

# IMPACT...

## in pictures & profiles



I first discovered On Your Feet Foundation in 2008 but was unable to access their resources due to distance – I live in Alaska. Then, this year, with the onset of Covid-19, when the support groups went online, I was suddenly able to participate, and what a gift it has been! The acceptance and welcome I received,

and the immediate sense of community, overwhelmed me. I am awed by how empowering and healing it is to be surrounded by women who intuitively understand the complexity of emotions I experience as a birth mother. Thank you. Candace

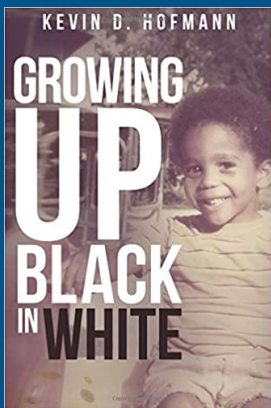
Hearing other birthmother stories changed my life. It brought me comfort knowing that I finally had someone in the world who knew exactly how I felt, exactly what my trauma was doing to my every day life. It was transformative and healing.

-Hope O. Baker, birthmom and author of *Finding Hope*



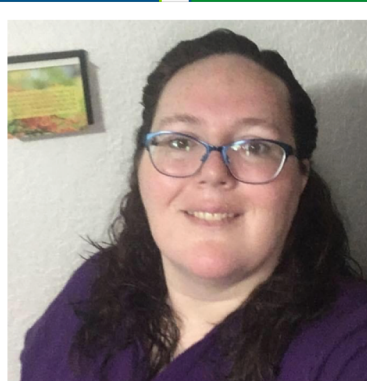
In 2020, we...

- ✓ hosted 60 BirthmomsConnect support calls via Zoom.
- ✓ converted our weekend retreat format to virtual, offering 1 this fall with 2 more planned in 2021.
- ✓ co-hosted a Birthmother's Day Zoom celebration for 100 birthmoms
- ✓ mailed custom Birthmother's Day bracelets to 250 birthmoms.
- ✓ hosted 100 triad members through our Activism in Adoption Speaker Series.
- ✓ expanded our case management services to Wisconsin.
- ✓ launched a new website.
- ✓ continued to build our BirthFathers FB group.



On Your Feet Foundation is one of the most proactive groups I've been a part of in the adoption field. Their recent speaker series made a point to honor all those connected to adoption. As an adoptee, I pay very close attention to how others honor adoptees, like myself, as well as birth parents. On Your Feet Foundation makes sure these two very important voices are heard and that is extremely important to me. -Kevin Hofmann, transracial adoptee & author of *Growing Up Black in White*

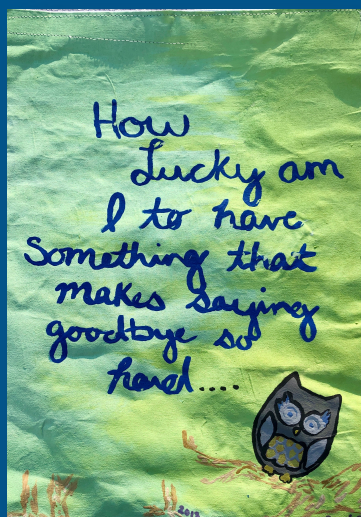
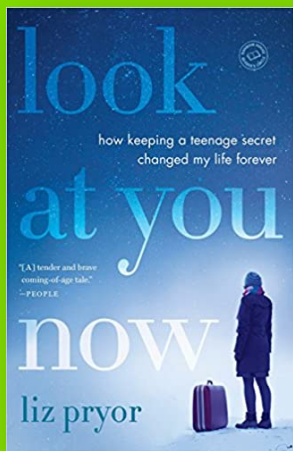
After dealing with the grief of choosing adoption for 8 years, I finally found On Your Feet through an online birthmom support group. On Your Feet has been so supportive, and I was able to attend the virtual retreat from Washington State, even though I was unable to pay. The love and strength shown by the women of this organization helps me realize my worth as a birthmom and that my needs are valid and important too. -Tiffany



This year, On Your Feet Foundation has been privileged to expand our community to include many new individuals, some with immediate needs for support and others

positioned to give back. It is inspiring to witness the exchange of strength and support through this powerful community.

I feel like all of us have our own unique stories of challenge, and pain, and difficulty, and no matter how often we wonder, "why do things happen in my life the way they do," it's really important to remember that it's not so much what happens to us in our lives as how we choose to get through it... how we choose to get through it comes to define who we are. - Liz Pryor, birthmom, Activism in Adoption speaker and author of *Look at You Now*



I have felt honored to begin working with birth fathers. Their needs for support are significant and their grief is palpable. The birth fathers that I have connected with are needing a listening ear, validation of their grief, resources, and a community with other birth fathers. Some that I've spoken with don't feel their role or their grief has been acknowledged. Similar to birth mother's, one birth father described his grief each Father's Day as being too overwhelming to get out of bed. They are seeking out someone to recognize their loss, help them navigate a relationship with their child, and a community where they can learn from others' experiences. -Julia Stolle

Hi Jennifer, I just want to say thank you, just checking on me may seem like it's not a very big deal or anything, but to me it just means so much. I am definitely struggling and just receiving your email made me tear up, I am truly grateful.

### REMEMBERING BIRTHDAYS

Sending birthday cards to birthmoms acknowledging their child's birthday was a great way to connect and remember our moms on what can be a difficult day.

Thank you. No one else usually remembers and I don't usually say anything either. It was so nice to get this message this morning.



On Your Feet has helped transform my life by helping me to reach my true potential with the help of my wonderful case manager along with the unconditional support from the birthmother community. With the services they provide, I am able to finish my Bachelors degree and I was able to received much needed therapy to continue my healing journey. Belonging to this community with other birthmothers, I know that I am not alone and I can reach out if I need support. -Heather

Activism in Adoption showed me that we all want to be seen, heard, and understood. No matter what your family looks like, there should always be talk about race and racism. I think I can seek to better understand all perspectives in all of my relationships. -AiA Attendee



### 2021 DATES

#### BIRTHMOMS CONNECT

1<sup>st</sup> Tuesday, 2<sup>nd</sup> Thursday & 3<sup>rd</sup> Saturday of every month.

#### RETREATS

2/12-2/13 Virtual Retreat  
2 additional Virtual Retreat dates TBA. In-Person Retreats are being planned and will be scheduled when possible.

**ACTIVISM IN ADOPTION**  
Monthly. Check our website for speakers and more information.