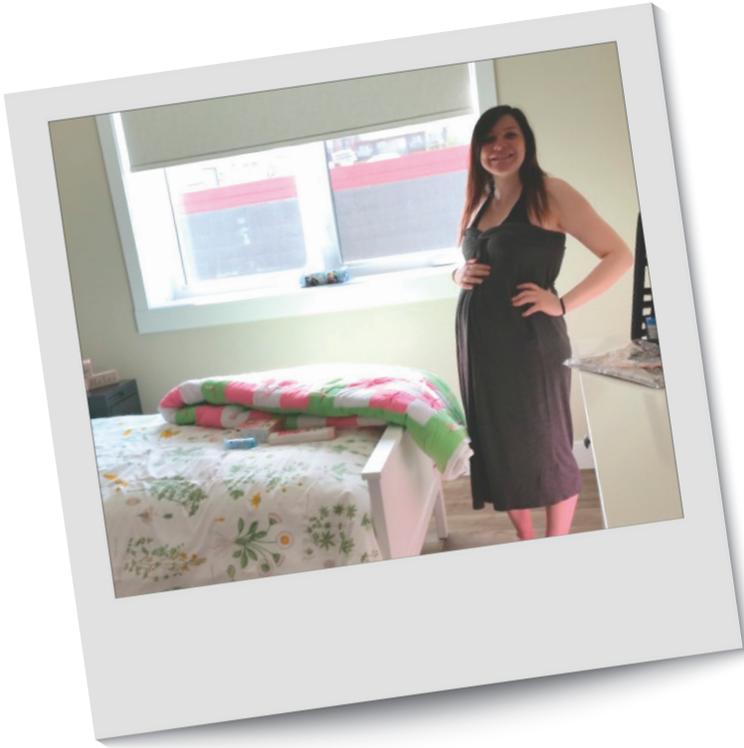


Your Connection to the Central Alberta Pregnancy Care Centre



MAY 2016



The Maternity Home is making a difference for Karissa!

“I hope to be a good mom by continuing to work and learn more life skills, such as parenting, budgeting, taking good care of myself during my pregnancy, and building healthy relationships. I like how they are helping me set my own goals for myself and helping me be accountable. It’s a place where I can call home and feel stable and safe. I feel I am respected for my individuality and my thoughts and my feelings matter. They make me feel at home here.” ~ Karissa

Thank you for giving Karissa a safe place to live and learn during her pregnancy!

Another client wanted to share her story ... and it's really important for you to hear it.

“I am a survivor of two abusive marriages. Both of my “happily ever afters” ended in brokenness and despair. For two years I had been in recovery and had received some healing. However there was still something holding me back, something that kept me from complete healing. I was still broken.

I had heard about the Steps to Sexual Health program but I didn’t think it applied to my life. As my Client Advocate explained more about the program, I realized that some of the abuse which I had experienced was sexual abuse, so I decided to take the program.

That was one of the best things I have ever done for myself! Through the videos and exercises, I slowly began to understand that what had been done to me was not my fault ... the shame I was carrying was not mine to carry. I was able to speak out loud so many of the feelings I had stuffed down inside for so long. I started to believe I was worth more and I deserved better than what I had been given and experienced. I was able to work through my anger and write out my thoughts and feelings. It was the final step needed to finally find healing. I was able to truly forgive my perpetrators for what they had done to me, I hadn’t been able to do that before. I was finally free.

What would I tell people that support the Pregnancy Care Centre? Your support provides a way for people like me to find hope and freedom, where there was only despair and bondage. I am changed, and because of you, my future is changed.

You have been a part of changing my life and giving me hope for my future. Thank you.”

www.pregnancycare.ca

Did You Know?

There are young men, who come to the Centre, looking for help and support too. Many haven't had a positive male influence in their lives — often they just need another guy to be there for them and believe in them.

Because of your help, we were able to offer that kind of support to 16 NEW MALE CLIENTS since January 1st!

You Can Help

By Donating:

- Journals
- Diapers, size 2-5
- Baby wipes
- Baby wash and diaper cream
- Items needed for the Maternity Home:
Gift cards to Superstore, Walmart & Costco are welcome, or phone the Centre for the current wish list.

By Volunteering:

- Client Advocate
**requires training*
- Maternity Home respite care **requires training*
- 24 hour Helpline
**requires training*
- Church Liaison
- Newsletter & Group Service Projects
- Cleaning
- Building Maintenance



More information on our website. www.pregnancycare.ca



You Made A Difference

*Because of YOUR SUPPORT,
we have been able to:*

Train and Equip Volunteers

Next training dates:

Red Deer: May 5-June 30, 6pm-9pm

September 15-December 1, 9am-12pm

Olds: September 14-November 30, 9am-12pm

Rocky Mountain House: TBD

Develop a New Program

We have curriculum for 24/7 Dad — A fatherhood program using innovative tools and strategies for dads to learn how to be involved, responsible, and committed.

You Can Join Us

Mark your calendar & save these dates.

- **Baby Bottle Campaign**
May 8 — June 19
- **We Care, We Ride Motorcycle Rally**
Saturday, September 10
- **Fall Fundraising Banquet**
Thursday, October 13
- **Rocky Mountain House Dessert Evening**
Thursday, December 1

You are doing great things in Rocky Mountain House

Volunteer training is done (15 people!) and orientation is happening at the Red Deer Centre. The goal is to start offering support and education to clients in Rocky by the fall. We are hoping to celebrate the Grand Opening of the CAPCC Rocky Mountain House Satellite Centre at the Dessert Evening on December 1st!

If you no longer wish to receive this newsletter, please call 403.343.1611 or email info@pregnancycare.ca.

As per the Alberta Charitable Fundraising Act and Regulations 4(1)(c) and 4(2); with this newsletter we hope to raise \$25,000 at an estimated cost of \$2,500.

The CAPCC is a registered charitable organization (Charity #11911 2357 RR 0001). Donations are tax deductible, and tax receipts are sent once per year. Spending of funds is confined to programs and projects approved by the Board of Directors. Each restricted contribution designated towards such an approved program or project will be used as designated with the understanding that when the need for such a program or project has been met, or cannot be completed for any reason determined by the organization, the remaining restricted contributions will be used where needed most.