



# How Can You Help?

*Pregnancy Care Center offers so much more than just a place to rest and reflect during this special time in our residents' lives. We provide services and support to help get them on their feet and into healthy and productive lives.*

*Below are some of the ways you can actively participate in making a difference in the lives of the young women and children in their care.*

## Baby Bottle Drive

In this whimsical appeal, you will hand out baby bottles to your membership or for distribution to merchants and retailers in your area. For a pre-determined time frame (ie: one week) change is collected in the bottles. You might want to make a competition out of this by offering a prize for the most collected by your membership. We supply the bottles; you supply the time and manpower. At the end of your collection term, simply bring the change to a local bank change counter, and send the funds to us.



## Showers for Fresh Starts

Our clients come to us with very few possessions. Once our residents are ready to go off on their own, we supply them with some of the basics to make their new house a home. For many of them, they are starting with little more than the clothes on their backs. Help us to get them off to a fresh new start by helping to supply some of the items that will give them a comfortable new beginning:

Twin bedding sets • Crib sets/crib sheets • Shampoo & conditioner • Pillows • Tooth brushes & tooth paste • Soap • Towels • Deodorant • Razors

## Program Appeals



One of the ways you can realize change for our residents is to support the various programs we provide. Listed below are three areas where your donation will make a tremendous impact.

- College Outreach - provides confidential pregnancy testing and consulting to proactively give young women positive alternatives to abortion.
- Job Readiness and Education Support - includes a comprehensive series of educational and experiential classes and supports for our residents.
- Round the Clock Care - allows our mothers to pursue their program goals: to go on job or school interviews, doctor's appointments, to their job, to attend school and to take advantage of the self-sufficiency programs offered

## Food Drives

Help to collect some basic non-perishable food items for our residents: Peanut butter, Jelly, Tuna, Pasta, Cereal, Canned soups, Vegetables, Meals, Mac & cheese, etc.



## Outfit the Residence

New pots, pans, dishes, glasses, flatware etc. are always needed!

**Call and find out how to make a difference...914-235-0505**

*Your donations are always appreciated!*

I enclose my donation of \$ \_\_\_\_\_

Donate on line: [www.emr4motherandchild.org](http://www.emr4motherandchild.org)

Please make checks payable to Pregnancy Care Center, Inc. and send to: 86 Mayflower Avenue, New Rochelle, NY 10801.

Name \_\_\_\_\_

Address \_\_\_\_\_