SINGLE MOTHERS BY CHOICE (SMC)® 40TH ANNIVERSARY CELEBRATION

AGENDA

Saturday, Oct. 16th

1:00 - 1:15 PM Welcome
Jane Mattes, LCSW, Founder of Single Mothers by Choice, and her son, Eric Mattes

1:15 - 2:15 PM Adult SMC Children: What was it like growing up?
Hear a panel of SMC grown children reflect on their experience being raised by SMCs and answer your most pressing questions.

2:15 - 2:30 PM Break
Enjoy an optional guided meditation with Melissa Chen of “Mindful Yoga with Melissa”

2:30 - 3:30 PM Moms of Adult SMC Children: What was it like raising your children?
Hear a panel of moms of grown SMC children reflect on their experience and answer your most pressing questions.

3:30 - 4:30 PM The Donor Puzzle: How do the kids sort it out?
Dr. Rosanna Hertz, Ph.D, Professor of Sociology and Woman & Gender Studies, Wellesley College
Enjoy a presentation by Dr. Rosanna Hertz sharing her research findings from conversations with families who have connected with others who share a donor. Participate in Q&A with Dr. Hertz for all your donor connection questions.

4:30 - 4:45 PM Break
Enjoy an optional guided meditation with Melissa Chen of “Mindful Yoga with Melissa”

4:45 - 5:30 PM Networking Discussion Groups
Choose between breakout rooms for networking & informal discussion for every stage of the SMC Journey: Thinkers, Tryers, Pregnant or Moms! There will also be a breakout room for SMC young adults (teens and older) to connect!

5:30 - 6:00 PM Networking Discussion Groups
Choose between breakout rooms for networking & information discussion on key SMC topics: Raising Children of Color, Beyond Baby #1, Raising a Non-binary Child, or Raising a Special Needs Child.
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Sunday, Oct. 17th

12:00 - 12:10 PM Welcome & Guide to Content Options
Come together for day two and get set up for choosing between the two simultaneous content tracks of the day

12:10 - 12:55 PM A Day in the Life of an SMC: What’s it really like?
Hear from a panel of SMCs about their daily life and how they’ve built a support system. We’ll have moms of children at every stage from newborn to teens! Ask these moms all your questions about life as an SMC with children at different ages.

Attend one session of your choice during each time slot:

1:00 - 2:00 PM Different Paths to SMC-thood: How do we get there?
Hear from a panel of SMCs about their paths to becoming an SMC including donor insemination, donor eggs and adoption. Enjoy candid Q&A.

-OR-

1:00 - 2:00 PM Donor Sibling Connections
Hear from families who have connected with other families who had the same donor. Enjoy candid Q&A

2:00 - 2:15 PM Break
Enjoy an optional guided meditation with Melissa Chen of “Mindful Yoga with Melissa”

2:15 - 3:00 PM Fertility Treatments: How do they work?
Dr. Spencer Richlin, Surgical Director and Partner at Reproductive Medicine Associates of CT
Get ready for a presentation on Fertility 101 and get your most pressing questions answered.

-OR-

2:15 - 3:00 PM The “Daddy Question”
Jane Mattes, LCSW, Founder of SMC
Learn about how to prepare and handle your child’s questions regarding dads, fathers and donors. Enjoy open discussion and questions.
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Sunday, Oct. 17th

3:00 - 3:45 PM Donor Insemination: Some Considerations,
Lisa Schumann LCSW, Director of Mental Health Services at Reproductive Medicine Associates of CT
Enjoy a presentation about choosing a donor by Lisa Schuman, LCSW and get your most pressing questions answered.

-OR-

3:00 - 3:45 PM Dating and Relationships: How do we manage them?
Hear from SMC members who are dating or who partnered after becoming an SMC - and one of the partners. Enjoy candid Q&A.

3:45 - 4:00 PM Break
Enjoy an optional guided meditation with Melissa Chen of “Mindful Yoga with Melissa”

4:00 - 4:30 PM — Network Group Discussion
Choose between breakout rooms for networking & information discussion on key SMC topics: Saving for Fertility by Devon Baeza, The Fertility Finance Coach, Adoption, New Moms or Moms of Teens

4:30 - 5:00 PM — Network Group Discussion
Choose between breakout rooms for networking & informal discussion for every stage of the SMC Journey: Thinkers, Tryers, Pregnant or Moms!