



FOOTHILLS PREGNANCY RESOURCE CENTER

LIFEletter



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Full Circle to FPRC

Meet Tina, or as we call her, "Lady T"

Hi, my name is Tina J. BSN, RN. Nurse Manager of FPRC. I am new to Foothills Pregnancy Resource Center as of January 2024. I am a native New Yorker. My family and I are currently bicoastal—what a blessing. Recently, we welcomed our new grandson. I have been a BSN, RN over 30 years with my specialties being Labor/Delivery and the Operating Room. I also completed one year of Law school, which was an awesome experience.

Now, I have a little story that brings me full circle to FPRC today...

As a young child, I was a volunteer through a program at my junior high school and I never forgot the experience. In fact once the program was over I still went on my own time to visit a certain mom I had been working with over the summer.

This mom, named Kay, was involved in a domestic violence situation, where she had been beaten numerous times and finally had to leave her residence with her 4 children and she was pregnant at the time. I worked tirelessly to encourage and uplift her and help to support as much as I could. Who was I? I was a child and a believer that knew, through God, I could help her. Kay of course was older than me, but not old. Sometimes I just listened. I tried to assist the workers at the shelter to find housing for my new friend too. Other times I just helped with the babies who at the time were all under the age of 6. I saved my allowance to give her to use for whatever she fell short on. She always would hug me and cry and of course thank me. Kay said,

"When you grow up, you're going to be someone great, I know it ...God has already written it."

I told my parents about Kay and her struggle and the little ones having to live in the shelter until she could afford and find a place of her own. Both my parents started giving me money to assist Kay, too! Kay made me promise to always stay in touch with her when I got older. I promised!

Kay, had a healthy baby girl, who she named "Kristina" she said in my honor. Kay also was able to break the cycle she moved from the shelter into affordable housing with all 5 of her kids, with some state assistance. She never revisited that cycle of violence again. We remained in contact through life up until today.

I make it a point when I am home in NYC to visit with her. I recently found out Kay is on dialysis now and not doing as well as her doctors expected, but I pray for her daily. God is the ultimate Healer!

My full circle leads right back to helping Moms & Babies...
GOD ALWAYS LEADS OUR FOOTSTEPS! ❤️



FOOTHILLS PREGNANCY RESOURCE CENTER

a State-Licensed Medical Clinic

(626) 358-2122

924 Buena Vista Street, Suite 202
Duarte, CA 91010

OFFICE HOURS:

Mon, Wed, Fri: 11am - 3pm

Tues, Thurs: 2pm - 7pm

MISSION

FPRC is a safe place where individuals and families are empowered with the tools and support to make healthy life choices.

ABOUT US

We recycle hope into every life that walks through our doors.

WAYS TO DONATE

Mail your gift to:

FPRC

P.O. Box 234

Monrovia, Ca 91017

Or give online at:

foothillsprc.org

Sabbatical Rest... Sabbatical Surprises

by Lori Berg



It is a common spiritual discipline to “rest”. And in the role as a minister or leader of a parachurch ministry, it is also very wise to stop, reflect, and refuel every number of years while in service. As Executive Director of FPRC, even though the nonprofit was in the active process of hiring and training a new nurse manager, Tina, I felt it was mandatory that I hit the pause button for a sabbatical season. Sabbatical is typically a time to spend writing, meditating, immersing in the Word, delighting in physical activities, drawing, and more.

I am blessed to have family in New Zealand and had for some time been encouraged to check out that amazing country! Oh, and did I mention that the family I refer to is complete with a two-and-a-half-year-old great niece? With that said, I decided to take the journey to NZ and stay with my nephew's family for a month.

I recognized that I needed, in the spirit of true sabbatical rest, to leave myself and my schedule wide open to see how God was going to fill my plate.

Maya, (shown at right in the photo clinging onto Nanny Lori's leg), has now officially taken up that space in my heart as “the love of my life”; and, I was able to begin that crucial and tender adventure of creating memories that will last throughout our lifetimes!

In a country the size of New Zealand, only about 5 1/2 million, I had hoped to discover precious resources like FPRC. The country is reported to have over 2 million Christians.

I looked online prior to my departure for ‘pregnancy help centers or clinics’ in New Zealand and found mainly websites for what looked like all-volunteer options counseling centers. When I found several of these websites, I did think it might prove interesting to pay a visit to one such center. Quite by a special surprise, I found myself inside an Op Shop (the Kiwi slang for thrift shop) in Whangarei (pronounced FANG AR RAY), the former capital of New Zealand. This particular shop, as I learned, was brand new and its mission will be to serve one of these volunteer centers in Whangarei. I pressed into the helpful clerk who works inside a counseling center. She shares an irrepressible joy for the gift of life and seemed eager to meet someone

from so far away who shared her passion.

It appears that amid global pressure to provide abortion as “health care,” New Zealand has relaxed its restrictions. Though it is rare and not widely done, abortions may take place well after twenty weeks. Interestingly, when an abortion is past twenty

weeks, it is called ‘feticide’ due to the gruesome nature of the procedure. Planned Parenthood and Family Planning Associates, L.A.’s two largest providers, are also the providers most visible

in the islands. There is no access to the Abortion Pill in NZ, but in the feticide mentioned about, a patient is forced gigantic doses of the AP drugs in order to induce labor.

According to the Health Ministry Council, women are encouraged to attend healing classes, especially after a late-term abortion. All the pregnancy counseling centers I located online serving NZ refer their clients

to IN LIVING COLOR, the same post-abortion study we use here at FPRC!

