

The Pregnancy Care Centre Society of Kamloops is a non-denominational, non-profit organization which will assist women and men faced with an unplanned pregnancy.



As a peer counselor, I spend much of my time in the counseling room listening to women facing unplanned pregnancy. In many cases, the woman is in a crisis when she arrives, is fearful, anxious, stressed out or angry. She rarely maintains eye contact and usually fidgets.

As I sit and listen, I find myself on edge at times, not knowing what to say or what good questions to ask. I try my best to help the woman relax and feel comfortable, non-threatened and non-judged. It is in the moments of silence that I appreciate the opportunities I am given to spend a short time with each of these unique and special women. I strive each time I am in the counseling room to try and make the client feel comfortable and secure through these tough moments.

There are times that I feel I have failed in my job as a peer counselor and I begin to doubt if I have listened enough or asked the right questions but then I realize that no matter what happens in the counseling room, if all I have done is just be there and sit with this woman, I have

done enough. We never tell our clients what to do, it is up to them to make a decision that they will feel good about. There are also many times that I have felt it an honor and privilege to be part of each woman's life; assisting them during such a crucial time of confusion and crisis. It's amazing how all it takes for the client is to be able to use me, the peer counselor, as a sounding board, and how talking aloud in a non-threatening and neutral environment can ease the crisis.

The clients that are seen range in age from 15 years and up, women unable to support themselves financially, women in abusive situations, women strongly convinced that abortion is the only way and married women with children. No matter what circumstance each of these women is from, they all face the same crisis, an unplanned pregnancy. I also feel most encouraged when clients are physically helped with a need. For example, when a client is unable to buy diapers or clothes for their baby, at the center we can help them out. We have been given generous donations of baby clothes, blankets, diapers and maternity clothes.

As a peer counselor, I try to find out what the issues are and give them information on each option. I know that no choice is easy and that is why we, are here - to help each woman make the best choice for her and her baby. I end my sessions confirming to each client that whatever decision they choose, they will live with it for their lifetime. Therefore, that decision needs to be made carefully and with all the available information so they can do what is best for them.

I have a heart to serve and a desire to help women in need. I thrive at just spending time with women helping them to make positive life choices. It is rewarding to see clients leave having made a decision that they are happy with.

HEATHER HULKA, *Peer Counselor*

Mission Statement

"We desire to empower those who are faced with an unplanned pregnancy, through education, resources and support."



President's Notes

Our first Annual General Meeting was held on Tuesday, February 12, 2008 at Our Lady of Perpetual Help Parish Centre.

We are grateful to the three new board members who agreed to join us, to the past members who did so much to get us to our present position, and to the Board Members who accepted positions for year 2008 executive. They are:

President – Sharon Ludwig
Vice President – Kathy Dahl
Secretary – Sheila Bambauer
Treasurer – Megan Gleddie

Members at large are: Pastor Terry Sauder, June Stratichuk, Deborah Andronyk, Bethany Penney, and Father Derrick Cameron.

Our Centre is a vibrant place with clients

and volunteers coming and going. God has blessed us with donations of baby and maternity clothes. He gives before we even ask Him – so we know we are on the right track!

In January 2008 we finally received news from Canada Revenue Agency that we had been awarded our charitable status number effective for 2007. God is good – dealing with Revenue Canada is something else!

Please feel free to drop by our cheerful Centre at 535 Tranquille Road, #200 – above the Salvation Army Thrift Store. We are open from noon – 4 p.m., Monday to Friday.

We ask for your continued support, both prayerful and financial. There is much work to be done in this important ministry.

God's blessings.

SHARON LUDWIG, *President*

Baby Bottle Fun(d)raiser 2007/2008



Is fundraising FUN? You ask. Those who took home baby bottles with cute pictures of pink elephants, giraffes, lambs, snowmen and teddy bears in our 2006/07 campaign thought so. They put so many coins in their bottles that thousands of dollars were raised and the Pregnancy Care Centre became a reality with as many as 32 clients being counselled since its May 5/07 opening.

Our second campaign, Formula 4 Hope, began in the fall of 2007 and has continued on into 2008. We are right in the thick of things now with bottles coming in from:

Southwest Community Church	Valleyview Bible Church
Summit Drive Baptist Church	Kamloops Alliance Church
Sahali Fellowship	Dallas/Barnhartvale Baptist
Vineyard Christian Fellowship	Our Lady of Perpetual Help
Kamloops Full Gospel	Sacred Heart Cathedral
St. Andrews Lutheran	St. John Vianney Parish
Lord of Life Lutheran	Holy Family Parish
St. Ann's Academy	Friends @ TRU

To date this campaign has raised \$5,000. with many more bottles still coming in. We cordially invite your church or seniors/youth/care group to join us in this ministry. Since we can be quite flexible as far as time spans go, we are considering putting bottles out on Mother's Day and bring them in on Father's Day, a five-week span. Other Pregnancy Centres tell us that this works well for them. If this time frame appeals to your church or group please let us know. If your church wishes to participate in the baby bottles campaign at any time during the year – we will accommodate your wishes. Phone June @ 374-2754 or the Pregnancy Care Centre office @ 376-4646.

Just a footnote to say if there is anyone out there who would like to help form a Baby Bottle Fundraiser Team, please, please call me.

JUNE STRATICHUK, *Lonely Baby Bottle Fundraiser*

Understanding the negative test client

The majority of our clients come to the centre because they suspect they may be pregnant and would like to have a pregnancy test. Naturally, there's a percentage of clients whose test results are negative. When this happens the client feels a tremendous sense of relief. This does offer a unique opportunity to assist the client in evaluating her sexual lifestyle choices. When an appropriate approach is used, she will generally be surprisingly honest and thoughtful about her lifestyle.

