



FOOTHILLS PREGNANCY RESOURCE CENTER

# LIFEletter

FPRC NEWSLETTER • VOL. 1 • ISSUE 18 • FALL 2025

## A Sneak Peek at the Gala Film 2025

**Here at FPRC, we are planning our 2025 film.** As I write this, I have just returned from gathering footage of the recent burn area in Altadena. One of our new moms and her husband were forced to flee that area when their home was lost. It was only as their social worker was helping them find hands-on support that they learned about FPRC. **Our precious client was just a couple months from delivering her baby when the devastation struck and she lost home and everything inside it.** On the same day of one of her doctor's visits, Sherry and her husband came to FPRC for supplies and support. The couple left that day with a van full of everything for a nursery, car seat, diapers, and clothing for both mom and baby. What a joy to be able to so practically sow hope into their lives!

Weeks ago, as our new nurse, Cil, was training to perform ultrasounds here at FPRC, we recruited dozens of women for models. One model was a young woman who'd reached out to us to see if we gave out the abortion pill. At the time, she thought that would be her best solution to an unplanned pregnancy. We invited her to the clinic for an ultrasound instead and asked if she would serve as one of our models. The ultrasound scans proved she was well beyond being a candidate for the abortion pill as she was too far along in her pregnancy. Seeing her baby on the ultrasound screen, she realized the humanity of her child. **The miracle of ultrasound!**

**And speaking of miracles...**we are currently walking a path with a young couple. Not too many days ago, they found themselves in an abortion clinic, making plans for a late-term abortion. The boyfriend wanted a second opinion and asked a college professor whom he trusted to help him find

some resources. They found FPRC online and the young man reached out. Showering the boyfriend with resources, information, truth, hope, prayer, and compassion, he carried all of what he'd learned back to the young woman. Now this couple finds themselves choosing life for their child and making an adoption plan rather than an abortion plan!

Year after year, FPRC is blessed to get to tell our story in a film. And this sneak peak allows you just a glimpse into this year's storytelling. Because FPRC is a state-licensed medical clinic we can provide hope right when it's needed the most!

This is the perfect opportunity to talk about our **WATCH PARTIES!** In the five years since making our first-ever FPRC film, we have enjoyed knowing that with each new film, the number of **WATCH PARTY 2025** grows, too! A **WATCH PARTY** is when a group of donors, partner church constituents, group of neighborhood friends, or just about any other gathering you can imagine...flock together to experience the film at the same time. Churches' multi-purpose rooms, donors' living rooms, banquet halls, church auditoriums become the perfect screening places for viewing the FPRC film. Food and beverages may be served according to the preference of hosts and guests. What a great way to get to share with friends in a setting that's familiar to each group. Feel free to contact Lori or Greta at 626-358-2122 and ask more questions as to how your church or group might also host a **WATCH PARTY 2025!**

As always, thank you for your prayerful, financial, and practical support...just when we need it the most! Because of YOU... stories like these keep on getting told. **THANK YOU! ❤️**

Experience the miracles of FPRC's medical mission.

Host or attend a WATCH PARTY!

## "HOW WE SHINE"

A film produced by

Foothills Pregnancy Resource Center



## 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 Christian nonprofit medical clinic that offers a safe place where women, men, and children 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

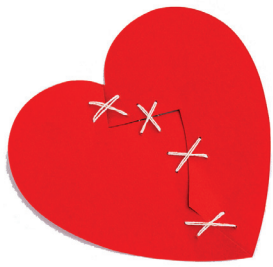
P.O. Box 234

Monrovia,

Ca 91017

Or give online at:  
[foothillsprc.org](http://foothillsprc.org)





# A New Class: Healing for Our Women .....

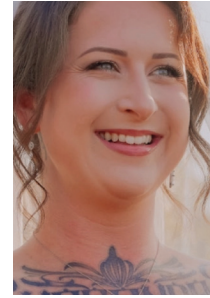
We are honored to share a brand new offering in the Fall at Foothills Pregnancy Resource Center, **Sexual Trauma Healing Support**, facilitated by Rachel Friedman, a Certified Trauma-Informed Coach.

This resource is offered as either one-to-one mentorship or within a small group setting depending on a client's needs. Rachel has designed this course to gently walk with women who have experienced sexual trauma by providing a safe space for healing, connection, and renewal. Participants will be invited to explore their stories, learn tailored coping strategies, and take meaningful steps toward inner healing.

Rachel brings both professional insight and personal compassion to this deeply sacred work, and each session will be led with confidentiality and grace.

If you or someone you know is seeking a place to begin healing from past trauma, we encourage you to learn more about this restorative path. You are not alone, and healing is possible.

To inquire or sign up, please contact FPRC at (626) 358-2122 ♥



*FPRC is blessed with gifted and trained volunteers like Rachel. Rachel is a Duarte local with a heart to share healing and hope with clients who are ready to take the steps to restored wholeness. Rachel recently co-led the "Love Her Tenderly" event at the Pasadena Rose Bowl. Welcome to our FPRC fam, Rachel.*

## Parenting Classes Gearing Up Again for the Fall at FPRC

As seen in this lively photo, we have tons of fun in the Parenting Classes led by our two extraordinary client advocates and teachers, Barbara Martin (storytelling; music and movement; crafts) and Barbara Wiltsey. The combo of these two dynamic women is nothing short of amazing! The pair has been leading and facilitating the series of classes for the past several years and we at FPRC are so blessed to have them an invaluable part of our team. A huge "thank you" to the Barbaras!!!

