



Volunteer & Donor Information

Now choose life, so that you and your children may live.

Deuteronomy 30:19

friendsoffirstcoast.org



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Mission Statement

First Coast Women's Services' goal is to empower women to make informed choices about their pregnancy. Our purpose is to prevent the tragedy of abortion by offering truthful information, emotional support and practical assistance to women and their partners who are facing unplanned pregnancies. We present sexual abstinence as a positive lifestyle for singles and provide the opportunity for healing and restoration to those who have been hurt by abortion. We share the love of Jesus in a caring, nonjudgmental environment. All services are free and confidential.

Vision Statement

First Coast Women's Services will be a network of highly committed employees, volunteers and donors providing Christ-centered, life-changing pregnancy support services to the First Coast Region, encompassing Baker, Clay, Duval, Nassau and St. Johns counties. We focus on the sexual, physical, emotional and spiritual health of women, men and families in North Florida.

First Coast Women's Services' Core Values

WE CARE	WE BELIEVE	WE COMPLY
<ul style="list-style-type: none"> • First Coast Women's Services is committed to assisting women to carry to term by providing emotional support and practical assistance. Through the provision of God's people and the community at large, women may face the future with hope, and plan constructively for themselves and their babies. • First Coast Women's Services treats others with kindness, compassion and in a caring manner through sharing the love of Christ. • First Coast Women's Services is committed to creating awareness within the local community of the needs of pregnant women, and of the fact that abortion only compounds human need rather than resolving it. • First Coast Women's Services offers assistance free of charge at all times. 	<ul style="list-style-type: none"> • First Coast Women's Services is an outreach ministry of Jesus Christ through His church. It is committed to presenting the Gospel of our Lord to women and their families both in word and in deed. Commensurate with this purpose, those who labor as Board Members, Staff and Volunteers are expected to know Christ as their Savior and Lord, and agree with the First Coast Women's Services Statement of Faith. • FCWS opposes abortion and, therefore, does not offer, recommend or refer for abortions or abortifacients, but is committed to offering accurate, documented information about abortion procedures and risks. • FCWS believes in the sanctity of life from the moment of conception to natural death. • FCWS believes in chastity outside of marriage and fidelity within. It believes in the sanctity of marriage between one man and one woman as taught in the Bible. Therefore, all staff and volunteers commit to a lifestyle of sexual purity, and will refrain from engaging in any sexual relationships outside the bonds of Christian marriage. • First Coast Women's Services does not recommend, provide, or refer single women for contraceptives. (Married women seeking contraceptive information should be urged to seek counsel, along with their husbands, from their pastor or physician.) • First Coast Women's Services is committed to integrity in dealing with clients, earning their trust and providing promised information and services. The ministry denounces any form of deception in its corporate advertising or individual conversations with clients. 	<ul style="list-style-type: none"> • First Coast Women's Services provides services without regard to age, race, income, nationality, religious affiliation, disability or other arbitrary circumstances. • FCWS will only disclose client information as required by law and when necessary to protect people against imminent harm. • FCWS gives accurate, documented information about pregnancy, fetal development, lifestyle issues, and related concerns. • FCWS is truthful, honest, and accurately describes the services offered in all of its advertising and communications. • FCWS is governed by a Board of Directors, and operates in accordance with its Articles of Incorporation, bylaws, and mission. • FCWS complies with applicable legal and regulatory requirements regarding employment, fundraising, financial management, taxation and public disclosure, including the filing of all applicable government reports in a timely manner. • FCWS provides proof of pregnancy and limited ultra-sonography in accordance with applicable laws, and in accordance with pertinent medical standards, under the supervision and direction of a licensed physician. • FCWS provides appropriate training to uphold ministry standards to all of the staff and volunteers. • First Coast Women's Services recognizes the validity of adoption as one alternative to abortion, but is not biased toward adoption when compared to other life-saving alternatives.

Scope of Services

Each of our centers provides the following services:

- Free lab-grade pregnancy tests & limited ultrasounds
- Verification of pregnancy
- Maternity and baby clothes, diapers, cribs and newborn items for Earn While You Learn participants
- Education on pregnancy, adoption, parenting and abortion risks
- Men's mentoring ministry
- Abortion healing assistance
- Sexual Risk Avoidance education
- STI/STD education
- Maternity housing and community agency referrals
- Event speaking

PLEASE PRAY that FCWS continues to have willing volunteers to minister and resources to distribute in high-risk areas.

