



YOUR FAMILY-BUILDING JOURNEY PLANNER

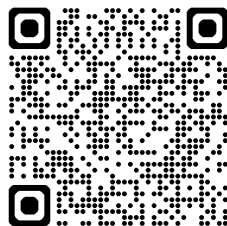
Notes, Insights & Key Steps to Guide Your Path Forward



MAKING COMPLEX FAMILY BUILDING EASIER FOR ALL

This booklet was created for the **Growing Families Surrogacy & Donor Conception Conference - London 2025** to provide you with insights, guidance, and space to plan your next steps. Keep it close—it's designed to support you in planning your surrogacy journey.

As surrogacy laws, medical practices, and agency processes continuously evolve, some of the details in this booklet may change over time. If you're referring to this booklet after 2025, we recommend reaching out to Growing Families for the most up-to-date guidance.





Today, you move forward.

For many, the road to parenthood is straightforward. For you, it's different. It's longer, filled with twists, questions, and moments of doubt. And yet—you're here. You've stepped forward, not just dreaming of a family, but actively building one. That's courage. That's determination.

This journey won't always be easy, but it will be worth it. And today marks a turning point. Here, in this room, you're surrounded by people who have walked this path before you—parents who once sat where you are now, wondering if they would ever hold their child. You're also surrounded by experts, ready to guide you through every challenge ahead.

You are not alone. The help you need is here. The next steps are within reach.

Today isn't just another event—it's a milestone. A moment you'll look back on as the day things truly began.

Welcome to the first step of the rest of your journey.

What's ahead

Today is about finding answers, making connections, and gaining the confidence to move forward. Each session is a chance to learn, ask, and plan your next steps.

Some moments will bring clarity. Others will spark new questions. That's all part of the journey.

Take it all in. The answers you need may come from a speaker on stage, a casual chat over morning tea, or the moment you realise—you're not doing this alone.

Here's what's coming up:

Time	Sessions
10:50 AM – 11:20 AM	IVF & Egg Donation Panel Panel: Dr Melvin Thornton, Dr. Rahi Victory, Egg Donor recipient
11:20 AM – 11:50 AM	Legal & Ethical Considerations in Surrogacy Panel: Natalie Gamble, Alex McNab, Nino Bogveradze, Dr. Vasanti Jadva
11:50 PM	Morning Tea & Networking
12:10 PM – 12:40 PM	International Surrogacy Experts Panel Panel: Anastasia Polonska, Naia Adamia, Allie Manterfield, Santiago Martinez, Carla Maeda
12:40 PM – 01:10 PM	International Parent Journeys Panel: Shaun Thomas, Fiona Powney, Robert Prosser
01:10 PM – 01:30 PM	The Impact on Families Panel: Young adults born via surrogacy & egg donation

Lunch will be served after the last session.

There will be a short Q&A at the end of each session. Don't worry if you don't get to ask your questions, the speakers are staying for a few hours after lunch to welcome your questions. We're all dedicated to making sure you leave this event confident you have knowledge to move your journey forward.



Tips for Success

To get the most out of this conference, approach it with an open mind and a plan. Here are a few strategies to help you stay focused, absorb key insights, and make meaningful progress:

Actively participate in sessions and take notes. The more involved you are, the more you'll gain.



ENGAGE

**ASK
QUESTIONS**



Don't hesitate to ask questions during Q&A or approach experts afterward for clarity.

Connect with fellow attendees to share experiences and gain new perspectives.



NETWORK

**REVIEW
YOUR NOTES**



After each session, highlight key takeaways and follow-up actions.

Reach out to experts after the event for additional guidance or consultations.



**FOLLOW
UP**

**STAY
CONNECTED**



Keep in touch with contacts through social media or support groups for ongoing support.

Reflect on what you've learned and outline your next steps, such as contacting clinics or agencies.



**TAKE
ACTION**

**ORGANIZE
RESOURCES**



Store your materials and contact details in a safe place for easy access.

Session 1: IVF & Egg Donation

A Critical First Step

Building your family through surrogacy often begins with IVF and egg donation—two crucial steps that can shape the entire journey ahead. But with so many choices, how do you make the right ones? This session is designed to break it all down, making the process clearer, more manageable, and less overwhelming.



