



"A friend loves at all times..."

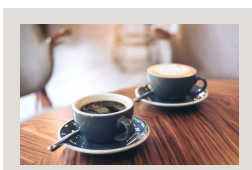
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2022

**Annual
Newsletter**



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Our Friendship Program Defined

Unconditional Support

We match a pregnant client with a trustworthy, trained volunteer who provides personalized support. We believe everyone who is pregnant is empowered through authentic friendship, tangible services, and connection to community resources.

Minimal Requirements

We keep things pretty simple around here by having only two program requirements. Clients must be pregnant to join, and they must be willing to meet face-to-face with another trustworthy woman (a volunteer). That's it! Clients determine the nature and length of the relationship which often continues beyond pregnancy if our clients desire.

Gifts and Meals

We make a point of making each client feel special and valued. Throughout their pregnancy, clients receive three surprise and four holiday gifts. After pregnancy, meals and gifts are also offered to clients of all pregnancy paths (including miscarriage) who continue to participate in our Friendship Program.

Our Mission

To serve those who are pregnant by offering unconditional support through friendship, tangible services, and connection to community resources.

Year at a Glance

SERVICES PROVIDED

FRIENDSHIP PROGRAM
A one-on-one friendship between
a client and a trained volunteer

CARE FOR YOU
Post-pregnancy care for clients
and their families

CHRISTMAS FOR YOU
Christmas gifts for clients and
their families

ENCOURAGEMENT FOR YOU
Gifts for clients throughout the year

VOLUNTEER HOURS
Hours donated by trained volunteers and
the leadership team of A Friend for You

VOLUNTEER MEETINGS & TRAININGS
Regular volunteer meetings, socials
and new volunteer trainings

2021

2022

16 matched
friendships

27 matched
friendships

12 families

13 families

(Dec 2020)
32 gifts

(Dec 2021)
42 gifts

61 gifts

94 gifts

1,677.75 hours

2,150.75 hours

11 meetings

11 meetings

2022 fiscal year: Dec. 1, 2021 - Nov. 30, 2022

A snapshot of our year!



We love serving our clients!



Volunteer team meetings & socials

Follow us on Facebook & Instagram @afriendforyouorg to stay updated on A Friend for You.

Jessica & Kathryn



"....having a friend like Kathryn, especially in a year that has turned out to be so hard on my family, has been such a huge blessing."

Jessica, A Friend for You Client

Jessica

Client

Q. What sounded most interesting about our services that led you to join?

A. I was really interested in having the opportunity to connect with someone in a meaningful, personal way without all the formalities and structures of most programs or groups.

Q. Who was your matched Friend, and how did your relationship with your Friend grow? What would you like to share about her?

A. My friend is Kathryn, and she has been such a great friend not just to me but to my whole family. I am not much of a people person and I was really nervous at first going to meet someone new but she has been such a great friend. I feel like we have really been able to connect and we even share a lot of the same interests! I am so grateful to have met her.

Q. Did Kathryn connect you with any other resources/opportunities in the community and was that helpful?

A. Absolutely! She was able to help me with a lot of great resources and she was always willing to look around for anything we needed and really was such an incredible advocate for us and even brought us fresh veggies at a time when we were struggling with food.

Q. What kinds of things have you and Kathryn done together?

A. We have gone to the parks, farmers market, coffee shop, and such. It's so nice to have another adult to sit and have a conversation with.

Q. What did you think about the gifts A Friend for You mailed to you during your pregnancy?

A. The gifts were nice little pick me ups! It's always fun to receive unexpected goodies in the mail.

Q. What did you think about the post-pregnancy meals and gift package?

A. Ohhh the meals were so nice to have! I always forget how HUNGRY you get when freshly postpartum.

Q. Why are you sharing your experience?

A. I'm sharing because I believe that what A Friend for You is doing is such a great thing and needed by so many. I was hesitant at first to contact them because I'm not much of a social butterfly or anything but having a friend like Kathryn especially in a year that has turned out to be so hard on my family has been such a huge blessing.

Q. What do you want to say to someone who is pregnant and feeling like she could use some extra support?

A. Absolutely give A Friend for You a call. Or have someone else dial the number and hand you the phone if you need the extra nudge.

Kathryn

Volunteer

Q. What drew you to get involved with A Friend for You?

A. I like people, babies, and kids. God says to show His love for others and I enjoy helping others.

Q. What things have you and Jessica done together?

A. We have met primarily at parks. She has other children and they enjoy being outside and so do I. We've also met a few other times at coffee shops, farmers' markets and shopping. I've also been at her home a few times.

Q. Have you connected Jessica to any community resources?

A. Yes, with the help of A Friend for You's resource list, churches, House of Neighborly Service, and Birthline, I was able to suggest she contact them for help. I was also able to help her find some furniture which she needed that was leftover at an estate sale.

Q. What would you like to share about Jessica?

A. Jessica is a very good mom! She is educated about healthy living and eating. She loves books and I am a teacher/librarian so we have this in common. We enjoy sharing book ideas in healthy living, parenting, belief about God, and other areas. What a good matched friendship!

