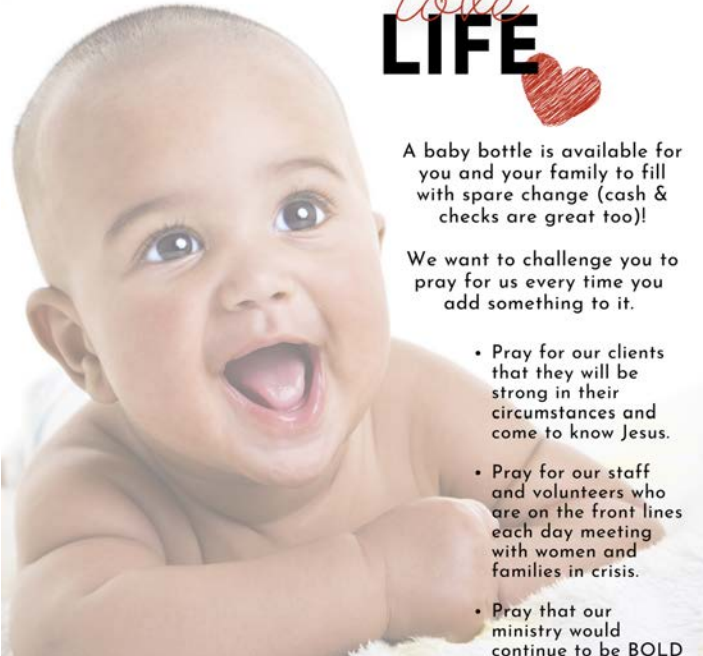




# CARING HEARTS PREGNANCY CENTER

*Saving Lives, Strengthening Families*

# Be **BOLD** 2023



## Love LIFE

A baby bottle is available for you and your family to fill with spare change (cash & checks are great too)!

We want to challenge you to pray for us every time you add something to it.

- Pray for our clients that they will be strong in their circumstances and come to know Jesus.
- Pray for our staff and volunteers who are on the front lines each day meeting with women and families in crisis.
- Pray that our ministry would continue to be BOLD in our service in our community.



[www.caringheartspc.com](http://www.caringheartspc.com)

After this campaign, the bottles will be collected full of prayers and your seeds of generosity that will make a lasting impact.

A tax receipt will be provided upon request to the church, small group, or individuals who have returned collection checks.

## JOIN US AS WE LOVE LIFE!

As our staff met at the beginning of 2023, we established **BOLD** as our word for the year. God has blessed us so much with opportunities to minister to women and families, to walk alongside many of them as they make decisions, and to help them as they navigate the path they choose.

Our Bottles of Blessings campaign, Love Life, will run all year, with an official launch on **February 12**. (We kicked off a soft launch on Sanctity of Life Sunday.) Our goal is \$10,000. Individuals, churches, and organizations can participate by picking up a baby bottle and filling it with change, cash, and checks. We have also added the online option to participate by making a secure donation through Fundeazy. Use the link - [bit.ly/Lovelife2023](http://bit.ly/Lovelife2023) or the QR code at the end of the column.

We will collect totals each month and report at the end of each quarter in our newsletter, website, and on Facebook. Our Bottles of Blessings campaign will **end on December 18**.

If your church or organization would like assistance setting up your campaign online, call the office during our regular office hours, Tues. - Thurs. between 10 a.m. and 6 p.m. or contact us at [chpcgeneral@gmail.com](mailto:chpcgeneral@gmail.com). Baby bottles are also available for pick up at the office during office hours.

*"In the day when I cried out, You answered me, and made me bold with strength in my soul." ~ Psalm 138:3*

## Ways to Connect with Us!

- ☎ 828-632-1680
- ✉ [chpcgeneral@gmail.com](mailto:chpcgeneral@gmail.com)
- 🌐 [caringheartspc.com](http://caringheartspc.com)
- 📘 [Facebook.com/CaringHeartsPregnancyCenter](https://www.facebook.com/CaringHeartsPregnancyCenter)



***Learn more about our Love Life 2023 campaign inside this edition!***

# Be Bold Love Life

PSALM 138:3

Give Protect Serve Celebrate

## From the executive director's desk

As 2023 began, I reflected on the beautiful things that took place in 2022. Caring Hearts celebrated 16 years of ministry, we welcomed two new staff members, and many women and families received services. All of this is because of God's provision and blessings. Many of you have been a part of this with your financial contributions, supply donations, and volunteer efforts.

Our board chair announced the vision for 2023 and beyond at the annual banquet in November. We believe God calls us to focus on several areas as we boldly move forward. We ask that you pray for how you can be a part of these goals. The first is expanding specific medical and counseling services. We believe there are many unmet medical needs in our community. We believe the high-priority conditions of prenatal and infant care, STD/STI testing, and abortion pill reversal play a significant role in the health of individuals and our community. Additional counseling services could include more trained counselors and expanding our current counseling. Our second area of focus is expanding our physical location to serve the increased needs better. We have been so blessed with our current location, central to many social services, businesses, the high school, early college, and community college. We would love to be able to expand in this same location. Our third area of focus is emergency housing. We currently have to refer clients to neighboring counties due to a lack of emergency housing, including housing for those coming out of domestic violence situations and those who become homeless due to pregnancy.

