



Church Involvement

Local Missions Opportunities



Get your congregation involved in the pro-life
movement through an ongoing partnership with
First Coast Women's Services



About First Coast Women's Services

First Coast Women's Services is a 501(c)(3) nonprofit corporation that empowers women to make informed choices about their pregnancy. Our purpose is to prevent the tragedy of abortion by offering truthful education, emotional support, and practical assistance to individuals who are facing unplanned pregnancies. We present sexual abstinence as a positive lifestyle for singles and provide opportunity for healing and restoration to those who have been hurt by abortion. We share the love of Jesus in a caring non-judgmental environment. Services are free of charge and confidential, and we receive no government funding.

Why Get Involved

In Matthew 25:40, Jesus tells His disciples: "Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me." When you partner with First Coast Women's Services, you are serving the least of these and being a voice for the voiceless. Getting involved in FCWS is a great way to teach your congregation both about the value of life and the difference we can make in the community when we come together as the body of Christ.

Ways to Get Involved

- Create a client gift set
- Host a baby shower
- Participate in baby bottles
- Host a Vision Night
- Hold a Family Fun Day
- Hold a work day
- Pray with us
- Attend/sponsor an event

How to Get Involved

It's easy to get involved with First Coast Women's Services! Our Development Team is here to help you decide the best ways to get started. You can fill out our interest form on our website, friendsoffirstcoast.org (or scan the QR code below) or reach out directly to our team:

Jennifer Pace
Development Director
jpace@fcwsprc.org
(904) 549-6106

Cindy Ragland
Volunteer & Training Director
cragland@fcwsprc.org
(904) 496-0360

Karen Whalen
Events Manager
kwhalen@fcwsprc.org
(904) 549-6104



Create a Client Gift Set

FCWS frequently gives gift sets to our clients. This is a great way to provide Earn While You Learn participants with items they need for their babies, help mothers through their pregnancy, and even help fathers get involved! There are a number of gift sets you can choose from to provide.

- Layette Set
- Diaper Bag
- Daddy Diaper Bag
- New Believers Bag
- Client Gift Bag
- Holiday Stocking

Creating client gift sets is a great first step to get involved with FCWS. It's a wonderful serving opportunity for small groups and individuals within your church. Client gift sets can be created any time and dropped off at any of our five Centers during open operating hours (see our website for hours of operation at each Center).

The following pages contain more information on each type of gift set to help you get started.



Pictured: Small Group from Eleven22 delivering Layette Sets to our Clay County Center!

Create a Layette Set

What is it?

A layette is a set of new baby clothes, supplies, and accessories for a newborn decoratively placed in a plastic baby tub, packaged in tulle or cellophane to keep contents together.

Ideas for Inside:

- Diapers, size 1
- Burp pads
- Bibs
- Crib sheets
- Onesies
- Receiving blankets
- Heavy blankets
- Sleepers (or gowns)
- Pair of socks/booties
- Hat/headbands
- Outfits
- Hooded towel
- Washcloths
- Baby wipes
- Pacifiers
- Teething toys
- Soft toys
- Baby bathtub
- Baby bottles
- Diaper cream
- Baby shampoo
- Baby lotion



Drop it off:

Once you've assembled a layette set, you can drop it off at one of our five centers. Visit friendsoffirstcoast.org/contact to find the center closest to you!

Please contact Cindy Ragland with any questions:
(904) 496-0360 or cragland@fcwsprc.org

Create a Diaper Bag Essentials Set!

What is it?

FCWS Parents attending the Earn While You Learn (EWYL) Classes take classes on parenting, relationship skills, finances, and other topics and then earn points to “purchase” essential baby items. New parents, both moms and dads, love to earn diaper bags with all the essentials that new parents will need.

What To Do:

1. Purchase a nice diaper bag for either mom or dad
2. Fill it with some or all of these newborn essentials: wipes, a baby care kit, baby mittens and socks, a thermometer, a pacifier, moisturizer, baby blankets, and onesies.



Drop it off:

Once you've assembled a Diaper Bag, you can drop it off at one of our five centers. Visit friendsoffirstcoast.org/contact to find the center closest to you!

Please contact Cindy Ragland with any questions:
(904) 496-0360 or cragland@fcwsprc.org

"Real Men Change Diapers" Kit

What Is It?

