



DECEMBER 2020

Conceptual Options



Partnering for Parenthood since 1999

SURROGATE NEWSLETTER



DECEMBER FUN FACTS

1. December's birthstone is Turquoise;
2. December's flower is Paper White Narcissus, Holly or Poinsettia;
3. The 1st commercial Christmas card was printed in England in 1843;
4. December 1843 - Charles Dickens' "A Christmas Carol" was 1st published;
5. December 1, 1885 was the 1st time Dr. Pepper was sold;
6. December 4, 1971 - the world's 1st Sunday edition newspaper was published in London, England;
7. The famous Time Square ball dropped for the first time on December 31, 1907 this was also the 1st public New Year's Eve celebration.

UPCOMING MANDATORY SUPPORT GROUPS

PLEASE NOTE THAT FOR THE MONTH OF DECEMBER ALL SUPPORT GROUPS WILL BE DONE BY VIDEO OR PHONE!

Please contact your Case Manager if you have any questions. Additionally, you should have received a Support Group E-mail with instructions regarding Zoom Video Call codes & the Tele-Support Phone Number & Code.

TELE-SUPPORT GROUPS

- Group A | Wednesday 12/09/2020 @ 10:00 am PST
- Group B | Wednesday 12/09/2020 @ 12:30 pm PST
- Group C | Monday 12/21/2020 @ 6:00 pm PST
- Make-Up | Monday 12/28/2020 @ 12:00 pm PST



POWAY VIDEO SUPPORT GROUPS

- Poway Video Support Group - Afternoon**
Thursday 12/17/2020 @ 12:30 pm
- Poway Video Support Group - Evening**
Thursday 12/17/2020 @ 5:30 pm



VIDEO SUPPORT GROUP

The Video Support Group will take place on **December 23rd** at 12:00 pm. Please see support group e-mail for more information!



CONGRATULATIONS



TO ALL OF THE CO SURROGATES WHO GAVE BIRTH IN 2020!

JANUARY BIRTHS

- Alexandra
- Jacqueline
- Nicole
- Deidre
- Meme



FEBRUARY BIRTHS

- Guadalupe
- Kimberly
- Sarah
- Ashley

MARCH BIRTHS

- Marisol
- Marissa



APRIL BIRTHS

- Keyonia
- Emilia
- Kanesha

MAY BIRTHS

- Martina
- Rochelle



****See Support Group E-mail for Phone Number & Code****

Continued on Page 2!

CONCEPTUAL OPTIONS' DECEMBER SURROGATE SPOTLIGHT IS:

Jessica



I just completed my first surrogacy journey with giving birth to a healthy, adorable baby boy! I was not sure if surrogacy was the right path for me when I first looked into it. I loved the idea of being able to help a family grow and with being young and having healthy, easy pregnancies, I felt it was something I could do. Coming into Conceptual Options and meeting the wonderful staff, I instantly knew this was the next step I wanted for my life!

When I first heard surrogacy described as a journey I quickly realized how accurate of a term it is. I love new adventures that take me out of my comfort zone, and this journey definitely gave me plenty of surprises. I felt I learned so much about myself through the shots, tests, and emotional roller coaster.

This journey gave me opportunities to grow and watch my children grow (my youngest is very interested in nursing now after watching all the blood drawings and shots!). I felt the need to work on my gratitude daily. I wanted to enjoy every minute of this journey knowing it would go by too quickly. I would start every day thanking baby for this experience. I was so happy my intended parents had a friend in the area to be a wonderful support to me during the journey. Before the stay at home order, she had been coming with me to every appointment, bringing snacks for me and sometimes gifts for my kids.

I was so sad when I heard the intended parents would not be able to come in for baby's birth but felt very fortunate to have their family friend here and ready to take care of him. It has made everything much easier on me knowing he is in a loving home, and it has been much easier to explain to my kids as they know the family friend well now.

Towards the end I had started to get very nervous knowing how fast all my babies came, having a strong feeling that this baby would come early, and with the uncertainty during the quarantine. This little guy decided to come almost exactly two weeks early and with only 2 hours that I was sure I was in labor! My husband was able to come in once I was admitted, and they did a quick COVID test on me which came back negative right when it was time to push, allowing me to take my mask off! The family friend was allowed in to the hospital with her own room right after baby was born. The nurses were all very sweet with allowing me time to get snuggles in and time to say goodbye to baby before taking him. Saying goodbye was so much easier than I was expecting! I felt like our journey was over, he was safe and healthy, and I was ready and looking forward to caring for myself.



CONGRATULATIONS



JUNE BIRTHS

*Corina
Emily
Sofia*



*Samantha
Savannah
Lillian
Karina
Tiana
Jessica
Griselda*

JULY BIRTHS

*Priscilla
Griselda
Dulce
Paige
Emily*



AUGUST BIRTHS

*Alisha
Christina
Kayley
Brooke
Dacia
Amber
Tabitha
Vanessa*



SEPTEMBER BIRTHS

*Sonia
Vanessa
Roslyn*

OCTOBER BIRTHS

*Josefina
Monica*

NOVEMBER BIRTHS

*Danielle
Jessica*



DECEMBER BIRTHS

Coming Soon!



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