*"Those from among you shall build the old waste places; you shall raise up the foundations of many generations; and you shall be called the repairer of the breach, the restorer of streets to dwell in." **Isaiah 58:12***

What's New

Call Center & Telehealth





New Call Center & Telehealth Services

Increasingly, with improved at-home pregnancy tests, women are learning very early that they are facing an unplanned and unwanted pregnancy. First Coast Women's Services has always sought to be available with immediate help for women in their moment of need, and **now we are more accessible than ever**. We have opened a new HIPPA Compliant Call Center, which is housed at our Clay County location. The Call Center has a unique phone number that is advertised in our Google paid search campaigns, on our client website, and in our client social media on Instagram and Facebook. Other Pregnancy Resource Centers around the country have found that **offering Telehealth increases client engagement and client show rates dramatically, which reduces the number of abortions**.

Our Client Call Center is staffed with professional Schedulers and Registered Nurses who respond to incoming calls, texts, and emails from prospective clients seeking abortion information. Staff members at the Call Center provide truthful and caring solutions to the client's needs, ensuring that the caller feels supported and valued. As the initial point of contact with women in crisis, the Scheduler earns the caller's trust, giving her the courage to make a Telehealth appointment. The Scheduler then sends mobile intake forms to the client and then makes the Telehealth appointment or an in-person appointment at one of our five locations or mobile unit.

Women receive compassionate care during a virtual health assessment with a Telehealth Registered Nurse and discuss their pregnancy options. An ultrasound appointment will then be scheduled for the same day or as soon as possible at one of our locations.

PLEASE PRAY for the success of these new services, the workers behind them and the lives we will reach.

"Call upon me in the day of trouble; I will deliver you, and you will honor me." Psalm 50:15

Earn While You Learn

Parenting Through Education



Earn While You Learn

First Coast Women's Services' clients who choose to parent may join the **Earn While You Learn** program, a system of loving, learning and earning.

The Earn While You Learn Program provides education to help expectant mothers and fathers to learn about healthy pregnancy and to be equipped for caring for their child. Points are earned when each unit of education is completed and can be redeemed to purchase baby items and cribs.

Earn While You Learn Impact

- Instill accountability
- Promote self-sufficiency
- Develop independent living skills
- Inform on healthy pregnancy
- Impart parenting and relationship guidance
- Create meaningful relationships with mentor