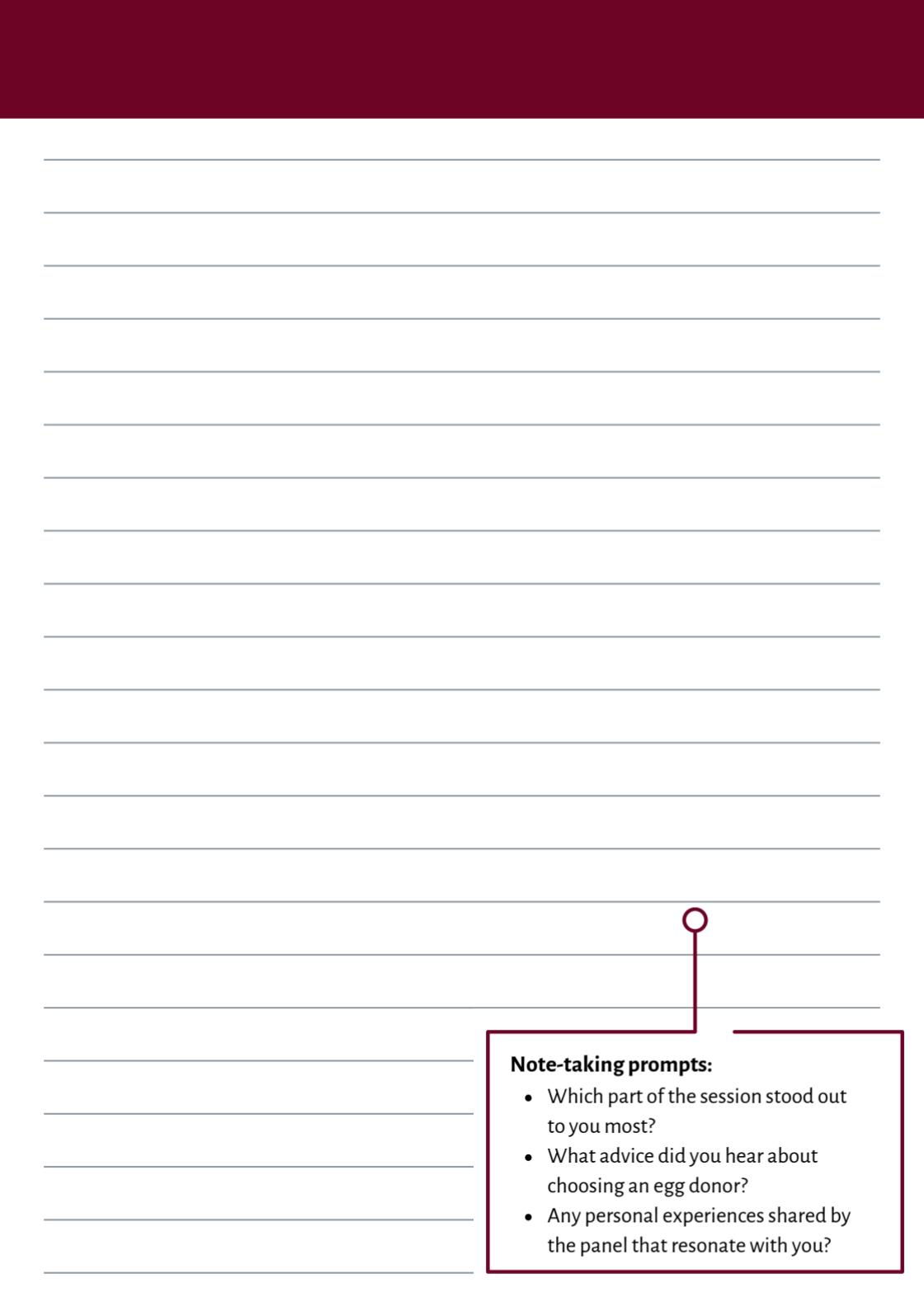
You'll gain a deeper understanding of the medical side of assisted reproduction, hear from experts about what influences success rates, and learn how to choose an egg donor with confidence. You'll also have the rare opportunity to hear from egg donor recipients themselves—why they chose this path, what the process was like for them, and what it means to build a family with the help of a donor.

Questions This Session Will Answer

- Should I choose a fresh or frozen egg donor?
- What are the real chances of success with donor eggs?
- How do I know if a donor is truly a good match for me?
- What genetic and medical factors should I consider when selecting a donor?
- How many embryos should I create; what happens if IVF doesn't work the first time?
- What considerations should I be aware of when using an egg donor?
- Will my child be able to contact the donor in the future?
- What are the biggest misconceptions about using donor eggs?

Your Notes

(Use this space to jot down key insights or any follow-up questions you might have.)



Note-taking prompts:

- Which part of the session stood out to you most?
- What advice did you hear about choosing an egg donor?
- Any personal experiences shared by the panel that resonate with you?