Your prayers and support are vital to the expansion and continuation of services.

We have designated our theme for 2023 as Be Bold - Love Life. We invite you to join us as we Love Life - Give, Protect, Serve, and Celebrate. Watch our Facebook page and website for quarterly challenges.

*Denise Garnes, Executive Director*



## Closet Supplies Needed

**Supplies can be dropped off  
Tuesday through Thursday from  
10 AM to 6 PM or by appointment.**

- Baby wash/shampoo
  - Diaper Cream
  - Diapers size 4, 5, & 6
- Pull ups sizes 2T-3T and 3T-4T
  - Wipes
- Boys winter clothes size 12 months
- Girls winter clothes size 24 months
- Boys winter clothes size 6-9 months
  - Socks 12 months to 2T size
- Nursing pads for breastfeeding
  - Adult shampoo/conditioner
    - Adult soap/body wash
    - Adult deodorant
    - Toothpaste
    - Toothbrush
- Household cleaning supplies
  - Study Bibles (all versions)

**We take new and gently used items!**

# UPCOMING CLASSES AVAILABLE TO CLIENTS AND THE PUBLIC



**Breastfeeding Basics Class**

Thursday evenings in February  
Feb. 9, 16, & 23, 2023  
5 PM - 6:30 PM  
at Caring Hearts Pregnancy Center

All new and expecting moms welcome!

Refreshments will be provided and door prizes will be awarded!  
Don't miss out!  
To register, call 828-632-1680 or email [chpcgeneral@gmail.com](mailto:chpcgeneral@gmail.com)

The graphic features a baby being breastfed, a crescent moon, stars, a baby bib, and a baby shirt.

We are excited to offer a breastfeeding class for new and expecting moms. The three-week class is open to clients and new or expecting moms. Content will cover what to expect, getting started, problems & solutions, and weaning.

Participants will be able to ask questions as our nurse and advocate share practical advice.

Registration is required.

**Please call the office 828-632-1680 or email [chpcgeneral@gmail.com](mailto:chpcgeneral@gmail.com) for questions or to register.**

Registration for the class and study group is free, and materials will be provided.

## Unraveled Roots

Have you ever said, *"why do I keep doing the same thing when I know it's not good for me?"*

Ready to start unraveling the roots?



Join us on Tuesday evenings beginning **February 7, 2023, from 5 p.m. to 6:30 p.m. for a 6-week group study.**

The sessions are open to the community and will be held at the Caring Hearts Pregnancy Center in Taylorsville.

This study will help identify and understand the root causes of choices and damaging behaviors from past wounds and expose negative behaviors and mindsets that you may not even realize are limiting and destructive.

**To register call 828-632-1680 or email [chpcgeneral@gmail.com](mailto:chpcgeneral@gmail.com).**

Join us for a six-week group study on **Unraveled Roots**. The weekly sessions are open to the public. Registration is required.

**Please call the office at 828-632-1680 or email [chpcgeneral@gmail.com](mailto:chpcgeneral@gmail.com) for questions or to register.**

## UPCOMING EVENTS



**Caring Hearts Pregnancy Center Annual Golf Tournament**

Save the date  
Saturday, April 29, 2023

The graphic shows a golf ball on a tee with a golf club head in the background. The ball has the Caring Hearts logo on it.

More information will be shared on our website and Facebook page next month.

Would you prefer to receive your newsletter by email?  
Contact: [chpcgeneral@gmail.com](mailto:chpcgeneral@gmail.com) or 828-632-1680



PO Box 164

135 7th Street SW

Taylorsville, NC 28681

Nonprofit Org.  
U.S. Postage  
**PAID**  
Permit No. 100  
Taylorsville, NC

**Return Service  
Requested**

The advertisement features a dark wood-grain background with various tools scattered around: a hammer, a wrench, a drill, and pliers. The text is centered and reads:

**Skilled Trade Volunteers Needed**

Do you consider yourself a handyman or woman? Would you be willing to help as needed with small construction repairs. Contact our office to learn more and add your name or group name to our resource list.

Examples of help needed - replace broken stairs on a porch, broken windows that need boarding up, and replacing a section of underpinning on a mobile home, etc..

Churches, small groups, or individuals willing to contribute to a fund to pay for the needed supplies for these projects are also encouraged to contact the office to learn more.

### **Winter Hours**

The center will be open Tuesday - Thursday from 10 AM to 6 PM and by appointment.



### **Inclement Weather Policy**

The center follows the local school system's determination on delays and closures. Announcements will be posted on our Facebook page.

Financial information about this organization and a copy of its license are available from the State Solicitation Licensing Branch at 919-814-5400. The license is not an endorsement by the State.