FCWS Dads attending the Earn While You Learn (EWYL) Classes take classes on parenting, relationship skills, finances, and other topics and then earn points to "purchase" essential baby items. New fathers love to earn daddy diaper bags with all the essentials that a new father will need when he's on "diaper duty."

What To Do:

1. Purchase a nice men's diaper bag
2. Fill it with some or all of these newborn essentials: diapers, wipes, a portable changing mat, diaper rash cream, a thermometer, pacifiers, teethingers, moisturizer, baby blankets, and onesies.
3. Want to go the extra mile? Add in some fun gifts for the dad: gift cards, New Dad Survival Book, etc.



Drop It Off:

Once you've assembled a Daddy Diaper Bag, you can drop it off at one of our five centers. Visit friendsoffirstcoast.org/contact to find the center closest to you!

Please contact Cindy Ragland with any questions:
(904) 496-0360 or cragland@fcwsprc.org

Make a New Believers/ Spiritual Encouragement Bag!

What is it?

Our Client Advocates frequently get the opportunity to share the Gospel or offer spiritual encouragement to our clients. When a client shows interest in learning more about Salvation or even surrenders their life to the Lord, we love to provide them with a "New Believers" or "Spiritual Encouragement Bag" full of items to help them along in their walk with God!

What goes inside:

- Bible
a nice, new Bible that is easy to read (NIV or ESV are great options)
- Journal
- Devotional
- Highlighters
- Candy
- Fuzzy Socks
- Nice Pens

Drop it off:

Once you've assembled a bag, you can drop it off at one of our five centers. Visit friendsoffirstcoast.org/contact to find the center closest to you!

Please contact Cindy Ragland with any questions:
(904) 496-0360 or cragland@fcwsprc.org

Create a Client Gift Bag

What is it?

Create a gift bag for our clients! This is a great project that you and your small group can create and drop off at one of our five centers.

What To Do:

1. Purchase a quality gift bag, reusable bag, or basket
2. Fill it with some small essentials that a new mom would like including: lotion, body spray, comfy socks, a devotional that a new believer may like, chapstick, and a personal card.



Drop it off:

Once you've assembled a Client Gift Bag, you can drop it off at one of our five centers. Visit friendsoffirstcoast.org/contact to find the center closest to you!

Please contact Cindy Ragland with any questions:
(904) 496-0360 or cragland@fcwsprc.org



Create a Client Stocking

What is it?

Create a stocking for our clients! This is a great project that you and your small group can create and drop off during the holidays at one of our five centers.

What To Do:

1. Purchase a large stocking
2. Fill it with some small essentials that a new mom would like including: lotion, body spray, comfy socks, a devotional that a new believer may like, chapstick, and a personal card.



Drop it off:

Once you've assembled a Client Stocking, you can drop it off at one of our five centers. Visit friendsoffirstcoast.org/contact to find the center closest to you!

Please contact Cindy Ragland with any questions:
(904) 496-0360 or cragland@fcwsprc.org



Host a Baby Shower

Baby showers help us stock up our Centers with baby items for new families that moms and dads can earn when they participate in our Earn While You Learn courses.

Baby Showers are another great way to get started with First Coast Women's Services. Your small groups can host Baby Showers, or you can hold a Church-wide baby shower to collect items for FCWS.

The following page contain more information on how to host a Baby Shower to help you get started.



Pictured: Baby Shower donations by First Coast Baptist Church, Riverwood's Women's Bible Study, and Eleven22



Host a Baby Shower

What is it?

Material items are vital to FCWS's Earn While You Learn program, through which our clients have to opportunity to be educated on their pregnancy and prepared for their baby's arrival, while receiving material needs along the way. Gather a group at any time of year to throw a "Baby Shower" and collect items to donate to FCWS clients, while enjoying fellowship at a fun and worthwhile event.

Suggested Items:

- Diapers (newborn & size one)
- Baby Hooded Towels
- New Onesies, 0-12 months
- Baby Wash/Shampoo
- Diaper Cream
- \$25 Walmart Gift Cards
- Wipes
- Cribs
- Bottles
- Diaper Bags
- Pacifiers

Interested in Hosting?

Please contact Karen Whalen if you would like to host a Baby Shower, to schedule a Speaker to come to your shower, or with any questions:

(904)549-6104 or kwhalen@fcwsprc.org

Once you've thrown your Baby Shower, drop off any items collected at one of our centers. Visit friendsoffirstcoast.org/contact to find the center closest to you!

