

Monthly Calendar

January 2025 Events and Programs

ADULT ADOPTEES, BIRTH PARENTS & DNA DISCOVERIES

General Discussion Meetings

Support and discussion groups for adult adoptees, birth parents, siblings, adoptive parents, prospective parents, professionals, and anyone interested in exploring the lifelong journey of adoption. Individuals from any location are encouraged to join. We believe adoption is a complex, lifelong, and intergenerational journey for all those whose lives are impacted by it. These meetings connect and empower individuals impacted by adoption, kinship, foster care, and DNA Discoveries and provide a source of healing, understanding, and learning.

All meeting times are shown in Eastern Time. Meetings are held via Zoom and registration is required to receive the meeting link. For more information on General Discussion Meetings and a list of upcoming special topics, please visit our website.

General Discussion Meeting Dates: (Virtual unless noted otherwise)

Jan. 2, Thurs., 7-9 PM led by facilitators JJ & Rosemary

Jan. 9, Thurs., 7-9 PM led by facilitators Kim & Denice

Jan. 16, Thurs., 7-9 PM led by facilitators Dottie & Estes

Jan. 23, Thurs., 8-10 PM led by facilitators Barbara & Dan

Register at <http://bit.ly/CalendarANC>.

Special Topic: "Should I open the DNA kit I got for the holiday?" DNA Discovery Support Group

Tuesday, January 7, 8:00-10:00 PM ET

Gift giving can be a challenge. Gift receiving can be even more challenging. If you received a commercial DNA kit over the holiday season, you're probably wondering, "What do I do now?" Join us as we unwrap this gift that may be life changing. Let's explore together how to best approach getting to know ourselves better.

Register at <http://bit.ly/CalendarANC>.

DNA Discovery Support Group (Virtual) Tuesday, January 7, 8:00-10:00 PM ET

If you have either found family using commercial DNA testing or been found by family who used commercial DNA testing (examples of commercial DNA testing are Ancestry.com, Family Tree DNA, 23&Me, My Heritage, etc.) then this is the group for you. You do not need to have a formal adoption connection to be in this group, but you do need to have a DNA discovery for this group to be relevant to you. Finding family, or being found - whether you are looking or not - is a major life event. It can upend long-held beliefs about ourselves and challenge the very things that make us feel like, well..., ourselves.

This group will focus on supporting each other during and after such DNA discoveries. These are not one time events; they are lifelong journeys. This peer support group is not meant to delve into the technical aspects of understanding your DNA results, but rather serve as additional support on your personal journey to integrate your DNA findings into your life. The focus of this group is on the emotional journey, and not the technical aspects of DNA results or the interpretation of results. This group is facilitated by Becky and Oliver.

Register at <http://bit.ly/CalendarANC>.

Birth Mother Support Group (Virtual) Wednesday, January 8, 7:00-9:00 PM ET

Our Birth Mother Support Group provides a safe and supportive environment to help with the complexities that are often part of the adoption experience. The meetings are open to birth mothers connected by the lifelong journey of adoption and are an opportunity for birth mothers to encourage one another in their healing process through discussion and interaction. Birth mothers who have experienced closed adoptions or adoptions with varying degrees of openness attend this meeting. We invite you to join this group of women, who are at different places on the same journey, to give and receive understanding and support. The group is facilitated by Lindsey and Nikki.

Register at <http://bit.ly/CalendarANC>.

Family Ties Monthly Gathering**Thurs., Jan. 9, 6:00-7:30 PM ET, In-Person
Pilgrim UCC (2592 West 14th St.)**

Join us for dinner followed by breakout sessions for parents, young children, and teens. Parents and caregivers will have an opportunity to discuss parenting topics in a supportive environment with others who understand. Adoption Network Cleveland staff also lead a peer support group for teens and structured activities including yoga and mindfulness for school-aged children. Childcare is provided for young children.

Transracial Adoptive Parent Support**Thurs., Jan. 16, 7:00-8:00 PM ET, Virtual**

Adoption Network Cleveland and Transracial Journeys join forces to hold a series of co-hosted monthly support groups for parents who have adopted children outside of their own race, aiming to provide an intentionally structured and supportive space where parents can hear from leaders with lived expertise and come together to share their experiences, challenges, and successes in raising transracially adopted persons.

NAMI Family Support Group**Mon., Jan. 20, 6:30-8:00 PM ET, Virtual**

In partnership with NAMI (National Alliance on Mental Illness), this Family Support Group is peer-led and intended for parents and caregivers of children and youth (18 and under) who are experiencing behavioral or mental health symptoms. This group allows your voice to be heard and provides an opportunity for your personal needs to be met.

Open Gym at Above the Barre**Sun., Jan. 26, 3:00-5:00 PM ET, In-Person**

All ages, from preschoolers to school-age children to adults, have access to all the equipment including 2 in-ground trampolines, 3 foam pits, and a ninja obstacle course. You will be climbing, jumping, bouncing and having a ball. Registration is required. Learn more about Above the Barre at www.abovethebarre.com

Register for all programs at <http://bit.ly/CalendarANC>.

Monday Evening Speaker Series**Reclaiming the Narrative: A 7-Step Approach to Trauma Healing and Adoptee Wholeness (Virtual)****Monday, Jan. 13, 8:00-9:00 PM ET
Presented Dr. Liz DeBetta**

Being able to question, reject, and rewrite the dominant narratives that make adoptees the object rather than the subject of their stories is essential to finding healing and wholeness. Permission to explore origin (and other adoption) stories and rewrite them as teens and adults helps adoptees to become more integrated by allowing them to connect to the parts of themselves that have been denied by the stories that were given to them as children, and the stories that the media would like the public to believe about adoption. Using Howard Bath's 3-pillars of Trauma-informed Care (2008) and the 7-step trauma-healing framework embedded in the Migrating Toward Wholeness© method of expressive writing to heal attendees will learn how the process of re-narrativizing for adoptees can be used to find clarity, understand the effects of trauma, promote personal growth that helps to shift internal narratives, and create healthy dialogue among families.

Growing Up Adopted, Adored, and Afraid with author and adoptee, Janice Jones (Virtual)**Monday, Jan. 27, 8:00-9:00 PM ET
Presented by Janice Jones**

Janice Jones reads vignettes from her memoir, Dr. Beare's Daughter, that illustrate how being adopted caused her to silence her own voice in her struggle to be that elusive, golden child she believed her parents really wanted—their own. She shares insights into life as an adoptee, that she gained from writing her story, and how publishing it finally gave her real self a voice in the world and helped her become whole. She invites questions and offers encouragement for participants to share their own stories as part of a healing journey.

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