

Ramona Crisis Pregnancy Center



**RAMONA**  
Women's Clinic

1530 Main Street, Suite 6

Ramona, CA 92065

760-789-7059

Non Profit  
US Postage Paid  
Ramona, CA 92065  
Permit # 36

Return Service Requested

# Mother's News

A Publication of the *Ramona Women's Clinic*  
August 2025 All Services are Provided Free of Charge

## Parking Lot Sale! August 16<sup>th</sup>, 2025

At Ramona Women's Clinic, 1530 Main St. #6, 8:30am-11:00am

Baby &  
Children's  
Clothing

Baby  
Equipment

Maternity  
Clothes  
&  
MORE!

Early Bird Access: August 15<sup>th</sup> 10:00am-3:00pm

All RWC clients receive 10 free outfits, call the office to schedule a time.

760-789-7059

## Just For Fun

Want something fun to do with your child? Try this!

- Build a "fort" with pillows and couch cushions. Wad up newspaper to make balls. Then take turns tossing the balls into the fort. with someone inside to catch the balls.
- Build a dollhouse together using boxes. Ask your child to find small objects to use as furniture.
- Read a book aloud while the rest of the family listens and paints with watercolors.
- Let your child help you make play dough by mixing one part water, one part salt, and three parts flour. Then be sculptors.
- Make "ooze dough" by mixing two parts cornstarch and one part water. See what you can do with it. Swirl different colors of food coloring into it.
- Make hand shadows on the wall by darkening the room and shining a light on your hands.
- Play some of your child's favorite music, and move to the music together.

A happy, relaxed mom makes a happy, relaxed home.



# The Benefits of Having Fun

By Virgie Feitas, RN



*It's summer—a perfect time to enjoy freedom from strict schedules and embrace more fun! While the extra activities may bring a bit of stress, it's important to remember the powerful benefits of simply having fun.*

*God designed our bodies with amazing systems that help us feel good. When we engage in joyful activities, our bodies release “feel-good hormones”—dopamine, serotonin, endorphins, and oxytocin. These natural chemicals improve our mood, reduce stress, and even boost physical health.*

***Dopamine** is often called the pleasure hormone. It's released when we do things we enjoy—spending time with loved ones, baking cookies, or even meditating on God's blessings. Laughter is another great trigger that helps us feel happier and more connected.*

***Serotonin** helps regulate mood and fight depression. It's activated through physical activity—so instead of sitting on the sidelines, join your kids for a swim or a walk. Being active, especially outdoors, and sharing joyful moments can greatly improve your overall mood.*

***Endorphins** are the body's natural stress and pain relievers. They're released through laughter, exercise, music, sunlight, and even deep breathing. So, whether you're dancing, worshiping, or simply enjoying the sunshine, you're giving your body a healing boost.*

***Oxytocin**, known as the love hormone, is released through physical touch, music, and shared experiences. It's part of why we feel so uplifted after church—through hugs, worship, and connection with others.*

*God built fun into our very design. When we laugh, move, and connect with others, we don't just enjoy ourselves—we heal, grow, and worship Him with joy.*

***Ecclesiastes 8:15 (NLT):** “So I recommend having fun, because there is nothing better for people in this world than to eat, drink, and enjoy life...”*

# Weaving In Joy and Grace

By Marissa Vazquez



***Weaving in joy and grace for yourself in the day to day.***

***We often hear of this concept of a “work-life balance”, a noble goal to spend an equal amount of time involved in one's own interests and relationships as is spent on those within their career. A laughable notion for a mother who's job never ends, even if she has an additional career she juggles as well. And that's just it, while a mother's balance may be out of the question, we can learn to graciously juggle our wide spread responsibilities, interests and relationships; and find joy in doing so.***

***Surely in different seasons of motherhood, the day to day demands will flex and fluctuate; but the call of a mother is to live in a state of steady and constant self sacrifice. Rather than growing embittered by this reality, let us seek to weave our delights and joys into our daily routines. While your herd of children may now make it unrealistic to indulge in deep conversation with a dear friend over coffee; perhaps the conversation can remain while the scenery changes. Get the kids buckled in the strollers, and take the conversation to the park; grab iced coffee on the way for added joy in liquid form. While prioritizing your marital relationship may look different than it once did, when the distractions were limited and simple dinners were made intimate; you may not have the capacity or ability to leave the kids and head out for date night once a week... but an early bedtime for the kids, takeout dinner and a movie on the couch can have a very similar effect with arguably less effort! While your schedule may not allow for 2 hours at the gym, leisurely reading time, or some days even a shower... sometimes finding time for ourselves means making it a priority, and sometimes that means you will only be able to workout, read, or yes, maybe even shower if you get up before your kids do!***

***So, while as mothers we may not find a balance between caring for those entrusted to us, and caring for ourselves; we can certainly find ways to juggle it all while graciously weaving in the simple joys that refresh our souls and encourage us to endure with grace.***



