



# 2022 IMPACT

*I want more birthparents to know about On Your Feet so the world doesn't feel so lonely. Being the only birthmom in your family, friends group, work place, school... this experience can make you feel extremely isolated. On Your Feet helped me to escape that feeling of isolation. On Your Feet has provided me with not only a community who understands, but also with valuable life resources to continue to succeed.*

## BIRTHMOTHER'S DAY 2022

This year we honored Birthmother's Day with an in-person art-making event in Indiana, as well as a virtual event with art therapist Kristi Gmutza.



### Create! Birthparents Art Grant

Congratulations to our 2022 Create Birthparents Art Grant Winner, S. Savannah Verdin, whose memoir, *Chrysanthemums Under Streetlights*, focuses on adoption trauma, homelessness, and domestic abuse, detailing the snowball effect that generational cycles can create.

We also want to congratulate one of our 2021 winners, Candace Cahill, whose memoir, *Goodbye Again*, was published in November 2022 with great success, breaking the top 100 on Amazon while still in pre-order.

This year we launched the **Birthparent Support Alliance**, a membership program that allows adoption agencies and professionals to outsource some, if not all, of their birthparent support, guaranteeing their birthparents the help they deserve.



## 2022 BY THE NUMBERS

In 2022, On Your Feet Foundation served **416** birthparents, including **78** new clients, in **44** states and **2** countries.

### THIS YEAR'S HIGHLIGHTS INCLUDE:

Hosting **75** BirthmomsConnect Calls, providing support to over 175 women

Connecting more than **300** birthparents through closed Facebook groups, including our birthfathers support group

Having **10** women participating in our birthmom-to-birthmom mentoring group

Welcoming **52** birthmoms at either an in-person or virtual retreat

Reaching over **60** birthmothers at special events such as our Open Mic Night, holiday gatherings, and our Birthmother's Day event

Mailing Art Kits to more than **50** birthmoms and hosted a virtual art-making session to honor them on Birthmothers' Day

Launching Activism in Adoption as a standalone educational platform for the entire adoption constellation

Launching The Birthparent Support Alliance, onboarding our first **3** members



*As an agency, we provide post-adoption support to our birth mothers for about eight weeks after placement. We know the level of support that is needed throughout their journey, and we're not able to provide that at a level in which On Your Feet can. We had a birth mother and a birth father reach out to us — they placed not that long ago — just amazed that we have this alliance with you, because to them it really speaks to how much we value the needs of birth parents post- placement. I can't say enough how much we, as an agency, appreciate that there is an organization like On Your Feet that can provide that level of support.*

☺ I am so glad I am a part of the On Your Feet community because I feel seen and heard. From birthdays and holidays, I get a message from them. It makes me feel good years past post-placement. They offer support in many ways, I am beyond grateful. Thanks to the support of On Your Feet I was able to get counseling post placement and a network of support of birth moms. I've found a community I had no idea exists and I belong with arms wide open.. ~C.G.



## BIRTHMOTHER RETREATS

This year we enjoyed having a mix of both in-person and virtual retreats, giving more birthparents the opportunity to find the community they need.

*It was so amazing! I almost didn't sign up but I'm so glad I ended up coming. It was such a wonderful experience. I really hope virtual retreats continue in some way. There's not much available support and it can be really hard to travel across the country.*



It's important that places like OYFF exist because On Your Feet Foundation doesn't shy away from hard truths. No one talked about the trauma experienced when I placed my daughter for adoption a decade ago. I am so grateful for this safe space - both in person and online - where I can share with other women who understand and empathize.

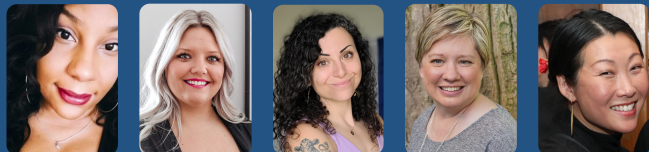


It's important that places like OYFF exist because it provides me a safe space to share my story, a way of healing, feeling understood and being empowered by a group of people who understand me and what I am going through.

It's important that places like OYFF exist because of the community. For so long my experience made me feel like I was on the outside looking in. With On Your Feet I am able to meet people who can relate- I no longer feel like an outsider.

## ACTIVISM IN ADOPTION SPEAKER SERIES

In 2022, Activism in Adoption grew from a speaker series to a standalone adoption education platform, now housed at a dedicated website, [ActivismInAdoption.org](https://ActivismInAdoption.org)



On Your Feet has been an incredible resource for having honest conversations about adoption from those that personally live a daily adoption reality. Whether hearing from all members of the adoption triad or adoption professionals, I always feel encouraged and [inspired] when I participate in their trainings.

~ KG, Adoption Professional, LMSW



I am grateful that educational opportunities like this exist for adoptive parents. In the early years, everything I learned about adoption was entirely from other adoptive parents, and now that my kids are getting older, I have found that listening to the experiences of both birthparents and adoptees has been instrumental to helping my children navigate their adoption experience.



**ON YOUR FEET**  
FOUNDATION

*It's important that places like OYFF exist because it provides a safe place to speak our truth without judgement or condemnation.*



## LOOKING AHEAD TO 2023 BIRTHMOMSCONNECT

**Moderated Calls:** 1st Tuesday, 2nd Thursday, 3rd Sunday of each month

**Closed/Reunion Calls:**

3rd Wednesday of each month

**Drop-in Calls:**

1st, 3rd, & 4th Thursdays

### 2023 RETREATS

#### SPRING:

In-person: March 3rd-5th

Virtual: March 25th

#### BIRTHMOM/ADOPTIVE MOM

In-person: April 14th-16th

Virtual: May 6th

#### FALL:

In-person: September 22nd-24th

Virtual: November 4th

