

RUN FOR YOUR MUM

5K FUN RUN & WALK

A Fundraising Event to Honor Moms

Benefitting Pregnancy Choices

Thank you for registering for Pregnancy Choices' 2015 Run For Your Mum—a fundraising event to honor moms. We are thrilled to have you run or walk to honor the mothers and mother-like figures in your life and in our community. This flyer is designed to help you know us better and encourage you in your fundraising efforts. We are grateful for your participation and support. Thank you!

How to Raise Funds

Let your creativity and personality shine! Raising funds is simple: Just Ask! Just ask your friends, family, co-workers, neighbors, church members or customers. You will be surprised how many people want to support you and support a great cause. There are two ways to raise funds: Your individual efforts and online tools.



Why Fundraise?

- * To honor mothers and motherhood.
- * To support women facing an unplanned pregnancy through the services of Pregnancy Choices

Individual Efforts

The sky is the limit, but here are a few ideas to get you started:

- * Ask, ask, and ask some more.
- * Snail mail is never out of style! Write a fundraising letter and include a self-addressed stamped envelope.
- * Send a picture postcard of yourself with fundraising information on the back.
- * Have a bake-sale or garage sale with proceeds going to your fundraising efforts.
- * Ask a local business to match your fundraising efforts.

Online Tools

When you register online, you are automatically set up with a *Personal Fundraising Page* where you can:

- * Personalize with photos, videos and personal messages
- * Share links to your fundraising page via email, Facebook, Twitter, and more
- * Receive online donations and track your pledges
- * Update your sponsors



Just follow the prompts after you register and click on the yellow boxes to change information. Take your time. Use the Help button if you get stuck.

Gratitude

Don't forget to thank each person or business that sponsored you. There are many ways to thank someone, here are a few ideas:

- * Phone your sponsors so that you can tell them directly about your success in fundraising and how much fun you had walking or running.
- * Mail a thank you card—people love the personal touch of a handwritten note.
- * Post a statement of gratitude to Facebook, Twitter, or Linked In.

thank
you!

Where does the money go?

All funds raised go to Pregnancy Choices to fund our three programs: Future Impact, Pregnancy Resources, and Thriving Heart.



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“Two kinds of gratitude: The sudden kind we feel for what we take; the larger kind we feel for what we give.”

-Edwin Arlington Robinson



Location:

Mount Vernon

617 W. Division
(360)428-4777

PregnancyChoices.org



Our Services:

- * Pregnancy Testing
- * Pregnancy Options Education
- * Limited Obstetrical Ultrasounds
- * Prenatal, Parenting and Life Skills Classes
- * Bible Study
- * Incentive-based Material Assistance
- * After-Abortion Healing Support Groups
- * Sexual Health and Relationship Education
- * Community Referrals

What is Pregnancy Choices?

Pregnancy Choices is a Christian ministry caring for those touched by unplanned pregnancy by providing options and resources that promote life. We are comprised of three unique programs: FutureImpact, Pregnancy Resources, and Thriving Heart.



Who We Serve

Pregnancy Choices serves women, men, teens, families, singles, married couples, those who are currently parenting and those who hope to become a parent. Pregnancy Choices does not discriminate based on age, ethnicity, language, income, religious affiliation, disability or other personal circumstances. Our services are available to everyone and are always free.

What We Do



FutureImpact is the relationship and sexual health community education division of Pregnancy Choices focusing on sexual risk avoidance behaviors, targeting ages 12-18.



Pregnancy Resources provides women with resources that confirm they are pregnant and education about the options available for the outcome of pregnancy.



Thriving Heart provides life skill classes and focus groups in an intimate setting. The *Living Awareness* program coaches men and women on healthy, practical ways of doing life.

By the Numbers (2016 Statistics)

FutureImpact Students Reached	2801	Board of Directors	9
Pregnancy Resources Services	392	Staff	6
Class Participants	100	Medical Team	4
		Volunteers	44

What Clients Say About Us

“Pregnancy Choices was recommended to me and I loved it!”

Statement made by a client, Fall 2016.