

Ramona Crisis Pregnancy Center



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Mother's News

A Publication of the *Ramona Women's Clinic*
All Services are Provided Free of Charge

November 2024

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7 TIPS FOR A Happy & Healthy Home

- Engage in Honest Dialogue
- Hear One Another's Voices
- Cherish Moments Together
- Express Affection
- Honor One Another
- Explore the Bible Together
- Share Laughter

BRIDGES

Bridges is a support group for teens and women who are either pregnant or have a baby under 12 months old. It is a great place if you are looking for information, friendship, support, or to exercise your creativity. At **Bridges**, a mother can shop for baby and maternity supplies with “Baby Bucks” that are **earned** by attending **Bridges** meetings, as well as educating yourself on issues associated with pregnancy, child behavior, self care, and partnerships.

Bridges meetings are held the 1st & 3rd Thursdays of each month, from 6:30 to 8:00 p.m. at the clinic office. The meetings for the next months will be held on: (see the box below to clip and keep in a handy.)



Bridges Support Group 6:30 p.m.

November 7 & 21

December 5

January 2 & 16

February 6 & 20

Cut out and post on the refrigerator

Bring a friend

Bridges is open to women who are pregnant or have a child under one. Refer a friend to us, or bring them to Bridges and earn Baby Bucks today!



Free Car-seat Program

Ramona Women’s Clinic will provide a convertible car-seat to each enrolled pregnant client of the clinic who completes 15 classes with clinic staff or volunteer before the due-date of their child while the funding for this program is available.

Qualifications

- Must be a client of the clinic.
- Must be pregnant
- Must have completed this form
- Must complete 15 classes at Ramona Women’s Clinic
- Must be finished before the child’s due-date



Guidelines

- Appointments made when teachers are available.
- Client must call the office at least 1 hour before a scheduled appointment to cancel.
- No more than one no-show appointment will be allowed

Breast Feeding Support

Breastfeeding is a skill that is easy to learn, low-cost, convenient, and best for baby and mother. However, it doesn’t always come naturally. Immediate consultation with a breastfeeding counselor is available. You may also make an in person or phone appointment. For more information on breastfeeding, or to make an appointment, call or text our trained support counselor.

Gail Edwards—858-735-2196

“Earns “Baby Bucks”

Childbirth Classes

Ramona Women’s Clinic is offering a four session **childbirth education** class. Classes will focus on the hospital experience, such as when to go to the hospital, what will happen, tests and coping measures. Emergency births will be discussed in case there isn’t enough time to get to the hospital. Natural and drug-free childbirth, epidurals, labor positions and how to write a birth plan are also covered. Attendance at all classes is encouraged.

Next Session Begins-
Sunday, Jan 5th 2025, 1:00pm - 2:30pm and continues the following
Sundays through Jan 26th, 2025
Call Ramona Women’s Clinic
office to sign up.

FREE Parenting Classes

Learn from HOME!

Call the office to schedule today

760-789-7059

Earn Baby Bucks

BrightCourse



It Takes a Girlfriend

By Marissa Vazquez



Odds are you've heard the phrase, "it takes a village" in regards to raising children, the phrase is simultaneously an encouragement and a lament. The phrase originates from an old African proverb, portraying the cultural norm that the entire tribe contributed to the nurturing of the children. Needless to say, that is not our cultural norm; we neither live in close enough proximity nor view child rearing as a team effort. So why do we continue to misapply this phrase? Offering new mothers, in arguably the hardest seasons of motherhood such an unattainable and unrealistic expectation.

The early years of motherhood are a constant outpouring of self, between all night wake-ups, diapers, clean-ups, and feedings; your day is consumed by the needs of tiny souls that can't help themselves. And while meeting those needs is the most humbling privilege, and the job of a mother is the most rewarding; that does not invalidate the inevitable feelings of isolation and inadequacy. You are promised a "village" and told to accept help when it's offered... However, it doesn't take long after the church meal train ends to realize that there is no village, and if you need help you will have to swallow your feelings of desperation and inadequacy in order to ask for it because odds are it won't be offered freely often.

