General Discussion Meetings
2021 Dates

General Discussion Meetings, sometimes referred to as General Meetings, provide a safe place where people can share their feelings and experiences, get support from their peers, and learn from others' perspectives. The meetings have an open discussion format and are attended by adult adoptees, birthparents, siblings, and adoptive parents. Professionals are also welcome to come and learn. The meetings are also pertinent and helpful to those who have experienced foster or kinship care, or DNA discoveries such as misattributed parentage or donor-conception.

- No Charge — attendees are encouraged to become Adoption Network Cleveland members.

- **Please note that all meetings will be held virtually for the foreseeable future during their scheduled dates and times.** Our Virtual General Discussion Meetings meet via video conference (which can be accessed through a home computer/laptop, tablet, or mobile phone) and will require an internet connection or phone data connection.

- Preregistration is required for our virtual meetings through our website calendar at https://bit.ly/CalendarANC.

Virtual General Discussion Meetings

- First Thursday • 7-9 p.m. ET, Facilitated by Linda & Elaine
- Second Tuesday • 7-8:30 p.m. ET, Facilitated by Marni & Mindy
- Second Wednesday • 7-9 p.m. ET, Facilitated by Kim & Denice
- Third Thursday • 7-9 p.m. ET, Facilitated by Dottie & Estes
- Fourth Thursday • 8-10 p.m. ET, Facilitated by Barbara & Dan

Meetings with a Specific Focus

While most of our meetings welcome all who are impacted by adoption and foster care, we do have a few meetings that have a specific focus.

- DNA Discovery Support Group • First Tuesday, 8-10 p.m. ET, Facilitated by Becky & Oliver

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 include Ancestry, 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. Examples include individuals with a known connection to adoption such as birth/first parents, grandparents, and siblings, adoptees, donor-conceived individuals; also, individuals with unexpected parentage results among those not adopted such as unknown child discovery, unexpected niece, nephew, or cousin discovery, individuals discovering they are donor-conceived or adopted (late discovery adoptees); anyone who has who found unknown siblings. international adoptees connecting to family including cousins, unexpected grandparent discoveries, and the many other scenarios that are surprising folks with today's widespread commercial DNA testing. The focus of our DNA Discovery Support Group will be the emotional journey of DNA discoveries, we will not be discussing technical aspects.

Special Topics

While the majority of meetings are open discussions, one group per month will offer a discussion based on a special topic. 2021 topics include:

- Thursday, January 21 – A Birthmother's Perspective: A conversation with birthmothers
- Tuesday, February 2 – DNA Discovery Panel: Dealing with the emotional impact of DNA testing
- Thursday, March 4 – The Emotional Roller Coaster of Adoption
- Wednesday, April 14 – Reflecting on our Life Choices: Heredity or Environment?
- Thursday, May 27 – Nurturing the Relationship after Re-Uniting
- Tuesday, June 8 – Losses in Adoption
- Thursday, July 15 – Shame and Its Power to Enslave Us
- Wednesday, August 11 – Exploring Our Fears Surrounding Adoption
- Thursday, September 2 – Belonging to Two Families and How Adoptees Find a Balance
- Tuesday, October 5 – The Importance of Sibling Relationships
- Wednesday, November 9 – Ethics in Adoption
- Thursday, December 23 – Stress and the Holidays

For more information

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