



2021 IMPACT

Thanks to On Your Feet Foundation, I have really gotten back on my feet! They helped me get back to school, update my resumé, and find a job, which has led to a career in which I now have six years of experience. Thanks to On Your Feet Foundation

I HAVE HOPE.

BIRTHMOM TO BIRTHMOM MENTORING PROGRAM

“There's no timeline on healing from the trauma of adoption. I knew that becoming a mentor was a way for me to give back to my fellow birthmoms while still on the same journey.”



“Thank you for having this safe space for us! I am so happy and thankful to have found this community of amazing women.”



BIRTHMOTHER'S DAY 2021

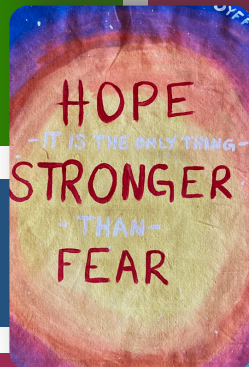
As part of our Birthmother's Day Zoom event, participants wrote haiku, using creativity as a healing tool.

A piece of my heart
that can never be replaced
now belongs to you.

Little feet running
a bright beautiful sky
I want to hold you.

Resilience abounds.
I will come through the ashes.
I am a mother.

“The strong and brave women that I have connected with through On Your Feet Foundation, we will be connected for life.”



Scan this code to watch our anniversary video and join us as we celebrate twenty years of providing comprehensive post-placement care to birthparents.

IN 2021, WE...

Hosted **79** BirthmomsConnect Calls, providing support to over **220** women

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

Have **16** women participating in our birthmom-to-birthmom mentoring group

38 birthmoms attended either a virtual or in-person retreat

Special events such as our Open Mic Night, holiday gatherings, and our Birthmother's Day event reached over 200 birthmothers

Mailed 120 birthmoms a special gift to honor them on Birthmother's Day

Awarded more than **\$5000** in grants, for therapy and educational assistance

Launched our new, therapeutic Birthmom Journal on Amazon

Provided **3000** hours of comprehensive Case Management given to our clients

34% of our clients were accessing our services for the first time

CREATE! BIRTHPARENTS ARTS GRANT

“I hope my story will serve to validate other birth parents' experiences, shed light on the trauma of relinquishment while embracing the delicate and fragile dichotomy that is adoption.”

– Candace Cahill



“On Your Feet Foundation has been instrumental in my journey as a birthmother. Through their programs and retreats it has allowed me the opportunity to make invaluable connections and lifelong friendships with other birthmothers. Adoption doesn't end at the time of placement and supporting OYFF will help continue the efforts to help many birthmothers on their lifelong journey.”



BIRTHMOTHER RETREATS

After a year of virtual retreats, this fall we finally got to meet again in person!

“Thank you so much for an amazing weekend! I felt so comfortable here with everyone and I was glad **I got to share my story with people that can relate**, and that we all have a special bond that brings us together.



“**Lonely is not being alone**, it's the feeling that no one cares. The birthmother retreat brought me out of a real lonely place and showed me that there are people out there who care about my adoption experience. People who greeted me with open arms and ears, and I'm eternally grateful for that.

“Thanks to the support of On Your Feet, I was able to connect with other birthmothers in open adoptions. **We have built a safe community where we can candidly express all of our feelings.**



“I've had a lot of loss in my life in the last two years, and sometimes it is hard to convince the world that, despite all of this, I still have so much left in me to give and to grow. My On Your Feet Foundation case manager has been one of the rare people in this world I didn't have to

convince of that. **She inherently saw my value as a person and the value in my plan and my goals.** It's meant the world to me in some dark days.

“On Your Feet Foundation has been a **Light In The Darkness** for me I am so grateful to not feel alone in this wonderful community!!!!

ACTIVISM IN ADOPTION SPEAKER SERIES



“I think it is so important for prospective adoptive parents to see the adoption from the birth parents perspective. I'm looking forward to watching the next two sessions!



“As an adoption professional, I really enjoyed hearing from Hope the importance of adoption education for expectant parents pre-birth.



LOOKING AHEAD TO 2022

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

2022 RETREATS

SPRING:

In-person: March 11th

Virtual: April 23rd

CLOSED/REUNION:

in-person: May 13th

Virtual: July 23rd

FALL:

In-person: September 30th

Virtual: November 12th

ACTIVISM IN ADOPTION

Quarterly beginning in February

“I want birth mothers to know about On Your Feet Foundation because once you connect on this journey with other birth mothers, **a radical discovery of healing begins.**