## *Sólo por diversión*

*¿Quieres hacer algo divertido con tu hijo? ¡Prueba esto!*

- *Construyan una “fortaleza” con almohadas y cojines del sofá. Hagan bolas arrugando papel periódico. Luego, tomen turnos lanzando las bolas dentro de la fortaleza, con alguien adentro para atraparlas.*
- *Construyan juntos una casa de muñecas usando cajas. Pídele a tu hijo que busque objetos pequeños para usarlos como muebles.*
- *Lean un libro en voz alta mientras el resto de la familia escucha y pinta con acuarelas.*
- *Deja que tu hijo te ayude a hacer plastilina mezclando una parte de agua, una parte de sal y tres partes de harina. Luego conviértanse en escultores.*
- *Haz “masa viscosa” mezclando dos partes de maicena con una parte de agua. Descubran qué pueden hacer con ella. Agreguen colorante para alimentos de diferentes colores y hagan remolinos.*
- *Haz sombras con las manos en la pared, oscureciendo la habitación y apuntando una luz hacia tus manos.*
- *Pon música que le guste a tu hijo y muévanse juntos al ritmo.*

*Una mamá feliz y relajada crea un hogar feliz y relajado.*

## VIRTUAL CHILD BIRTH CLASSES

The last trimester is a good time to focus on what type of birth experience you are looking for. These classes focus on options you may have for labor, delivery and postpartum care.

New series starts:  
Monday, September 8th, 2025

Morning & Evening classes available  
4 Consecutive weeks to complete course

Call the office to sign up:  
760.789.7059

Earn Baby Bucks!

Bright Birth  
Academy



### Say CHEESE!

We are holding a photo shoot for families with children of all ages. The photographs will be used by Ramona Women's Clinic in upcoming print media and videos.

- 15 minute mini-sessions in outdoor setting.
- You will receive 3 digital proofs.
- August 14<sup>th</sup> at Collier Park starting @ 6pm
- August 19<sup>th</sup> at Dos Picos Park starting @ 6pm
- Call the office ASAP to make an appointment- 760-789-7059



### Breastfeeding 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. Breastfeeding classes and one-on-one support 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 breastfeeding support counselor.*

Gail Edwards - (858) 735-2196

Earns “Baby Bucks”

## **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 for friendship, encouragement, teaching on a variety of subjects such as infant care, self development and greater confidence as a new mother.

At **Bridges**, you will shop for baby and maternity supplies with “Baby Bucks” you receive by attending **Bridges** meetings, as well as other responsibilities like having a job, attending church and taking classes at the clinic.

**Bridges** meetings are held the 1<sup>st</sup> & 3<sup>rd</sup> Thursdays of each month, from 6:30pm to 8:00pm at the clinic office. Listed below are all the meetings from August to November. (Add them to your phone calendar so you don’t miss one!)



### **Potluck Picnic BBQ and Games, Thursday, August 7<sup>th</sup>**

We will provide the hamburgers and hotdogs with the fixings, as well as table settings and bottled water. We ask that each family bring a side dish or dessert to share.  
Collier Park, 6<sup>th</sup> and E Street, Ramona



**Bridges Support Group 6:30 p.m.**

**Aug 7th (BBQ @ Collier) & 21st**

**Sept 4th & 18th**

**Oct 2nd & 16th**

**Nov 6th & 20th**

**Cut out and post on the refrigerator**

**FREE**  
**Parenting**  
**Classes**  
**Learn from**  
**HOME!**



### **Free Car-seat Program**

Ramona Women’s Clinic will provide a convertible car-seat to each enrolled pregnant client who completes 15 classes with clinic staff or volunteer before their due-date.

#### Qualifications

- Must be a client of the clinic
- Must be pregnant
- Must have completed the form
- Must complete 15 classes at RWC
- Must be finished before the due-date

#### Guidelines

- Appointments must be at a time when teachers are available.
- Client must call the office at least 1 hour before a scheduled appointment to cancel.



Some restrictions apply,  
Call the office for more details.

## **¡Puentes!**

Te invitamos al grupo de **Puentes**, el cual se lleva a cabo cada otra semana, los miércoles; el horario permanecerá igual. Te daremos una calurosa 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. Se te pagarán \$50 en **Baby Bucks** con los cuales podrás comprar cositas necesarias como pañales, fórmula, ropita de bebé y ropa de embarazo. ¡Te esperamos!



**La Clínica para el Embarazo 10:00 am**

**Agosto 6 y 20 (fiesta de piscina)**

**Septiembre 3 y 17**

**Octubre 1 y 15 y 29**

**Noviembre 12 y 26**



### **Programa gratis para Silla de Carro**

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 clienta embarazada listada con la clínica la cual haya completado 15 clases con el personal de la clínica un voluntario de la clínica antes de la fecha del parto de su niño mientras está disponible el fondo para este programa.

#### Calificaciones

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







# La Navidad Se Acerca!!!



*La Clínica de Cuidado para El Embarazo* tendrá el programa **“Adoptar-a-una-Mamá”** para las clientas activas ésta Navidad. Para registrarse tiene que:

- Ser clienta activa de la clínica
- Estar embarazada, o tener un bebé menos de un año en la fecha 12/1/25
- Asistir a las juntas continuamente de Puentes o tomar clases cada semana durante los meses de agosto, septiembre y octubre.

Si tienes alguna pregunta, por favor  
comunicate con Anita en la oficina



## It's the Most Wonderful Time of the Year...

At **Ramona Women's Clinic** we will be having our wonderful **Adopt-A-Mom Christmas Program** again this year. To sign up for **Adopt-A-Mom**, you must be:

- A client of **Ramona Women's Clinic**
- Currently pregnant or have a baby under one year old on 12/1/25
- Consistently attending the **Bridges** meetings or taking weekly classes during August, September and October.



Appointments for sign-ups are made at the **Bridges** meetings. There are additional guidelines for qualification available from Anita at the **Ramona Women's Clinic** office.