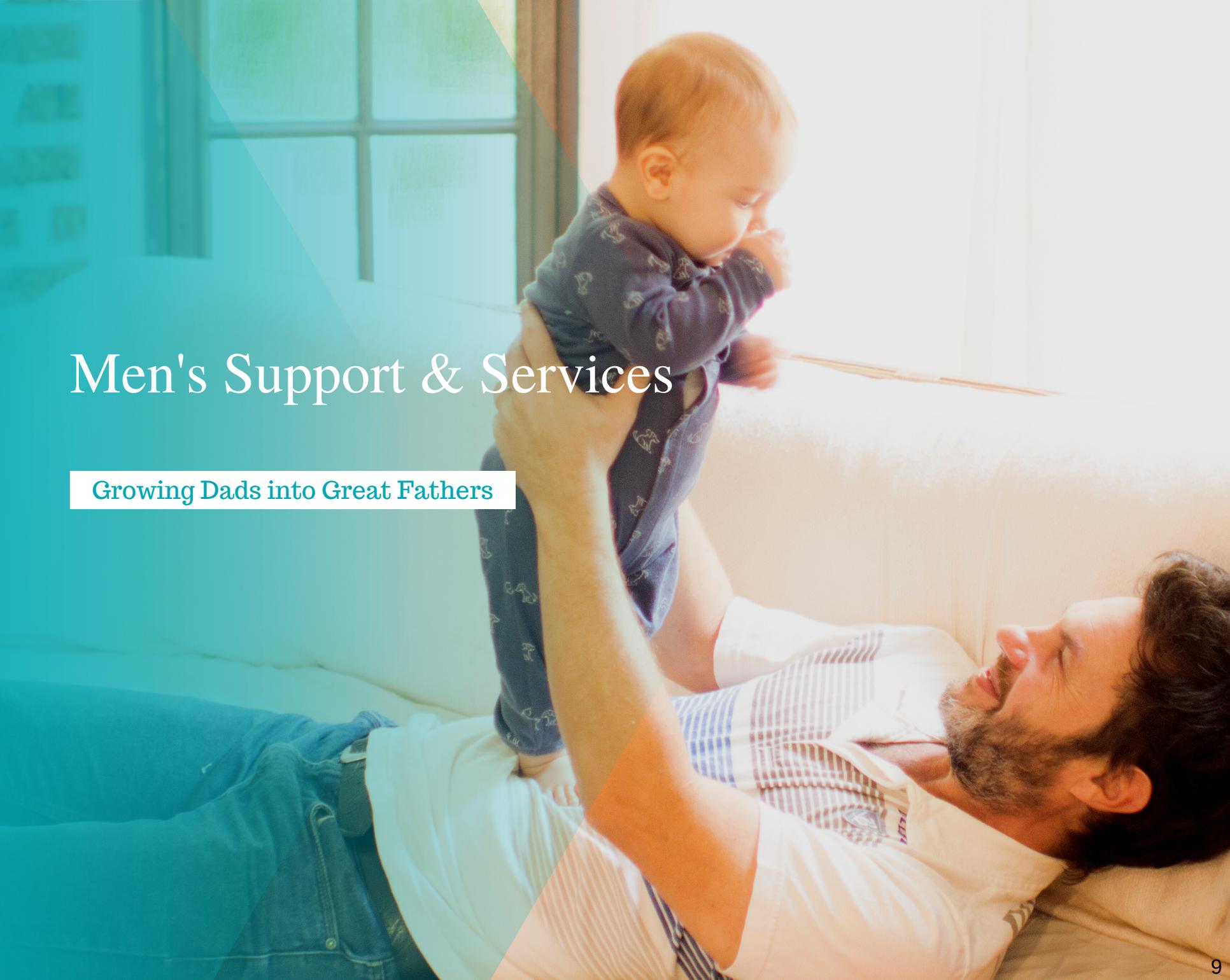
You can help First Coast Women's Services provide valuable resources by hosting a baby shower to provide newborn necessities to new moms and dads.



"I got education on what was happening to my body, how to care for myself physically, emotionally, and how to prepare for the baby's arrival once it was here. The more I learned about the baby growing inside me, the more I fell in love with her...It proved to be the confidence I really needed." - Chelsea

PLEASE PRAY for necessary materials and volunteers who make the Earn While You Learn program possible.

"Behold, children are a gift of the Lord. The fruit of the womb is a reward." Psalm 127:3

A photograph of a man with a beard and dark hair, wearing a white t-shirt and blue jeans, sitting on a light-colored sofa. He is holding a baby in a blue patterned onesie up in the air with both hands. The man is looking at the baby with a smile. The background shows a window with white curtains. A large teal graphic overlay is on the left side of the image.

Men's Support & Services

Growing Dads into Great Fathers

Men's Support & Services

First Coast Women's Services' **Men's Ministry** provides a safe place for men to openly discuss concern, emotions and questions relating to pregnancy. The program for men focuses on building authentic biblical manhood and fatherhood through educational classes and one-on-one mentoring with a male volunteer. Men meet individually and are provided with necessary emotional support information.

Information Provided

- Facts on fetal development
- How to support the baby's mother
- Responsibilities of fathers
- How to become an effective father
- Encouragement on healthy lifestyle choices
- Information on sexually transmitted diseases
- Education on parenting, household, and financial management
- Spiritual guidance
- Post-abortion counseling



"We had an abortion previous to the time we got pregnant. And the abortion caused me a lot of inner turmoil... [the advocate] took us in; she was warm, caring, and she was so real. If it wasn't for First Coast Women's Services, we would not have our beautiful daughter." - Ronald

PLEASE PRAY that fathers will choose to accept the integral role that the Lord has designed them to fill.

