

# Your Connection to the Central Alberta Pregnancy Care Centre



SEPTEMBER 2016



## *Angela and her son Vincent want to say "Thank You!"*

"I came to the Centre in Olds to take part in the Keys to Young Parenting program. They helped me with diapers, formula, and clothes. I've been so blessed to get to know the wonderful women who work there. It makes me feel good when they call and check up on us.

The Centre connected me with a pastor and his wife who helped me with transportation. I was also connected to an exercise group and a Bible Study.

*My life is different today* because of the help and support I received. It feels good to have

gone through the parenting course, to get to know the ladies at the Centre, and to have help in tough times. Thank you."

## *We have some exciting news about Rocky Mountain House!*

Isn't it amazing when we pause and watch God in action? This is what He has been doing in Rocky Mountain House:

- Susan Campbell has been hired as Director. She is being trained in Red Deer and is developing partnerships in Rocky.
- Volunteers are trained and are completing their orientation in Red Deer.
- By this fall we will be ready to offer CAPCC programs and services in Rocky!

Please join us **Thursday, December 1st**, in Rocky for a **Dessert Night** to learn more about the stories unfolding there and how you can be involved!

## *Welcoming a precious new life.*

September 11th was a special day - Karissa, our first Maternity Home resident, had a baby boy, Bronx. We are honoured to be a part of their lives.

"I feel like I have grown up a lot and become more responsible. I always thought people who were older than me didn't understand and didn't care about me, but I learned they really do care. I think I've learned to handle my anger better because now I trust people more."





## You Are Making a Difference

You are supporting a new program ~ 24/7 Dad

"We learned a few things from the first group! The Dads want more than a place to share difficulties and fears. They also want to talk about co-parenting and the specific challenges that situation brings.

Almost right away we discovered the Dads want help with very practical things; we call them "baby skills" — how to change a diaper, how to feed and burp a newborn, recognize the onset of a fever, etc.

At 24/7 Dad, young men learn these skills and they build confidence in being the best Dad they can be. They are affirmed in the importance of their role as a father and encouraged to be involved with their child.

Up close, the **24/7 Dad** program is about helping young dads. But when we step back, we realize it encompasses much more, it **is about investing in the future of children and families**. The success of the child and the family unit is strengthened when a Dad is present and involved." (Pastor Ed Klym, 24/7 Dad Facilitator)

To learn more about 24/7 Dad, please contact us at 403.343.1611 or [info@pregnancycares.ca](mailto:info@pregnancycares.ca).

## You Can Join Us

Save these dates!

- Thursday, Oct 13 - **Fall Fundraising Banquet**  
[www.pregnancycares.ca/events](http://www.pregnancycares.ca/events) to register
- Thursday, Dec 1 - **Rocky Mountain House Dessert Night**



## Did You Know?

The CAPCC is in Sundre!

Every Monday from 10am - 12pm, CAPCC Client Advocates are at the Greenwood Neighbourhood Place in Sundre.

We are there to offer support and education to women, men, and families impacted by unplanned pregnancy.



## You Can Help

By Donating:

- Diapers (size 2 - 5)
- Baby wipes, baby wash, diaper cream
- For the Maternity Home: gift cards for Costco, Superstore, and Walmart are welcome OR phone the Centre for the current wish list

By Volunteering:

We have a number of volunteer opportunities! Please see our website [www.pregnancycares.ca](http://www.pregnancycares.ca) for more information.

If you no longer wish to receive this newsletter, please call 403.343.1611 or email [info@pregnancycares.ca](mailto:info@pregnancycares.ca).

As per the Alberta Charitable Fundraising Act and Regulations 4(1c) 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 (#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. Restricted contributions will be used as designated with the understanding that when the need has been met, or cannot be completed, the remaining restricted contributions will be used where needed most.