**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. 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 at [http://bit.ly/GDMatANC](http://bit.ly/GDMatANC).

**General Discussion Meeting Dates: Virtual, and listed as Eastern Time (ET)**

- July 6, Thurs., 7-9 PM led by facilitators JJ & Rosemary
- July 11, Tues., 7-9 PM led by facilitators Marni & Mindy
- July 13, Thurs., 7-9 PM, facilitators Kim & Denice
- July 20, Thurs., 7-9 PM, facilitators Dottie & Estes
- June 22, Thurs., 8-10 PM, facilitators Barbara & Dan

**Special Topic for July: Are Adoption Trauma and Neurodivergent Symptoms Linked? facilitated by Marni & Mindy**

*Tuesday, July 11, 7:00-9:00 PM ET*

Have you been given an ADHD or other Neurodivergent diagnosis? Have you even wondered if this was linked to your adoption trauma? The work of authors such as Gabor Mate’ suggest they are linked. Other studies report a link between chronic illness in the adult adoptee population and their next generation.

We don’t have all the answers, but if this topic relates to you please join the conversation. Together we can help each other see ourselves more clearly and learn how to navigate the journey.

Come to share, or listen, or both! All are welcome!


**Birth Mother Support Group (Virtual)**

*Wednesday, July 5, 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.


**DNA Discovery Support Group (Virtual)**

*Tuesday, July 17, 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.

**FAMILIES & YOUTH**

**Family Ties Monthly Gathering & Teen TEA (In-Person)**

Thursday, July 13, 6:00-7:30 PM  
21881 Libby Rd, Bedford Heights, OH 44146  
New Location for June & July

In July, we are excited to be welcomed to meet at Bedford Heights Daycare with its outdoor meeting and play spaces.

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.

Teens ages 11+ will meet separately after dinner for Teen TEA, our monthly teen group that provides a safe place for youth to share their truth, advocate for and support one another, and learn more about themselves. Children 10 and under will engage in mindful, therapeutic activities in a fun learning environment.


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**NEW** *Weaving Cultures, Transracial Adoptive Parent Support Group*  
Wednesday, July 26, Virtual  
7:00-8:00 PM ET

The Weaving Cultures group is open to all parents who have adopted transracially. This facilitated group will provide a safe environment to discuss issues unique to families that are made up of different races and cultures. The group will meet over Zoom on the 4th Wednesday of each month from 7-8 PM. Questions? Please contact staff member and facilitator, Janelle via Janelle.Poskocil@adoptionnetwork.org.


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**Annual Adoption Network Cleveland Cookout / General Discussion Meeting In-Person**  
Sunday, August 6  
12:30 - 2:00 PM (Discussion Meeting)  
2:00 - 5:00 PM (Cookout)  
Horseshoe Lake Park, Shaker Heights

Everyone in the Network connected to Adoption Network Cleveland and their families are invited to join us for our Annual Cookout! There will be food, games for the kids, entertainment, community and fun!

We will also be hosting a special, in-person General Discussion Meeting directly before the Cookout. It is an opportunity for individuals in the Cleveland area to come together in person and participate in a meeting. Please note that this meeting is for adults only. Childcare will be provided during the meeting for children ages 2+. Please indicate during registration if you need childcare. Also, please bring a lawn chair which you can use for the meeting. We ask that you register separately for the General Discussion Meeting.


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**SAVE THE DATE**  
Creating Futures: Benefit & Silent Auction  
Saturday, September 23  
6:00 - 10:00 PM  
BAYarts, Bay Village

Enjoy a creole influenced buffet dinner, refreshing libations, live jazz music, and a silent auction.

Support sustains our programs and services aligned with our mission serving the adoption, foster and kinship care, community.

Questions? Contact Kelsey.Reilly@adoptionnetwork.org.

Join us!  

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For ALL

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**Programs are FREE of charge unless otherwise stated.**

**Registration is required.**

**TO REGISTER for any program listed, please visit our calendar:**  