Session 2: Legal & Ethical Considerations

Understanding the Complexities of Family Building

As you move forward on your surrogacy and egg donation journey, understanding the legal and ethical aspects of the process is crucial. Laws surrounding surrogacy and egg donation vary widely by country and region, and navigating these can feel overwhelming. This session will help clarify the essential legal frameworks and ethical principles that govern the process.



You'll learn about important considerations like parental rights, contracts, and legal safeguards in surrogacy agreements. Our expert panel will also address ethical concerns, such as donor anonymity, compensation, and the broader implications of assisted reproduction.

By the end of this session, you'll have a solid foundation to understand key legal aspects of surrogacy, empowering you to ask the right questions and make informed decisions as you plan your journey.

Questions This Session Will Answer

- Are there any legal risks if I engage in another country?
- How do surrogacy and egg donation laws differ between countries, and how do they impact my options?
- What legal steps do I need to take to ensure parental rights are established?
- How can I ensure that the contract with my surrogate or egg donor is fair?
- Are surrogacy contracts legally enforceable?
- What are the potential ethical concerns that I need to be aware of?
- What happens if there's a dispute with my surrogate or donor? How are these issues typically resolved?
- How do I protect the anonymity of my egg donor?
- What should I know about the legal status of the baby and citizenship in international surrogacy arrangements?

Your Notes

(Use this space to jot down key insights or any follow-up questions you might have.)

Note-taking prompts:

- What should be included in a surrogacy agreement?
- Which countries have clear frameworks for transferring parental rights?
- Which countries have surrogacy laws that align best with your goals?

Session 3: International Surrogacy Experts



Navigating Surrogacy Across Borders

In this session, we've brought together a panel of leading experts from various surrogacy-friendly countries to guide you through the key considerations when pursuing surrogacy abroad. You'll learn how to choose the right country, understand the legal and medical landscapes, and find out how to avoid common pitfalls along the way.

By the end of this session, you'll have a clearer understanding of your options for pursuing surrogacy internationally, helping you make more confident decisions about your journey. Our expert panel will address key questions you may already be considering, guiding you through the complexities of choosing the right path forward.

Questions This Session Will Answer

- What should I look for when choosing a surrogacy agency?
- What are the average costs involved in different countries?
- How long does the surrogacy process typically take in different countries?
- What should I look for when assessing the reputation of an agency?
- What factors influence timelines and costs?
- Are there checks required of intended parents?
- How are surrogates screened?
- How is surrogate compensation set? Is it negotiable?
- What kind of things do surrogates tend to be most worried about?
- What relationship can I have with my surrogate?
- Do surrogates expect/want a relationship after birth?
- What are the key parts where intended parents need to have patience?
- What level of support will I receive during the journey?



(Use this space to jot down key insights or any follow-up questions you might have.)

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- What factors should you consider when choosing an agency?
- What red flags should you look out for when evaluating an agency?
- What should you ask agencies about their experience and success rates?

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Session 4: International Parent Journeys

Real Stories, Real Insights

The path to parenthood through surrogacy is different for everyone. In this session, you'll hear directly from parents who have navigated the process in various countries. They'll share their experiences—the challenges, the surprises, and the key decisions that shaped their journeys.

By the end of this session, you'll have a clearer understanding of what the process looks like in real life, helping you set realistic expectations and feel more confident in planning your own journey.

More than anything, this session is about hope. Hearing from those who have been in your shoes can be incredibly reassuring. Their stories show that while the journey can be complex, it is possible—and that each step forward brings you closer to the family you've been dreaming of.



Questions This Session Will Answer

- How did you choose what country to engage in?
- How did you choose your surrogacy agency?
- What was the timeline like for your surrogacy journey?
- What were the most unexpected or hidden costs during the process?
- Were you prepared for them?
- What advice do you have for dealing with delays or complications in the process?
- How did you navigate the communication and coordination between your surrogate, agency, and any other professionals involved?
- What was the hardest part of the journey, and how did you handle it?
- What support did you get from your agency?
- How did you manage staying in another country for the birth and waiting for travel documents?
- What would you have done differently now that you've been through it, knowing what you know?

Your Notes

(Use this space to jot down key insights or any follow-up questions you might have.)

- Note-taking prompts:**

- Which panelist's story resonated with you the most? Why?
- What was the most surprising thing you learned from a parent's experience?
- Did anything shared today change your perspective on your own journey?

Session 5: Impact on Families

The Voices of Surrogacy: Insights from the Children

In this session, you'll hear directly from individuals who were born through surrogacy. They'll share their personal stories, offering a powerful look into what it's like to grow up knowing their family was formed in this unique and intentional way.