"As a father has compassion on his children, so the Lord has compassion for those who fear him." Psalm 103:13



Exploring Adoption

Be Empowered, Learn All Your Options



Exploring Adoption

First Coast Women's Services is not an adoption agency, although we inform and provide care and emotional support to women who decide to make an adoption plan for their child. Our Adoption Client Advocate will walk with the birth mother through her journey as she chooses the type of adoption she wants to make and prepares her for the many emotions she will experience.

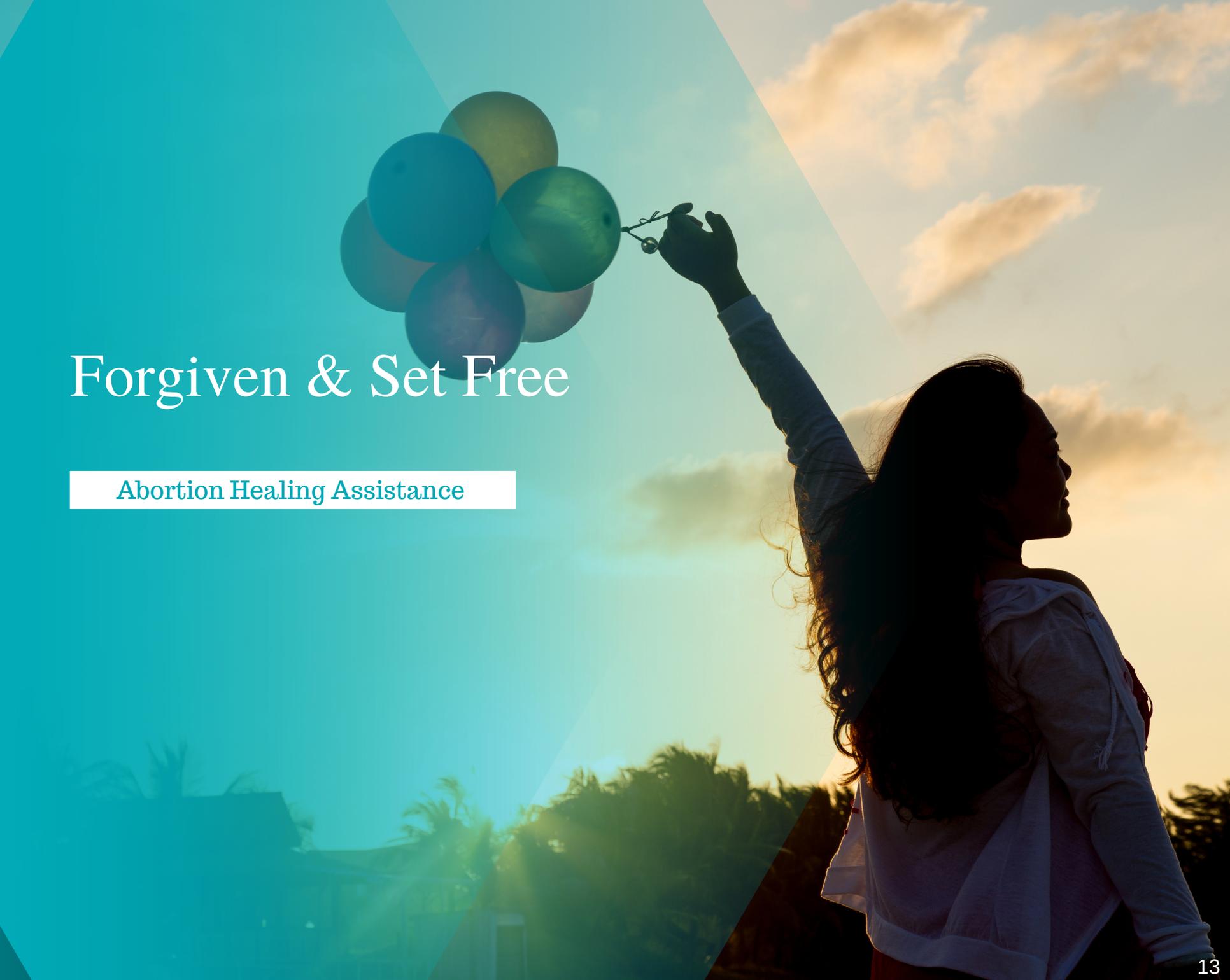
How First Coast Women's Services Helps

- Provides information on the adoption process
- Shares options which include open, semi-open and closed adoptions
- Supports women as they choose adoptive parents
- Supports women as they work with an adoption agency or attorney to choose the family they want their child to grow up in.