Sadly, the woman I interviewed just stared right through me when I asked her about church support for a center like hers. I shared with her that we simply couldn't operate a clinic like FPRC without our partners, donors, and volunteers. I hope and pray that the centers in NZ will flourish as these faithful volunteer warriors counsel more and more women. As they flourish, may their support flourish as well.

My month ended after much play time with my great niece, reflection, hard work, writing, and walking among all the beautiful New Zealand vistas. With family there in ‘the shire’ (It truly is some of the most green and beautiful country I've ever seen), I'll return.

I have started an online communication with the center in Whangarei. Kia ora and ma te wa. 💚



LIVING IN COLOR... A CALL TO HEAL

In the Sabbatical Rest article, we mention a post-abortion recovery book FPRC uses, *LIVING IN COLOR* by Jenny McDermid. FPRC director Lori has actually taught the program along with its author at a national conference a number of years ago.

Lori chose this as FPRC's healing program due to its blend of creative, gentle Christian language, among other reasons. Lori and a few trained facilitators work with women (and men!) on a one-to-one basis and/or lead small groups of no more than three at a time.

Reaching out for yourself or a friend is as simple as calling FPRC at (626) 358-2122. From that phone call, a person is directed to speak with Lori. We work within a person's own needs and their schedule to come up with the best fit for one-on-one or small group. The classes last 90 minutes each session and take 8-12 weeks to complete.

FPRC loves seeing women and men freed-up from the heavy burden of shame and pain they may have carried for decades! Many of our clients who have experienced *LIVING IN COLOR* have learned valuable life lessons which have led to increased strength of character, wisdom, vision, and hope. If you or someone you know is experiencing emotional and spiritual (maybe even physical) pain after an abortion... whether that abortion was days or decades ago. Please call (626) 358-2122. We're here.

FPRC Chosen as a Thrive Causemetics Giving Partner

The Thrive Causemetics Giving Team has informed FPRC that we will receive product to pass along to our clients. Thrive Causemetics, an online beauty phenomenon, started as an independent project by Washington state native Karissa Bodnar. She created the product to be totally vegan and healthier for a woman's skin. And she wanted to give back, hence the company's mantra: "Beauty with a Purpose". For every product sold, another product is given away to organizations lifting women. FPRC has been deemed by Thrive Causemetics as one such organization. We're grateful for their upcoming partnership as we look forward to sharing their amazing products with all our clients! We long to express to all our clients how marvelously and BEAUTY-fully they are created!

Pamper Day! 2024

The beauty artists enjoyed getting to work out of our newly-remodeled rooms. Pictured here are two artists setting up for a busy day of applying natural make-up to nearly twenty clients. FPRC is so grateful.



Pasadena City College has partnered with FPRC for many years. In this photo, two of the master students are "hands-on" loving on clients. What selfless generosity..



Lastly, seen here is one of FPRC's volunteers helping a client to design a handmade Valentine's Day card. The design table was a great spot where our clients could sit and munch on some great snack goodies while awaiting their next beauty and spa treatment. Each client was treated to gifts, haircuts and styling, hand and arm massage, pampered prayer, make-up, and tearoom treats!



LOOK WHAT WE ARE DOING "TOGETHER" LOCALLY AND NATIONALLY ...TO IMPACT LIFE!!

FPRC IS ONE OF 3000 MEDICAL PREGNANCY RESOURCE CENTERS HERE IN THE US.

Together, we are making a huge difference in the lives of tens of thousands of women. Women who are choosing to parent; women who are wounded after an abortion; women who are making adoption plans for their babies; and women who are just in need of encouragement.

YOUR SUPPORT of FPRC means that TOGETHER we are contributing to the following:

IN THE LAST 4 YEARS ALONE, medical pregnancy resource centers have offered FREE support and services:

- 500,000 ultrasounds were conducted totaling \$139 million of assistance
- 160,200 STDs tests were administered totaling \$8 million of valuable help
- 732,000 pregnancy tests administered totaling a value of \$6.5 million
- Parenting and Mentoring supports were offered worth \$52 million
- Tens of thousands of men and women wounded by abortion have received help and hope worth \$3.5 million
- 1.5 million diapers have been given out to our moms totaling \$15 million
- Over 2 million outfits for babies and children worth \$10 million have been shared with our clients
- 30,000 car seats and 20,000 strollers worth \$3 million have been shared



Foothills Pregnancy Resource Center

A State-Licensed Medical Clinic

Sometimes, do you just wish you had a **"SAFE PLACE"** to gather and get some **HONEST ANSWERS?**

Do you have a safe place to go **WHERE NO ONE WILL JUDGE YOU** as you share your questions or thoughts? We have support groups. We even have one-on-one mentorships for guys! Everyone could use a little support. **WE'RE A SAFE PLACE.** If you need support or to share with another person for the first time, all our services are **CONFIDENTIAL** and **FREE!**

SERVICES OFFERED:

- Urine Pregnancy Testing and STDs Testing
- Limited Ultrasound (if you qualify)
- Options Counseling: Hear about ALL of your options
- Support after an abortion
- Groups and Classes: Support, Parenting, Mentoring
- Supplies for you and your baby

RESOURCES AVAILABLE:

- Options Counseling Explore your options, "Are You Pregnant? Emergency Contraception? Considering Abortion?"
- Abortion Recovery Restoring Lives and Relationships After Abortion



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Thinking you are pregnant?
Regret taking the abortion
pill?

Feeling alone?
Hurting after an abortion?

Want to talk?
We are here.

CONNECT WITH US