You can see it in the faces of the kids and moms alike that everyone eagerly awaits and relishes the times we get to share. The talented teaching team keeps tabs on the moms throughout each month and communicate prior to each class so that each mom feels she is integral to the class and the other participants.

The class embraces moms from all walks and within our Christian faith, we share safely and openly. The format for each class is pursuing fun and creative parenting strategies and we typically meet the second Tuesday of each month at 10:30. The sessions are approximately one hour and include snacks for the adults and infants alike, crafts and activities, monthly raffles, special gifts for mom, and finally, handouts which continue the lessons to take home.

Of course, a huge part of the gathering is the parents getting to connect with one another for needed advice from safe peers and encouragement. The teaching team hears over and over again after each class that the connections made in this setting are deep and real.



### Our schedule for the upcoming Fall classes:

- Tuesday, September 9th;
- Tuesday, October 14th;
- Tuesday, November 11th, and
- Tuesday, December 9th (a Christmastime celebration)

Oh, and of course, there's a play area where kiddos can explore while the connection and teaching is happening!

Interested in joining the class? Or do you know a mom who might benefit from the connection and all its perks? Feel free to call and chat with Lori. Or better yet, email [BarbaraWiltsey@gmail.com](mailto:BarbaraWiltsey@gmail.com).

*One more way we wrap around each client with love at FPRC.*



# AUGUST LOVE

*A Gathering for Women With Abortion and/or Sexual Exploitation in Their Past.*

by Barbara Lesure

While the temperature spiked to a sizzling 92 degrees on the outside, the temperature mellowed to a charming degree inside the beautiful Mediterranean Room at the Brookside Restaurant in Pasadena, CA! Nestled at tables garnished with floral arrangements; overflowing gift bags; greeting cards; and cosmetic pouches, 20 ladies of all ages and ethnicities settled in to receive content that was tailored to address their specific needs. Ceiling to floor, wrap-around windows; and a picturesque view of the Brookside Country Club were the backdrop for featured speakers as they shared messages of hope, healing, and love.

Barbara Lesure, of "Journey With Us" (JWU) a women's ministry out of Crescenta Valley Church, La Crescenta, CA, poured out her testimony of redemption and grace in spite of her blemished past. JWU is grounded in Christian principles, yet it celebrates and values every woman. Employing strategies such as music, poetry, prayer, storytelling, discussion, speakers, and scriptures, every participant is shown access to restoration. This is an online support ministry that meets bimonthly via Zoom.

Lori Berg, Executive Director of Foothills Pregnancy Resource Center, shared her story of early trauma

and loss. Creatively she highlighted the multiple services that flow from the Center! Pregnancy testing and support; ultrasound; healing after abortion; and the Single-Mom Circle are just a sprinkling of the Center's many services... all free of charge. Lori left no doubt that Foothills Pregnancy Resource Center is a thriving, life-giving establishment!

Rachel Friedman, Certified Trauma-informed Coach, did a yeoman's job walking the guests through some beginning steps to healing from sexual abuse and exploitation. "Naming the wound", "understanding the impact", "reclaiming safety", and "sharing & expression" were some of the meaty topics she unpacked and modeled. See the article in this newsletter about the healing opportunity that will be offered at FPRC beginning this fall.

Heather Bondy energized the room with her story of victory! Heather was the perfect finish for all the speaking. She shared gripping details of her reproductive loss at the age of 19. She articulated the years of healing it took to move her from self-destruction to wholeness. The icing on the cake was the recent engagement ring that her fiancé eagerly



*Left to Right: Heather Bondy, Rachel Friedman, Barbara Lesure, Lori Berg*

placed on her finger! Her message of wait-time given to doing the self-work and faith in her Savior rested well in the hearts of the guests.

The "August Love" wind-up was high, hopeful, friendly, and sweet. All guests remained till the very end and most lingered to chat afterwards. When one guest was asked, "What 3 words describe your thoughts and mood as you depart today?" She readily replied "resilience, motivated, and valued"! Her three words alone validated the entire event! As the women left the Mediterranean Room, they had experienced a full course of fine food, friends, and fellowship. They walked into the late afternoon sunshine full of hope for their journeys ahead. FPRC looks to hold events like this one in the years to come! ❤️

**Experience the miracles of FPRC's medical mission.  
Host or attend a WATCH PARTY!**

***"HOW WE SHINE"***

*A film produced by*

**Foothills Pregnancy Resource Center**

*Premiering*

**Friday, November 7, 2025, 7pm at**

**[www.foothillsprc.org](http://www.foothillsprc.org)**

**Call  
(626) 358-2122  
for more info.**



# 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



FOLLOW US ON FACEBOOK & INSTAGRAM • [FOOTHILLSPRC.ORG](http://FOOTHILLSPRC.ORG)

Thinking you are pregnant?  
Regret taking the abortion  
pill?

Feeling alone?  
Hurting after an abortion?

Want to talk?  
We are here.

CONNECT WITH US





# GALA FILM 2025

You're invited to experience and invest in  
the 2025 Annual Fundraising film to support FPRC

## **"HOW WE SHINE"**

*Experience the Medical Miracles of FPRC*

*premieres*

**Friday, November 7 at 7 pm**

**[www.foothillsprc.org](http://www.foothillsprc.org)**

Watch the film...

Gather at a Watch Party...

Share our story... Grow our support...

Invest in the miracles!!!

Thank you for your investment in HOW WE SHINE...  
please use the enclosed remittance envelope  
for your donation. Thank you!

**Host or attend a Watch Party.**

After our premiere evening,  
the film remains embedded on our website.

**Call us at 626-358-2122.**