Now, while this unrealistic expectation of indispensable help and endless support may leave you feeling more isolated than necessary, there is a much more realistic goal we should pray to obtain. That is simply relationships with other mothers, whether in the same stage of motherhood or even a few seasons ahead. Again, this may not be a group of 10 like-minded moms, meeting for playdates weekly like we see portrayed on tv; however, the genuine friendship and bond of even one mom who can relate to your unwashed hair and milk stained shirt can be such a gift. Simply surrounding yourself with those who are in the same season, or who can offer encouragement from the other side can be the greatest blessing and will combat any feelings of isolation, as you realize that you are not alone in feeling alone. You are not the only one without an outpouring of help, and your "It takes a village" may look more like exchanging war stories from the week over coffee on the living room floor while your babies do tummy time together.

I would encourage you to pray for these relationships, and to seek them earnestly. Your local church is a great place to pursue these relationships; and if you haven't already, come to Bridges meetings and you're sure to meet some moms in the same boat!

Life, Love and Self-Care



Virgie Feitas, R.N.
Nurse Manager

Today I want to commend and encourage all mothers who sacrificially do what it takes to meet your little ones' needs. Children require your undivided attention which often places your needs second to last. I know how difficult it is to give when I feel empty. So, today I'd like you to look inward and upward, asking, "What do I do to love and care for myself well, so I can love and care well for my babies?"

Loving others well requires we take time to love ourselves. This comes in many forms and looks different for each of us. Some of the ways I love and care for myself well are spending time with my heavenly Father, friends, and doing something to stay physically fit.

Of priority to me is spending time with my heavenly Father, a difficult task when there are little ones demanding your attention. Here are some suggestions for moments of refreshment: take a gratitude walk while pushing your little one in the stroller, walk and thank God for the breath of fresh air. Take a moment to listen to His creation through the birds, the wind or the playful chatter of the children outside. Invite a friend on your walk and experience a double-blessing as you share and pray together. Children love music, so turn up your favorite tunes and sing and dance before the Lord with your kids.

Choose one thing you can do today to live, love and care for yourself well so you, in turn can love and care for your loved ones well.

**"Dear friend, I pray that you may enjoy good health
and that all may go well with you,
even as your soul is getting along well".**

3 John 1:2

Programas en Español

¡ALERTA!

Te invitamos al grupo de **Puentes**, lo cual llevará a cabo cada otra semana, los miércoles; el horario permanecerá igual. Te daremos una calorosa bienvenida. Puentes es un grupo de apoyo para mujeres embarazadas y aquellas que tienen bebés menores de un año. Se atiende a una reunión de enseñanza por una hora que empodera tu vida. Te darás cuenta que eres un diseño de Dios, hecho de forma especial y con un propósito. Compartirás amistad, apoyo y amor al prójimo con otras mujeres. Es un buen tiempo sano y edificante!

**Ven y participa
Allí te esperamos!**

La Clínica para el Embarazo~ 10 am

Noviembre 6 & 20
Diciembre 11
Enero 8 & 22
Febrero 5 & 19

Habrás compras en la clínica a las 9:30 am eso mismo día.

Las juntas de *Puentes* es de ganar. No faltes.

Gustaría invitarle a los programas que tenemos. Hay clases de nutrición y de cómo amamantar a su bebé. Hay también otras clases para poder ganar **Baby Bucks** con los que puede comprar cosas que su bebé necesita, y también ropa de maternidad para usted. Esperamos que venga para aprovechar de estos programas. Es nuestro deseo que disfrute el verano. Llame a 789-7059 y haga una cita con Sylvia o Carmen

Gana **Baby Bucks**

Programa gratis para Silla de Carro/Car-Seat

Por un tiempo limitado, **Ramona Women's Clinic** (La Clínica de Cuidado de Embarazo de Ramona) proveerá una silla para el carro convertible a cada cliente embarazada listada con la clínica la cual haya completado 15 clases con el personal de la clínica o un voluntario de la clínica antes de la fecha de parto de su niño mientras está disponible el fondo para este programa.

Calificaciones

Debe ser un cliente de la clínica
Debe estar embarazada
Debe de haber completado este formulario
Debe completar 15 clases en la clínica
Debe **terminar antes de la fecha de parto**



Pautas

Las citas serán hechas cuando los maestros estén disponibles.
El cliente debe llamar a la oficina por lo menos 1 hora antes de una cita fijada para cancelarla.
No se permitirá la ausencia de más que una cita
Para inscribirse, consulte con Anita en la oficina.