Q. What do you most enjoy about being friends with Jessica?

A. Jessica is a researcher and reader about health, parenting, and living a purposeful life. She has taught me about eating healthy, essential oils, and parenting. Her calm demeanor, love for her children, and learning about God have been helpful to remind me to be patient, positive, and keep searching in the chaos!

Q. What do you specifically enjoy about being a Volunteer?

A. I like to help where there is a need and willingness to receive. I like learning about areas in the community that are offering services. I am impressed with the variety of services and material help offered in the Loveland/Fort Collins area. The people offering the services genuinely care for others. I also enjoy meeting new people in different areas where I don't usually participate. Volunteering offers an opportunity to meet people in different areas of my community. A Friend for You leaders are helpful in guiding me in volunteering in areas that I have not had previous experiences.

Q. Is there anything else you want to add?

A. I have enjoyed the leadership and friends I have met and worked with in A Friend for You. I like how all the local organizations work together to assist and find resources for those looking for help during pregnancy.

To read Jessica and Kathryn's entire story, as well as other client stories, go to: afriendforyou.org/client-stories/



PREGNANCY SUPPORT

FIRSTS FOR 2022

>> Rebrand

A Friend for You went through a rebrand this summer! Our new look includes an update to our name and logo, as well as new fonts, a neutral color palette, organic textures, and softer tones. What didn't change is our commitment to our clients through unconditional relationship.

>> Updated Website

Our website also went through a transformation! Check it out at www.afriendforyou.org

>> Movie Night

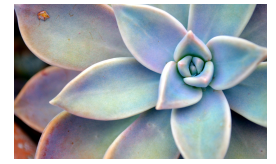
To thank our community partners, we sponsored two family-friendly movie nights. We invited leaders and staff working within churches and nonprofits who also serve women in our community and refer clients to A Friend for You.

>> Hope for You

A Friend for You now offers a free NIV Bible and the devotional Waiting in Wonder for every client who would like them.

>> Prenatal Resource Directory

We created a resource directory for our clients to utilize throughout their pregnancy. It includes information on pregnancy resource centers, medical/OB care, nutrition programs, education opportunities, parenting classes, and adoption counseling, as well as material resources such as baby clothing, diapers, car seats and furniture for their baby.



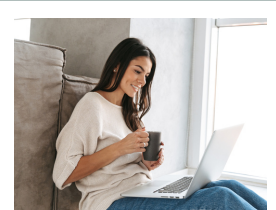
NEW FOR 2023

>> Monthly Donor Program

To better connect with our donors, starting in 2023, A Friend for You will launch a monthly donor program that will include regular updates on the impact your contributions are making! Read more about this new program on the next page in the Letter from the Executive Director. You can get a head start in joining on [our donation page here.](#)

>> Virtual Support Program

This new virtual program will focus on pregnant clients who live outside our local area. It will allow us to encourage and serve women and teens who live in communities where our type of support is currently unavailable.



Letter from the Executive Director

On October 29, 2012, A Friend for You was founded. It started because a group of individuals had a dream of coming alongside and providing support for women and teens facing an unexpected pregnancy. And for a decade, because of your generous donations of time and money, we've been able to offer that care and support to women and teens who may otherwise have had little or none. Supporting clients like Jessica (page 5) is our passion.

Today, our most important service remains the same; to provide one-on-one support and relationship through a caring, matched volunteer. That support not only takes the form of encouragement, but also gifts during and after pregnancy, meals post-pregnancy, and connection to parenting, adoption, and community resources. Our faith-based organization provides these services regardless of the client's choice of pregnancy path, as well as those difficult occasions involving a miscarriage.

For A Friend for You to be able to offer support to more clients, we need partners like you.

As we head into 2023, our desire is to increase the number of women we are able to serve. But we can't do that without the support of people that share our passion. We invite you to partner with us by becoming a monthly donor. Consistent donations allow us to concentrate our time and energy on our clients and ministry growth. We ask that you prayerfully consider supporting us in the care and support for women and their unborn children. [You can easily donate through our website by clicking HERE.](#)

We are grateful for the support we've received over the past ten years and are excited for the coming year! We wish you a wonderful Christmas and a happy new year.

Sincerely,

Lorraine Meyer

Executive Director

Our Leadership Team

Back row (left to right)

Kandice Hansen, Vice President & Board Member
Lorraine Meyer, Executive Director & Board Member
Christine Bassett, President & Board Member
Shannon Janzen, Creative & Administrative Support

Front row (left to right)

Leslie Fry, Board Member
Debbie Calistro, Client & Volunteer Services Director
Rhoman Johnson, Board Member
Heather Anderson, Secretary & Board Member



Client Quote

Jessica's story on page 5.

"Pregnancy is such a vulnerable and beautiful time and it should be treated with love and care and friendship. Having this support is absolutely so wonderful."

Jessica



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