"I found myself in the midst of an unplanned pregnancy. I had no idea what I was going to do. I found First Coast Women's Services, and they saved me. I went through counseling for months, and I solidified the idea that adoption was what I needed to do...First Coast Women's Services is just an amazing organization. You can't even describe in words the emotions they prepare you to go through...I signed the papers knowing in every fiber of my being that it was the right thing to do...I will never tell anyone adoption is easy, but I will always make sure they know it's worth it." - Maggie

PLEASE PRAY for grace and peace for families as they go through the adoption processes.

"And when he was exposed, Pharaoh's daughter adopted him and brought him up as her own son." Acts 7:21

A woman in silhouette is shown from the side, holding a bunch of colorful balloons (blue, green, purple, and yellow) against a sunset sky. The scene is overlaid with a teal geometric shape on the left side.

Forgiven & Set Free

Abortion Healing Assistance



Abortion Healing Assistance

Many who choose abortion may struggle afterwards emotionally, physically, or spiritually. Some do not understand that the pain or confusion they are feeling can be traced back to an abortion in their past.

First Coast Women's Services offers Abortion Healing Assistance for women through our Bible study, **Forgiven and Set Free**. This study provides a confidential environment for women who seek healing from emotional and spiritual pain.

Men can also be affected because they pressured or encouraged their wife or girlfriend to have the abortion, consented to the abortion even though they wanted the baby, were unaware of the abortion, or unsuccessfully tried to stop the abortion. First Coast Women's Services has man-to-man mentoring available for them.

How First Coast Women's Services Helps

- Address denial
- Deal with guilt
- Clear up misconceptions about God
- Grieve the loss of their child
- Come to acceptance
- Experience emotional and spiritual recovery

"I could no longer deny that the babies I aborted were in fact children...Whenever I was suffering from depression, sadness, or anxiety, I chose to drink...[after a year of sobriety and mentorship] the one thing I still didn't know what to do with were the abortions...It was in the study that I realized the depth of Christ's love for me for the first time and, not only that, I saw that the cross is big enough for all sin, even my sin of abortion." - Shawn

PLEASE PRAY that individuals who have experienced abortion in their past will be set free from shame and condemnation and will know the fullness of the Father's love and forgiveness.

"My heart has heard you say, 'Come and talk with me.' and my heart responds, 'Lord, I am coming.'" Psalm 27:8



Remembering the Unborn

First Coast Memorial for the Unborn

Remembering the Unborn

First Coast Memorial for the Unborn offers a physical place for family members and friends to grieve the loss of an unborn child. Through abortion, stillbirth or miscarriage, the surviving members experience loss.

Often a family who experiences loss feels confused and grieved. Regularly, however, the lost lives are unrecognized or discounted by others. The Memorial provides a place to honor and give dignity to the lives that might otherwise go unnoticed.

First Coast Memorial for the Unborn provides healing and opportunity for closure. Brick pavers and metal plaques can be purchased, personalized and placed along the walkway.

"The idea of something tangible to say, 'Yes, there was a baby, she was real, and her memory lives on' brings such comfort and peace to me, that I know it will be the same for thousands like me - who have lost a baby to abortion." - A Mother



PLEASE PRAY for those who have lost an unborn child that they may receive healing and peace from God.

