



Adoption Savvy

Birth Mother Groups

Seattle Location
10550 Lake City Way NE
Suite E
Seattle, WA 98125

Tacoma Location
6512 20th St Ct W
Suite B2
Fircrest, WA 98466

You Are Not Alone!

Most Birth Mothers have never even met one other Birth Mother let alone had the experience of being with a group of other women who completely "**get it**" and understand their unique experiences & feelings. Come join us in a safe, comfortable environment and receive invaluable **support, education, & resources** for the journey. You are not alone!

Cost may be covered by agency or insurance.

Contact Amy for more details at amy@adoptionsavvy.com.



Amy Barker D'Alessandro, LMHC, Co-Facilitator

Hi! I'm a fully-licensed Adoption & Trauma Therapist, and I work with all ages & members of the adoption community. I'm also an Adult Adoptee in longterm reunion and a Birth Mother of a grown son. I have extensive experience personally & professionally navigating the many complexities created by adoption, and I love seeing the power of Birth Mothers together!

Jennifer Joy Keener, LSWAIC, MHP, Co-Facilitator

Hi! I'm a Clinical Social Worker & Mental Health Professional in the State of Washington. I specialize in working with individuals impacted by adoption, foster care, & trauma. I'm also the Birth Mom of a teenage daughter in an open adoption. My passion is to bring hope & healing to the Birth Parent community.



Seattle Birth Mother Group

Third Wednesday of the Month*

7pm-8:30pm

Tacoma Birth Mother Group

Fourth Tuesday of the Month*

7pm-8:30pm

*Group dates and times are subject to change. **RSVP required** for all groups. **RSVP to amy@adoptionsavvy.com** or call (206) 661-2566.