

# On Your Feet...For LIFE!

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

Proudly Underwritten by...



YOU'VE SEEN US ON THE



SHOW



If you're a birthmother,  
this life-changing  
weekend is for you too!

May 4-6, 2012  
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: Late arrival or early departure is only permitted with the advanced approval of the retreat facilitators.

Partial Scholarships Available  
contact Vicki Twomey at [oyff@beakstar.com](mailto:oyff@beakstar.com)  
or at 224-578-1850.



Held in Beachwalk  
Michigan City, Indiana



## Registration

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

D.O.B. \_\_\_\_/\_\_\_\_/\_\_\_\_

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

Are you currently parenting?  yes  no

\*Please note that a registration alone will not hold your spot. We will contact you to discuss availability, payment, transportation & if the retreat is right for you,

Please check all applicable boxes:

- Enclosed is my registration & check for \$ \_\_\_\_\_ payable to "On Your Feet Foundation"
- I've submitted payment via Paypal. My Paypal account address is \_\_\_\_\_
- Please contact me regarding assistance with transportation.

Please Detach & return by Friday, April 20, 2012 to:  
**ON YOUR FEET FOUNDATION**

#264  
655 Deerfield, Rd., Ste. 100  
Deerfield, IL 60015

**Pay By Paypal to [oyff7820@aol.com](mailto:oyff7820@aol.com)**

# Spring 2012 Birthmother Retreat

7:00 p.m. Friday - Sunday 12:30



## 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  
7:00 - Evening of Pampering

**Sunday:** 8:00 - Breakfast  
9:15 - Morning Group Session  
10:30 - Affirmation Exercise  
12:00 - 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*

### ***Cher Pollock, MS, LCPC:***

*Cher is birthmother to Bekki, placed in a closed adoption in 1968 and reunited in 2005. She is a Licensed Clinical Professional Counselor with over 25 years experience in adoption, domestic violence and women's issues. She lives in Danville, IL with her husband Thom.*

## Retreat Facilitators

### ***Jennifer J. Pedley, MJ:***

*Jennifer is birthmom to Grey, 21, placed at birth in an open adoption. She is the current board president of the On Your Feet Foundation and the author of the book, "Secrets To Your Successful Domestic Adoption." She lives in Milford, MI with her husband Ken and their two sons, Asher and Isaac.*

### ***Vicki Twomy, BA:***

*Vicki is birthmom to Kevin, 18, placed at birth in an open adoption. Vicki is the case manager at On Your Feet Foundation as well as an Expectant Mother Counselor, helping women make adoption plans for their unborn children. Vicki regularly does public speaking and adoption related events, in hopes to continue to help the world understand a birthmom's selfless act better. Vicki lives in Schaumburg, IL with her husband Matt.*