

On Your Feet... For LIFE!

Proudly Underwritten by...



A special weekend retreat
only for birthmothers...
by birthmothers.

Beachwalk
Michigan City, Indiana

On Lake Michigan just 1 hour from Chicago

April 23 - 25, 2010
Michigan City, Indiana

Cost: \$100.00

Includes

- Two nights lodging at The House of Kells (Linens Provided), located just a short walk from beautiful beaches of Lake Michigan.
- Four Meals (Breakfast, Lunch & Dinner on Saturday, Breakfast on Sunday) Snacks and Beverages.
- All Conference Materials.
- Post-retreat access to private, monitored web-based internet support board.

Note: All participants must attend all sessions. Late arrival or early departure is only permitted with the advanced approval of the retreat facilitators.



Want to see what a retreat is like?
Go to www.adoptube.com
to view a short video and see photos
from past retreats.

Still have questions?
Contact Vicki at
OYFF@beakstar.com
Or at 224-578-1850.



Partial Scholarships Available
contact Vicki Twomey at oyff@beakstar.com
or at 224-578-1850.

Registration

Name: _____

Address: _____

Telephone: _____

Email: _____

D.O.B. ____/____/____

Name(s) & Age(s) of child(ren) Placed:

- Please check all applicable boxes:
- Enclosed is my registration & check for \$ _____ payable to "O.Y.F.F."
 - Enclosed is my registration. Please contact me with scholarship information.
 - Please contact me regarding assistance with transportation.

Please Detach & return by Monday
April 5, 2010 to:
ON YOUR FEET FOUNDATION
452 Central Ave. Suite 210
Highland Park, IL 60035

Are you currently parenting? yes no

Spring 2010 Birthmother Retreat



Moving In...
* Not Moving On *

7:00 p.m. Friday - Sunday 1:00 p.m.

Tentative Schedule: (Subject to Change)

Friday:	7:00 - Welcoming Ceremony 7:30 - Our Stories
Saturday:	8:00 - Breakfast 9:15 - Morning Group Sessions 12:00 - Lunch 1:15 - Afternoon Breakaway
Groups	2:30 - Break 3:00 - Group Session 5:30 - Dinner
Sunday:	7:00 - Evening of Pampering 8:00 - Breakfast 9:15 - Morning Group Session 10:30 - Creative Craft 12:30 - Closing Ceremony



And Now, A Message From Our Leaders...

As birthmothers ourselves, we understand what it is like to feel alone and misunderstood in our grief. Over and over we have heard women say that they have never met another birthmother - even if they made their placement years ago! We want to change that.

On Your Feet For Life birthmother retreats were created to give you the opportunity to meet other women who understand exactly what you have been through, learn more about adoption, and most importantly, gain a network of support that extends far beyond the weekend.

We know that attending a retreat for the first time can be awkward and intimidating. Let us assure you that what you will find at this retreat, is a welcoming and safe place to explore your own personal journey without judgment or fear.

It's time you stop feeling alone. We hope you will come join us. We would love to meet you!

-Cher, Jenn & Vicki



Retreat Facilitators



Cher Pollock, MS, LCPC:

Cher is birthmother to Bekki, placed in a closed adoption in 1968 and was reunited through search and reunion in 2005. She is a Licensed Clinical Professional Counselor who has over 20 years experience in adoption, domestic violence and women's issues. Cher is a board member of the On Your Feet Foundation and an Adoption Social Worker for Adoption Center For Family Building in Skokie, IL.

Jennifer J. Pedley, MJ, LSW:

Jennifer is birthmom to Grey, 19, placed at birth in an open adoption. She is a founding board member of the On Your Feet Foundation and is a licensed social worker who has been counseling, training, teaching and writing about adoption issues for 15 years. Her first book is due to be published by Health Communications, Inc., in mid 2010.