuesday of every month @ 2PM

Drop-in (unmoderated) calls:

- 1st, 3rd, & 4th Thursdays of every month @ 8PM





Navigating Closed/Reunion Adoptions calls

- 3rd Wednesday of every month @ 7PM

 All calls are Central Standard Time



RETREATS AND EVENTS



-  Birthmom-led weekend retreats (virtual and in-person)
-  Community-building & educational events
-  Birthmom-to-Birthmom Mentor Program
-  Retreat attendees eligible for post-retreat counseling grants

CASE MANAGEMENT SERVICES


Connecting birthparents with one of our case managers, who can help set goals, identify and access available public services, navigate and plan education, provide resume help, aid in job searches and help access adoption-competent counseling.



GRANTS

-  Counseling grants with adoption-competent therapists for case management & retreat clients.
-  Education grants designed to provide assistance to birthparents enabling them to realize steady employment & financial independence.

ON YOUR FEET FRIENDS

-  A closed Facebook group moderated by On Your Feet staff where birthmothers can connect and support each other.



There is no one else in the world who understands the pain of being a birthmother than other birthmoms. The emotions you experience can be overwhelming after placing a child for adoption. From guilt to anger to believing that others will judge you for your decision, these emotions can make you feel like you are alone. But it doesn't have to be this way. You need a safe place where you can surround yourself with a community of other courageous women who are on the same journey. A community where you don't have to explain yourself or be afraid of what others may think. A place where you can learn to grieve, heal, and love again. You can change your life for the better and find the hope you need, even when things get hard, by knowing that you are not alone.