

## 2025 Birth Mom Friend's Group Schedule

Our group is for birth moms in our community, and beyond, who have made an adoption plan for their child. (The group is hosted by birth moms and staff of APO).

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**\*Thursday February 13th** - Galentine's Dinner at Olive Garden in College Station

Topic: Friendships That Stand the Test of Time Focus: Maintaining and reinforcing our friendships, as women who share the unique experience of navigating life as a birth mom.

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**Thursday April 17th** - Transforming and Retraining Negative Thoughts

Topic: Tending our Garden/Flower Bar

Focus: Using our creativity to learn about ourselves. Discovering hidden emotions and bringing them to light in ways that can be fruitful.

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**\*Thursday May 8th** – Birth Mother's Dinner Celebration at Marfa's Texas Kitchen in College Station

Topic: Honoring Your Journey: A Celebration of Strength

Focus: A positive, affirming dinner celebration, co-hosted with our friends at Bravelove. (Thursday before Mother's Day).

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**Thursday July 10th** – Realistically Examining Boundaries and Questions

Topic: Navigating Open Adoption Relationships Over Time/Expectations and Boundaries Focus: Setting and maintaining healthy communications with adoptive families and children. Handling judgment, unsolicited advice, and responding to uncomfortable or unwanted questions.

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**Thursday September 11th** – Parenting After Placement/The Journey Ahead

Topic: Parenting Other Children While Honoring Your Adoption Story

Focus: For birth moms who are or who will parent other children, balancing different aspects of motherhood.

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**Thursday November 13th** – Gratitude and Growth Friendsgiving Dinner

Topic: Finding Gratitude and Growth After Hard Seasons

Focus: A festive Friendsgiving meal, honoring the relationships and connections we continue to create in our birth mom friend's group.

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**\*Thursday December 11th** – Reflection and Renewal Christmas Dinner (Place TBD)

Topic: Looking Back, Moving Forward: A Year-End Reflection

Focus: A special Christmas dinner reflecting on our healing and setting intentions for the coming year.

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