

Birthline

Of San Diego County, Inc.

A Pregnancy Support Center - Free Confidential Services

birthlineofsandiego.org

Quarterly Newsletter

Fall 2015

Clairemont Office

As the Clairemont Director, one of my favorite activities is speaking to churches and local organizations about what we do at Birthline. In September, I had many opportunities to share stories with local parishes and service organizations about the women and children we support and how we are making a difference in their lives. I'm so grateful and humbled by people's support and encouragement. I am also amazed by the stories that people share with me.

At a conference last month, a beautiful and well-dressed Hispanic woman shared with me her very painful story of many years of spousal abuse and a forced abortion. You would never guess by her confident and elegant manner that she had ever had such a difficult past. She is now very active in the pro-life movement and using her talents to ensure that no woman suffers a similar experience. It has taken her many years of prayer, therapy and healing to move forward with her life.

Hearing stories from our clients reminds me that every single one of our clients is important.

Yours in Community and Service,
Sharon Shelton,
Director, Clairemont Office

Chula Vista Office

A day in the life of the Chula Vista Office

It was a Tuesday morning, two clients were already waiting at the door. It was the end of the month and some of our families needed a little extra help with formula, diapers, food and clothing. While we were helping these women, a new client came into the office. She was thrilled to receive a list of programs that she did not even know existed. Soon two more clients came. While they were in the clothing room, a woman we call Gina arrived after being referred to us by a nearby clinic. She had been dropped from the Cal Fresh program (Food Stamps) because her paperwork was not completed on time. We were able to connect her to a program to help her get reinstated. This completed our first hour of the day.

By 10:30am three more monthly clients arrived to receive much needed items. Soon after that a woman came in, we will call her Susan. She came in for diapers and formula for her 10

month old baby. Susan had just found out she was pregnant and seemed very distressed. After some consoling, the volunteer explored all of the possibilities. When Susan was leaving I went into our back office and retrieved a "Basket of Love" and put it in her car. At this point we all took a deep breath.

You see the Basket is much more than baby items, it is a beautiful message of love and life.

Shortly thereafter two more women came in as first time clients. They were sent by Neighborhood House. They are an amazing agency that helps to im-

prove the lives of the people in our community. They were helping our new clients find low-cost apartments, (which is not an easy thing to do in San Diego) We have clients who have been waiting for section 8 housing for almost nine years. One of the women had a new baby, and we were able to give her a layette that was sorely needed. Both women received referrals for programs that will help them



grow stronger as a family. They were also given a notebook to document everything they do significantly to support their children. It's a great tool to help them be more aware of the needs of their children, and if CPS is involved, it lets them see how well the parents are doing.

Next we had our 6th new client come in. Her case was heart wrenching. Amber's first baby almost died several times during his first year of life, because he had been born with a blockage in his air way that was not detected. Amber's second pregnancy had been very difficult and this baby requires constant care and supervision. Then her husband lost his job, so we helped her husband enroll in work programs and job training. We also made a referral for a Public Health Nurse to come to her home. She was the 3rd person that day who received a referral to the PHN program. During the last 45 minutes, of our day, we helped four more clients. One of our clients named Rebecca came to get help for her new baby and two young children. But Rebecca was also helping to support her friend Margie and her three children because Margie is dealing with stage four cancer. To make things even more complicated, one of Margie's children is pregnant. We spent a great deal of time helping them with their immediate needs, and we will continue to do all we can for Rebecca and her "extended family" over the next few years. Please keep Rebecca and all of our clients and volunteers in your prayers.

Not all days are this demanding, some days can be a bit slower, but most are quite busy and with your support we are able to keep our doors open to help these women!

Tricia Corrao
Director, Chula Vista Office

From the Board

On behalf of everyone at Birthline, we want to thank you for a very successful fundraising season. Despite the best efforts of the rare San Diego rains, we had one of the most successful Walk for Life's in our history! We have been hard at work this past year, launching a new client website, training many volunteers and continuing to help as many women and children as we can handle. However, for all of the families that we are fortunate to help, there are many more that we strive to reach. As we embrace the successes of 2015, we spend this holiday season reflecting on why we do what we do, and strive to make 2016 even better.

I want to take this opportunity to give a warm thanks to all of our volunteers and friends who have made Birthline a great success and invaluable resource to women and families over the last 36 years. We wish everyone a great holiday season and look to make next year as successful as the last.

Sincerely,
Ben Donovan
Chairman of the Board

Wish List

- Clothes for newborns
- Storage space
- Swaddle blankets
- Baby Thermometers

Chula Vista Office
Volunteers Monday - Friday
Volunteer as Office manager

Clairemont Office
Thursday afternoon Volunteers
Grant writer to work with team
Website maintenance volunteer
Volunteer as the Executive Director



How can you help?

- ◆ Donate new baby items for layettes
- ◆ Plan a "Baby Shower" with members from your church or circle of friends

- ◆ Donate new or gently used clothes
- ◆ Your bank can set up an automatic monthly donation to Birthline
- ◆ Use **AmazonSmile** when you order something online from Amazon.
- ◆ Pray for Birthline, our clients, their children, our volunteers and their families.

Offices

Chula Vista

1220 Third Avenue, Suite 1
Chula Vista CA, 91911
Phone: 619-425-5012
After Hours 619-463-8791
E-mail: birthlinesdcv@att.net
Office Hours
Monday 9:00-12:00
Tuesday 9:00-12:00 and 1:00-4:00
Wednesday-Friday 9:00-12:00

Clairemont

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Phone: 858-270-2491
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Office Hours
Monday 10:00-1:00 and 5:00-8:00 p.m.
Tuesday Wednesday and Friday 10:00-1:00
Thursday 10:00-4:00
Website: www.birthlineofsandiego.com

Birthline provides free life-affirming help to pregnant women and families with young children, sustaining them in a time of crisis, working with them to manage challenges and overcome obstacles for a better life.

Your donations help to keep our cupboards full.