The consequences of her lifestyle choices are three-fold: physical, emotional and spiritual. The peer counsellor may use this opportunity to discuss abstinence counselling as well as the risks of sexual activities such as: unplanned pregnancies, abortion, and sexually transmitted diseases.

Many of our clients are between the ages of 15 – 25 (75% of our clients). They seem to be reacting to life rather than acting, and their emotional energy tends to be outward rather than inward. At this age they seek to make changes by influencing those around them rather making changes themselves.

In many instances the client is just so relieved not to be pregnant, that she is in a rush to leave. But if the peer counsellor is able to discuss these issues with her briefly, the client will be given the opportunity to assess the choices she makes and understand the potential consequences of those decisions.

Wish List:

The Centre has been tremendously blessed by you our supporters, we are still in need of a small coffee table and a couple of pole lamps for the counselling rooms. The addition of the lamps will give a soft comforting atmosphere to the rooms. If you would like to donate a lamp or monies so that we can purchase these, it would be greatly appreciated.

The smaller counselling room, furnished with a wicker loveseat and 2 chairs, is also in need of a fairly large picture.

Administrator's Report

There is a saying, which states, "some things never change".

While we certainly have seen many changes since our opening 11 months ago, the need for volunteer peer counsellors has not changed. We have a group of committed peer counsellors who faithfully volunteer in the office, see clients, and answer our crisis line. Since January 2nd we have extended our hours to five days per week from three days. Naturally more volunteers are needed. The result of the extended hours has also brought in more clients – we are now working with 33 clients! In order to meet the demand, we will be offering the peer counsellor training course the week of April 7th and have space for possibly 2 more interested people. Please call 376-4646 to register for this amazing training (the course will be offered again in the fall).

Once again "some things never change". We have been blessed with great financial supporters who have enabled the Centre to open its doors on May 5th, 2007 and keep the doors open. Presently we have several individuals who are supporting the Centre with monthly dona-

tions – would you consider becoming one of our monthly donors? Your monthly donation of \$10, \$20, \$50 or ??? will help us meet our monthly budget (see donor card on page 4).

There are many programs which are essential to the Centre which we would like to implement very soon: Post Abortion Counselling (several clients are post-abortive, presently pregnant and keeping their babies), Adoption Counselling - birthmother support (one client lovingly placed her baby, and one is considering adoption), Abstinence Program in the schools (have been asked by a school to provide this teaching) and Prenatal classes. God is opening doors for us, won't you join us by remembering us with your prayers.

Are you someone who would like to be involved but not necessarily as a peer counsellor?

If you are someone who loves to plan and organize an event, help with fundraising and/or is a great idea person – we want to hear from you. There is great opportunity to help the Centre to grow one event / project at a time.

Promotional Business Cards

We have included 2 promotional business cards with the newsletter. These cards list our services on the back, please use them to pass out to anyone you feel should know about the centre. More are available through the office.

SHIRLEY BOSMAN

Investing in the FUTURE

Continued Prayer

We would not be where we are now without your prayers and intercession. Please continue to remember us in your prayers and know that you are making a difference in this ministry. If you are interested in being part of our prayer team and receive regular prayer requests via email, please contact us at: info@www.pregnancycarekamloops.com "I urge you, first of all, to pray for all people. As you make your requests, plead for God's mercy upon them, and give thanks." – Timothy 2:1

Canadian Tire Money

It's amazing all the odds and ends required to operate the Centre, and your donation of Canadian Tire "money" assists with purchasing all these items. **Note: receipts will not be issued for Canadian Tire "money" **

United Way Donations

You may give to the Centre by designating your United Way payroll deductions. Several companies will match your donation, check to see if your employer will. This is a great way to increase your giving and bless the Centre. Be sure to mention our official name: Pregnancy Care Centre Society of Kamloops, and our charitable number: 85614 5594 RR0001.

A Bequeath

When you include a designation in your will to support the Pregnancy Care Centre you are

making a positive investment in the life of a girl facing a crisis pregnancy. Henri Nouwen says it so well . . . "Bring into the world a little child totally dependent on the care of others and leading it gradually to maturity is true defiance of the power of death and darkness. It is saying loudly: For us life is stronger than death, love is stronger than fear and hope is stronger than despair."

Canada Helps

Many friends have told us they wished they could contribute directly to the Pregnancy Care Centre Society of Kamloops with their credit card. So, we have partnered with Canada Helps, an online vehicle that ensures secure, user-friendly, online credit card transactions.

Go to our website: www.pregnancycarekamloops.com and click on the Donate Now button.

You will enter the Canada Helps giving system. There you will be guided by a series of instructions to select the level of support you wish to provide and your method of payment. You will be offered the opportunity to make gifts anonymously or to give contact information for a charitable receipt that will come directly from Canada Helps.

We are excited to offer you this convenient way to support the ministry.



I want to be involved in the Pregnancy Care Centre of Kamloops by:
 Becoming a member Single Membership \$10.00 Family Membership \$15.00

I am interested in supporting financially:
 One time gift of: \$ _____ (A tax receipt will be issued for all donations over \$10.00).

Pre-authorized monthly gift agreement - I authorize the *Pregnancy Care Centre Society of Kamloops* to automatically withdraw \$ _____ from my financial institution on or around the 1st day of each month until further notice.

Voided cheque attached. Signature _____ Date _____

Name: _____ Phone: _____
Address: _____ City _____
Postal Code: _____ E-Mail address: _____

Please mail to, and make cheque payable to, the Pregnancy Care Centre of Kamloops.
St 200 - 535 Tranquille Rd., Kamloops, BC V2B 3H5

I do not want to receive information about the Pregnancy Care Centre of Kamloops.

