

Monthly Calendar

November 2024 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)

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

Nov. 14, Thurs., 7-9 PM led by facilitators Kim & Denice

Nov. 21, Thurs., 7-9 PM led by facilitators Dottie & Estes

Special Topic: Triggers: Life Events That Move Us into Action or Keep Us Frozen

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

Special Topic: Triggers: Life Events That Move Us into Action or Keep Us Frozen facilitated by Dottie & Estes

Thursday, November 21, 7-9 PM ET

Throughout our lives, events happen that may activate the seven core issues of adoption: Rejection, Loss, Grief, Guilt and Shame, Identity, Intimacy, and Control. How do we learn to recognize them? How do we move from reaction to action — decision to choice. Join us as we dive into this special topic. Come to share, listen, or both! All are welcome!

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

DNA Discovery Support Group (Virtual) Tuesday, November 5, 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, November 6, 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**Thursday, Nov. 14, 6:00-7:30 PM, In-person
Pilgrim UCC Church, Cleveland**

We are in a new location! Family Ties will meet at Pilgrim UCC Church. We have moved the monthly group to this central location with ample free parking.

Join us on the 2nd Thursday of each month 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 for younger children including yoga and mindfulness.

Serving Seniors Family Social**Saturday, Nov. 16, 2:00-4:00 PM ET**

Charades and Pictionary, Anyone! Come play games with the residents at St. Augustine Towers! Our families will come together to serve the elderly in our community. Join us!

Transracial Adoptive Parent Support Group (Virtual)**Thursday, Nov. 21, 7:00-8:00 PM ET**

Join us this month as we discuss "Nourishment: Food and Family at the Table." Adoption Network Cleveland and Transracial Journeys are joining forces to hold a series of co-hosted monthly support groups for parents who have adopted children outside of their own race. This collaborative effort aims 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. Questions? Please contact Janelle by email at Janelle.Poskocil@adoptionnetwork.org.

NAMI Family Support Group (Virtual)**Monday, Nov. 18, 6:30-8:00 PM ET**

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. Please join us virtually via Zoom the 3rd Monday of each month.

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

Monday Evening Speaker Series**Moving Beyond Awareness (Virtual)****Monday, Nov. 4, 8:00-9:00 PM ET****Presented Fred Nicora**

For Fred, learning he was adopted came with two earthshaking revelations. First, he had no idea how central his birth story was to his sense of identity. Second, he was unaware that there was actually a group of the population in his state and country that had diminished records access rights—adoptees. Together, the two revelations sent Fred on a journey to redefine himself and find new purpose. Today, Fred's writing work focuses on family, identity, different DNA, and the craziness of living in the Intersection.

A Conversation with Canadian filmmaker on his film A Quiet Girl (Virtual)**Monday, Nov. 11, 8:00-9:00 PM ET****Presented by Adrian Wills**

Join us for an engaging discussion with Canadian filmmaker Adrian Wills about his film, "A Quiet Girl." The film link will be sent to participants upon registration. To make the most of the event, we encourage everyone to watch the film beforehand. Adrian will join us to share insights into his journey with the film and participate in a Q&A session.

**SPEAKER:
AUTHOR
D.M. PULLEY**

Adoption Network Cleveland's

**ANNUAL MEETING
WEDNESDAY, NOV 20**

CWRU-Siegal Lifelong Learning
6:30 - 8:30 PM

**2024 Annual Meeting
Monday, Nov. 20, 6:30-8:30 PM ET**

Join us for Adoption Network Cleveland's Annual Meeting on Wednesday, November 20th in Beachwood. On behalf of Adoption Network Cleveland's Board of Directors, and Executive Director (Betsie Norris) we invite all members, donors, partners, advocates, public officials, and the public to attend this celebration our accomplishments of the last year. The evening will include the presentation of awards - our Volunteer of the Year and Advocate of the Year - followed by a keynote address from author D.M. Pulley.