This conversation provides valuable insight into the long-term emotional and social experiences of those most impacted by surrogacy—helping you reflect on what it means to build your family this way and how to support your child's understanding of their story as they grow.

Questions This Session Will Answer

- What was your experience like growing up as a child born via donor IVF or surrogacy?
- How did your understanding of your origins evolve as you got older?
- Were there any challenges around identity or explaining your family dynamic to others?
- How did friends, teachers, or peers respond when they learned about your family story?
- Did your surrogate or donor play a role in your life growing up?
- How did your parents talk to you about your surrogacy journey?
- What advice would you give to parents considering surrogacy, especially about talking to children about their beginnings?
- Do you have any thoughts on the emotional or ethical aspects of the process?

Your Notes

(Use this space to jot down key insights or any follow-up questions you might have.)



Note-taking prompts:

- What were some of the challenges mentioned by the panelists that you hadn't considered before?
- How did the discussion impact your own thoughts on surrogacy's long-term emotional effects?

Reflect, Recharge, Reconnect

After a day full of valuable insights, it's important to take a moment to step back, breathe, and recharge. This is your opportunity to digest the information you've gathered, reflect on what's most important to you, and connect with others in a relaxed environment.

Mingle & Connect

The lunch break is not just about grabbing a bite — it's your chance to chat with fellow attendees, share experiences, and ask the panelists any lingering questions in an informal setting. You never know who you might meet or what helpful advice you might gain by simply exchanging thoughts with someone else on the journey.

If you're feeling overwhelmed, that's okay too. This is a marathon, not a sprint. Taking time to process everything will ensure that you can approach your next steps with clarity. Remember, no one expects you to have all the answers today. Just focus on being present and absorbing as much as you can from both the event and the people around you.

Jot Down Your Connections:

Use the space below to keep track of the people you meet—whether it’s intended parents, experts, or agency representatives. A quick note about your conversation can be helpful when following up later!

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Consult the Experts

After lunch, take advantage of your chance to speak one-on-one with surrogacy experts. Your ticket gives you access to free consultations with specialists—whether you need advice on agencies, legal considerations, timelines, or any other aspect of your journey.

No need to book—just walk up, introduce yourself, and ask away. This is your opportunity to get personalised insights before you head home.

And remember, write everything down:

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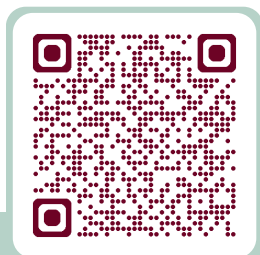
Still Feeling Lost?

That's completely normal. Over the past few hours, you've taken in a wealth of information—new concepts, big decisions, and a whirlwind of possibilities. It's a lot to process, and you don't have to have all the answers right away.

Take a Moment to Pause

You've taken in a lot today—new information, different perspectives, and possibly even a shift in how you see your own journey. It's okay if you don't have all the answers yet. Give yourself time to process everything at your own pace. When you're ready, go to the next page.

For now, as you wrap up the day, we'd love to hear your thoughts. Your feedback helps us improve future events and continue supporting intended parents like you. Scan the QR code below to share your experience.



FEEDBACK

From Our Hearts to Yours

Thank you for spending your day with us, for showing up for yourself, and for allowing us to be part of your journey. Building a family isn't always a straight path, but today, you've taken an important step forward.

We hope you leave with more clarity, connections, and the reassurance that you are not alone. There is a whole community—experts, parents, and hopeful families—ready to support you every step of the way.

No matter where your path leads next, we're honoured to have walked a part of it with you.



When You Get Home

Having taken in all the insights from the conference, it's now time to start translating what you've learned into action.

- **Review Your Notes & Reflect:** Take time to go through your notes, reflect on key takeaways, and identify any gaps in your understanding that need further exploration.
- **Identify Your Priorities:** Where are you in your journey? What's the most pressing decision or action for you right now? Whether it's choosing an agency, speaking with a clinic, shipping your gametes, or understanding legal requirements, take a moment to determine what comes next for you.
- **Create Your Action Plan:** Develop a timeline or checklist for the steps you need to take next, whether it's contacting agencies, getting a legal consultation, or researching fertility clinics.

If you're feeling unsure about your next steps or need help making sense of everything, we're here for you. Book a consultation with Sam Everingham to receive tailored guidance on your journey. As an attendee, you're entitled to a **25% discount** on your session.

**Book your discounted
personalised consultation here**



Take your time, but when you're ready, we'll help you move forward with clarity and confidence.



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