



**Birthmother**  
*Author Unknown*

*I need someone to talk to,  
Who knows my pain  
Who knows what I'm going  
through  
When the tears fall like rain.*

*I need someone to talk to,  
Who knows the ache like no  
other  
But feels the pride too,  
I need someone who is  
another birthmother.*



## Pregnant & Placing Program

Our Pregnant & Placing Program is for women who are pregnant and considering adoption. We pair these women with already-placed birthmothers who are at peace with their decision for support from someone who has "been there, done that."

We realize not everyone has internet access and provide phone mentoring to those pregnant and considering adoption as well.

Our care package program sends a small care package containing items such as a journal, picture frame, candle, bath items, etc. to newly-placed birthmothers. This program is run solely on donations of items for the packages.

Disclaimer: The founders of BirthMom Buds are not professional counselors or social workers nor do they intend to take the place of professional counseling. They are two birthmoms leading others in peer counseling based on their experiences.

## BirthMom Buds

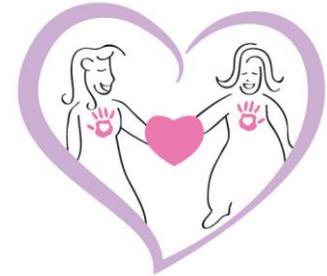
Call us:  
864-205-7387  
Toll-free 1-855-4mybbud

Visit us on the web:  
[www.birthmombuds.com](http://www.birthmombuds.com)

Email us:  
[birthmombuds@gmail.com](mailto:birthmombuds@gmail.com)

# BirthMom Buds

Birthmothers together healing the imprints left upon our hearts.



Founders:  
Nicole "Coley" Strickland  
&  
LeiLani Wood

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Dear Friend,

Whether you are considering making an adoption plan for your unborn child or you have placed a child for adoption, I understand how you feel. In June of 2001, I found myself in an unplanned pregnancy and 5 months pregnant because of a failed birth control shot. I was not prepared to parent a child at that time in my life but I was also opposed to abortion as a choice for myself. I began to toy with the idea of adoption, but had many questions. As a waitress at a restaurant, I had many regular customers, including a happily married couple. They congratulated me when I told them I was pregnant, and I explained I was looking into adoption. They then surprised me by telling me their daughter was adopted and that they were interested in adopting a second child but did not push themselves upon me. I knew in my heart they were to be the parents of my child. I gave birth to a small, but healthy, baby boy on September 20, 2001. As I left the hospital empty-handed, my heart was heavy with grief. I tried to talk to family and friends about how I was feeling, but they did not understand. Isolated and sleepless in the middle of the night, I stumbled across a post on an adoption web site by a young woman named Lani who had placed her baby for adoption four days before my son was born. We found out we had much in common and only lived a few hours away. Lani became one of my biggest supporters as she understood what I was feeling before I even got the words out of my mouth! We discussed how lonely we were before we found each other and did not want any other birthmoms to go through the recovery process alone. That simple idea led to the creation of BirthMom Buds, a web site and organization that provides support to birthmothers. Our hope is that with BirthMom Buds, others can find the support and friendship they so desperately need, as we both did! Blessings to you on your journey!

Hugs,  
Coley

## What we offer...

- Individually pair birthmoms through our unique "buddy system"
- Weekly scheduled peer counseling chats with the founders
- Private forums available to members anytime
- Addressing all types of adoption
- Endless opportunities for self expression through our birthmom showcase, monthly newsletter, and inspiration area
- Telephone Mentoring Program for those without internet access
- Care Package program for those who have recently placed
- Special area and mentoring program for those pregnant and considering adoption
- Secret Santa Christmas Stocking Exchange
- Annual birthmother retreat



## Insight from our members...

*"I have friends who are birthmoms, but the relationship I have formed with my birthmom buddy, Sarah J. is different. We have so much in common. Only through BirthMom Buds could a match like this happen. I'm so grateful for the friends I have made through the site." ~ Sarah, Illinois*

*"Not only did BirthMom Buds provide a place for me to share, care, and heal but they also connected me with other birthmoms who could relate to my story. BirthMom Buds started me on my road to recovery and acceptance!" ~ Jenn, Pennsylvania*

*"Going to the BirthMom Buds retreat is worth the waits at the airport, the long flights, and the money I spend to get there. There's nothing that compares with the feeling of spending a weekend bonding with other people whose stories may be different than your own but still know exactly how you feel! BirthMom Buds does a fantastic job organizing and planning the retreat and it's wonderful to feel special for the weekend." ~ Monika, Washington State*

Dear Friend,

My life changed after the choices I made in 2000. My husband and I felt God laid it on our hearts to bless friends of ours with a child they could not have. In January 2001, we were all happy to find out we were pregnant. Then in March, due to a technicality, we were forced to tell our friends they would not be able to parent this child. I thought, "Why is this happening to us?" All we had set out to do was help. Even though I had never wanted more children, I had always dreamed of having a little girl. I knew deep down that was not the plan God had for me. After that, things really started looking bad for us. Our life slipped full speed downhill. Meanwhile, lots of people came to us with phone numbers of people they knew wanting to adopt. There was one number my husband got that came to us in an unusual way. After things got a little more out of control, my husband and I called that number. A man answered and informed us that his wife stayed after church to pray for a child. This amazed me! Soon the adoptive Mom and I discovered we both wanted the same things in life for this baby. She respected the things I wanted in an adoption plan. We knew the moment we saw them they were the ones God had prepared to parent our little girl. All was great and my life had done a complete turn around now. That is until September 17, 2001, the day after our daughter's birth. I felt so alone, lost, scared and helpless with no one to turn to. I began to cry, think bad thoughts, and even screamed. Finally I got on my computer, hunting for someone who would understand. I left a post on an adoption message board and later received a reply from another birthmom, Coley. She even shared a birthday with our baby angel! We both had the same dreams and goals to help other birthmoms. We created BirthMom Buds, a place where women like us can find peace and comfort. I understand that no 2 stories are alike. I promise to keep my heart open and be non-judgmental.

Be blessed and much love,  
Leilani