Host a Vision Night

Vision Nights are a great way not only to introduce the pro-life movement to your congregation, but also to get them actively involved in making a difference in the community!

A Vision Night will look a little bit different for every church since we know each congregation is unique, but the basic foundation of a Pro-Life Vision Night includes:

- An introduction to First Coast Women's Services
- Brief education on the pro-life movement
- A pro-life message/word of encouragement
- An opportunity to give to the ministry
- An explanation of ways to get involved and an opportunity to sign up to volunteer

You can also include First Coast Women's Services in a wider Vision Night for your church when talking about local ministries, building strong families, and over-and-above giving.

Interested in hosting a vision night? Contact Cindy Ragland at cragland@fcwsprc.org or (904) 496-0360.



Pictured: Eleven22, Potter's House International Ministries, and Reverb Church Vision Nights!

Hold a Family Fun Day

Family Fun Days are a great opportunity to directly pour into the lives of our clients. Held on-site at the Center of your choosing, a Family Fun Day allows clients to come to their Center for a special event designed to bless them as they prepare for their babies. It's also an opportunity to meet some of the lives being impacted by your church's involvement!

A family fun day typically involves:

- Fellowship with the clients
- Food
- Donated baby and new-parent gifts for each client to take home
- Fun activities

Interested in holding a Family Fun Day? Contact Cindy Ragland at cragland@fcwsprc.org or (904) 496-0360.



Pictured: Clay County Family Fun Day held by Hibernia Baptist Church

Hold a Work Day

There is always work to be done around FCWS! Your church or group can hold a work day at one of our Centers to help out with various tasks.

A work days may include:

- cleaning a Center so it's in tip-top shape for clients
- organizing our baby boutique donations
- sprucing up landscaping
- helping sort Baby Bottles
- helping prepare for an upcoming event by stuffing invitations, etc.

Interested in holding a Work Day? Contact Cindy Ragland at cragland@fcwsprc.org or (904) 496-0360.



Pictured: Fruit Cove Baptist, Fort Caroline Baptist, and North Jax Baptist Church work days!

Pray With Us!

There is no doubt that our most powerful weapon in the fight for life is prayer. While we need volunteers and hands-on involvement, we need your prayers most of all.

There are 4 ways to join us in prayer:

- Join the prayer text team – Join thousands of prayer warriors across the First Coast in praying for our clients. When we have a client who is at-risk for abortion, we will send out a prayer alert. When we began this team, we saw the number of babies saved DOUBLE within the first year!
- Join us for Sanctity of Human Life – Each January, churches across the community come together to pray and raise awareness for life. Join us at one of our several times of prayer and/or pray for life in our community on Sanctity of Human Life Sunday!
- Pray for our volunteers before a shift – It is imperative that our volunteers be covered in prayer before they set about their life-saving work. It is always especially encouraging to have a local pastor come and minister to our volunteers in this way.
- Pray for FCWS in your services and small groups – Praying as a congregation or group for life in our community is powerful beyond compare. We gain the most ground when we are united in seeking God for changed hearts and lives.

Interested in praying with and for First Coast Women's Services? Contact Cindy Ragland at cragland@fcwsprc.org or (904) 496-0360, or visit friendsoffirstcoast.org to learn more.



Attend or Sponsor an Event

First Coast Women's Services' events are our top way not only of raising funds for the ministry, but also of raising awareness about the fight for life and gaining new supporters. Many churches like to attend and/or sponsor these events. FCWS holds four major events through the year:

- Annual Life Banquet (fall)
- Life Fusion – Baker County Dinner and Auction (fall)
- Denim & Diamonds – Clay County Dinner and Auction (spring)
- Women Helping Women – Kernan/beaches Brunch and Fashion Show (spring)

Interested in attending or sponsoring an event? Scan visit friendsoffirstcoast.org, scan the QR code below, or contact Karen Whalen at kwhalen@fcwsprc.org.



Participate in Baby Bottles

Filling up a bottle with spare change is a small way to make an eternal difference in the lives of unborn babies and their mothers.

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

First Coast Women's Services citywide Baby Bottle campaign runs annually from Mother's Day to Father's Day. However, your church can participate any time of year that works best for you!

Ready to get started? Visit friendsoffirstcoast.org and click on the Baby Bottles tab, scan the QR code below, or contact MK Bevis at mbevis@fcwsprc.org for more details.