"You turned my wailing into dancing; you removed my sackcloth and clothed me with joy, that my heart may sing your praises and not be silent. Lord my God, I will praise you forever." Psalm 30:11-12



Engage in the Pro-Life Movement

with First Coast Women's Services

Intercede - Involve - Influence - Invest

Intercede - Your prayers matter

Join the Prayer Text Team

1. Text "4life, first name, last name, and zip code 59769" to 59769
2. If successful, you will receive the response: "Thnk u for joining FCWS text messaging prayer team."
3. After joining, you will receive prayer texts to pray for a client in need as well as prayer results when we receive them. (Please do NOT reply to prayer texts)

Participate in Sanctity of Human Life Sunday

- Attend an annual prayer breakfast locally on the Wednesday preceding Sanctity of Human Life Sunday
- Pray for life as a congregation on Sanctity of Human Life Sunday

"The prayer of a righteous person is powerful and effective." James 5:15b



Involve - Your relationship matters

Volunteer

- Prayer Intercessor
- Client Advocate
- Center Receptionist
- Support Services
- Abortion Healing Facilitator
- Men's Ministry Mentor
- Administrative
- Church Liaison
- Special Events / Auxiliary Fundraising

Community Relations Committees

Our Community Relations Committee (CRC) is a committed group of volunteers who meet monthly to plan and implement events and outreach opportunities for the community to become educated and engaged with what God is doing through First Coast Women's Services.

Please visit our website or email info@fcwsprc.org if you are interested in learning more about volunteering or joining a CRC.



Influence - Your Church involvement matters

Ways your Church can partner with FCWS:

1. Bring awareness to the local efforts of life on Sanctity of Human Life Sunday
2. Participate in our annual Baby Bottle fundraiser
3. Invite FCWS to speak at a women's or men's ministry event
4. Invite FCWS to host a volunteer sign-up table
5. Host a baby shower or diaper drive
6. Encourage your small groups to serve at a center for a workday
7. When your church has a large event or concert, invite FCWS and promote the organization during the intermission

*"The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.'" **Matthew 25:40***



Invest



HOW YOUR GIFT WILL MAKE A DIFFERENCE

<p>\$1200+</p> <p>Mothers HOPE</p>	<p>\$500</p> <p>Fathers FAITH</p>	<p>\$250</p> <p>Choosing LIFE through Adoption</p>	<p>\$125</p> <p>Windows of LIFE</p>	<p>\$50</p> <p>Newborn LIFE Layette</p>
<p>Counseling support throughout pregnancy</p> <p>Education on prenatal care, parenting, relationships & job skills</p> <p>Material support for mother and baby</p>	<p>Mentoring sessions with a male mentor</p> <p>Education on parenting, finances & job skills</p> <p>Material support including Home Depot and gas cards</p>	<p>Emotional, physical and spiritual support</p> <p>Access to resources that provide women with help to carry their babies successfully and choose adoption</p>	<p>Sonogram showing a mother and father that their baby is growing in the womb</p>	<p>Diapers</p> <p>Bottles</p> <p>Clothing</p> <p>Bathtub</p> <p>Diaper Bag</p> <p>Bible</p>

Major Events

Baby Showers

Material supplies like cribs, diapers, bottles, clothes and bags are all vital to the Earn While You Learn program. Groups have the opportunity anytime of year to throw a baby shower to collect items for FCWS.

Baby Bottle Campaign

Churches, individuals and groups are invited to participate in First Coast Women's Services' Baby Bottle Campaign. Empty bottles are available anytime of the year to be filled with spare change, cash or checks. With the money raised, FCWS is able to provide material support and much needed supplies. Every penny helps serve more clients and save more lives.

Annual Life Banquet

The Life Banquet is a celebration of hope, healing and life that is brought to the lives of new families in need. Sponsors provide valuable monetary support for the event and fundraising for the ministry, allowing FCWS to continue to serve women, men and families facing unplanned pregnancies.

Local Center Events

- Denim and Diamonds – Clay County Event
- Women Helping Women – Beaches Event
- Life Fusion – Baker County Event



For information on events taking place throughout the year, visit friendsoffirstcoast.org/events.

Locations

Mandarin

11215 San Jose Blvd.
Jacksonville, FL 32223
(904) 262-6300

Baker County

368 South 5th St.
Macclenny, FL 32063
(904) 259-2585

Beaches

224 N. 3rd St.
Jacksonville Beach, FL 32250
(904) 246-7378

Clay County

105 Old Jennings Rd.
Orange Park, FL 32065
(904) 213-9374

Northside Center

404 Owens Rd.
Jacksonville, FL 32218
(904) 549-6122

Mobile Center

For Mobile Unit weekly locations
and times, visit fcws.org

 www.friendsoffirstcoast.org

 info@fcws.org

 (904) 262-6300

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