



## A DIRECTORY OF POST-ADOPTION SUPPORT GROUPS & RETREATS

At BraveLove, we believe it's vital that a birth mother not walk alone because the journey of adoption does *not* end at placement. Here's a list of birth parent post-adoption support groups and retreats around the country that we recommend. We've spoken with them, vetted them, and now encourage you to see if they could be a good fit for you and your clients.

One important thing to note: Every person is different, which is why we've created this varied list. We plan to expand this directory over time with more details and more groups in order to provide lots of different support options. If you know of a birth parent support group or retreat, contact us at [info@bravelove.org](mailto:info@bravelove.org). We'd love to learn more about them.

If you're looking for post-adoption support, contact one of these organizations:

### ARIZONA

- **Expectant & Birth Mother Support Group at Adoption Home Study Services of Arizona**  
*Gilbert, AZ*  
Email Calli: [calli@azadoptionsservices.org](mailto:calli@azadoptionsservices.org)

### FLORIDA

- **Gladney's Finding Hope & Support**  
*Brandon, FL*  
Email Erica: [Erica.andres@gladney.org](mailto:Erica.andres@gladney.org)
- **Placement from the Heart Support Group**  
*Port Orange, FL*  
<http://www.adoptfloridafamily.com/placement-from-the-heart-birth-parent-support-group/>  
Email Angela: [angelaquick@hotmail.com](mailto:angelaquick@hotmail.com)

### GEORGIA

- **Bethany's Birthmother Support Group**  
*Atlanta, GA*  
Call 770.274.3451 or Email:  
[BCSpostadopt@bethany.org](mailto:BCSpostadopt@bethany.org)

### ILLINOIS

- **Retreats with On Your Feet Foundation**  
<http://www.oyff.org/>

### INDIANA

- **Adoption Support Center's Support Group**  
*South Bend, IN and Indianapolis, IN*  
<http://www.adoptionsupportcenter.com/>

### KANSAS

- **Adoption Option's Birthparent Support Group**  
*Overland Park, KS*  
Call 913-642-7900
- **Catholic Diocese of Wichita's Birth Mom Gathering & After the Gift Retreat**  
*Wichita, KS*  
<http://catholicdioceseofwichita.org/healing-ministries/after-the-gift>  
Email Bonnie:  
[toombsb@catholicdioceseofwichita.org](mailto:toombsb@catholicdioceseofwichita.org)

### MARYLAND

- **Bethany's Birthmother Support Group**  
*Crofton, MD*  
Call 410.721.2835 or Email:  
[BCSpostadopt@bethany.org](mailto:BCSpostadopt@bethany.org)

### MICHIGAN

- **Bethany's Birthmother Support Group**  
*Allegan, MI*  
Call 616.396.0623 or Email:  
[BCSpostadopt@bethany.org](mailto:BCSpostadopt@bethany.org)
- **Bethany's Birthmother Support Group**  
*Grand Haven, MI*  
Call 616.396.0623 or Email:  
[BCSpostadopt@bethany.org](mailto:BCSpostadopt@bethany.org)
- **Bethany's Birthmother Support Group & Services**  
*Grand Rapids, MI*  
Call 616.224.7617 or Email:  
[BCSpostadopt@bethany.org](mailto:BCSpostadopt@bethany.org)
- **Bethany's Birthmother Support Group & Services**  
*Holland, MI*  
Call 616.396.0623 or Email:  
[BCSpostadopt@bethany.org](mailto:BCSpostadopt@bethany.org)
- **Bethany's Birthmother Support Group**  
*Kalamazoo, MI*  
Call 269.372.8800 or Email:  
[BCSpostadopt@bethany.org](mailto:BCSpostadopt@bethany.org)
- **Bethany's Birthmother Support Group**  
*Lancaster, MI*  
Call 717.399.3213 or Email:  
[BCSpostadopt@bethany.org](mailto:BCSpostadopt@bethany.org)

**BRAVELOVE.ORG**

- **Bethany's Birthmother Support Group**  
*Madison Heights, MI*  
Call 248.414.4080 or Email:  
[BCSpostadopt@bethany.org](mailto:BCSpostadopt@bethany.org)
- **Bethany's Birthmother Support Group**  
*Muskego, MI*  
Call 231.733.1618 or Email:  
[BCSpostadopt@bethany.org](mailto:BCSpostadopt@bethany.org)

#### MISSOURI

- **Bethany's Birthmother Support Group**  
*St. Louis, MO*  
Call 314.781.6363 or Email:  
[BCSpostadopt@bethany.org](mailto:BCSpostadopt@bethany.org)
- **LFCS's Hope and Healing – A Group for Birth Mothers**  
*Cape Girardeau, MO*  
Call Marie: 573-334-5866
- **LFCS's Birth Mother's Group**  
*Springfield, MO*  
Call Melani: 417-862-1972

#### NORTH CAROLINA

- **Retreats with Birthmom Buds**  
<http://birthmombuds.com/>  
Email: [BirthmomBuds@gmail.com](mailto:BirthmomBuds@gmail.com)

#### OKLAHOMA

- **Deaconess's Common Threads Support Group**  
*Oklahoma City, OK*  
Call: 405-949-4200

#### PENNSYLVANIA

- **Gladney's Hand in Hand Birth Mother Support Group**  
*Pittsburg, PA*  
Email Cheryl: [Cheryl.parkhill@gladney.org](mailto:Cheryl.parkhill@gladney.org)

#### SOUTH CAROLINA

- **Bethany's Birthmother Support Group**  
*Columbia, SC*  
Call 803.779.0541 or Email:  
[BCSpostadopt@bethany.org](mailto:BCSpostadopt@bethany.org)

#### SOUTH DAKOTA

- **Bethany's Birthmother Support Group**  
*Rapid City, SD*  
Call 803.779.0541 or Email:  
[BCSpostadopt@bethany.org](mailto:BCSpostadopt@bethany.org)

#### TEXAS

- **Retreats with Birth Mom Bridge Ministries**  
*Midland, TX*  
<http://www.birthmotherbridgeministries.com/>
- **Birth Parent Support Group at Catholic Charities**  
*Dallas, TX*  
Email Carolina: [csalazar@ccdallas.org](mailto:csalazar@ccdallas.org)
- **Hope Cottage's DFW Adoption Triad Support Group**  
*Dallas, TX*  
Email: [DFWTriad@hopecottage.org](mailto:DFWTriad@hopecottage.org)
- **New Life Adoption's Support Group**  
*Houston, TX*  
Email: [support@newlifeadopt.com](mailto:support@newlifeadopt.com)

#### TENNESSEE

- **Bethany's Birthmother Support Group**  
*Chattanooga, TN*  
Call 423.622.7360 or Email:  
[BCSpostadopt@bethany.org](mailto:BCSpostadopt@bethany.org)
- **Bethany's Birthmother Support Group**  
*Nashville, TN*  
Call 615.242.0909 or Email:  
[BCSpostadopt@bethany.org](mailto:BCSpostadopt@bethany.org)

#### VIRGINIA

- **Catholic Charities of Arlington's Support Group**  
*Arlington, VA*  
<http://www.ccca.net/>  
Email Sarah: [sporter@ccda.net](mailto:sporter@ccda.net)

#### WISCONSIN

- **Bethany's Birthmother Support Group**  
*Waukesha, WI*  
Call 262.547.6557 or Email:  
[BCSpostadopt@bethany.org](mailto:BCSpostadopt@bethany.org)