

# CHOICES

CRISIS PREGNANCY COUNSELLING CENTRE

NPO No. 033-200 · PBO No. 9300 23098

Newsletter July 2013

## Thank you—Dankie—Enkosi

It has recently been reported that in SA 40% of NGO's have sadly had to close their doors.

This reminds us once again of how deeply we appreciate your continued financial support—THANK YOU! It is because of the generosity of local churches, businesses and individuals, that we are able to continue offering the services we do.

To our team of amazing, committed staff and volunteers—you are the heartbeat of Choices!!

## Residential Unit

16 women have been housed in the unit this year. Of the 12 babies born, 10 have been released for adoption. Our unit manager, Charmaine, together with her relief assistants, Ray and Fikiswa, strive to provide excellent care and love to all the residents. We welcome Ria Pelsler onto the team of relief assistants.

Many testify to leaving Choices with healing for wounded emotions and hope in their hearts.

From two residents: "For us, it has been a real privilege to stay at Choices. Everyone has made us feel really at home. Aunt Charmaine has been like a real mother to us in every way. She can never be replaced. A big thanks to Choices, you were there when we needed a place to stay, thanks for the counselling you gave us—it gave us strength and courage to go on. We've had a great experience and enjoyed the courses and classes a lot. We are happy to take home the memories and understand the meaning of adoption. In our hearts we know our babies are safe and God will send the best parents to raise our babies. Thanks for accepting us for who we are. We love you and

will miss you ..."

A huge thank you to Anita and Edward for cultivating our vegetable garden—Charmaine's amazing meals have only been enhanced by our delicious homegrown veggies. Last month the women were taught the process of bottling olives. These will be available for sale soon!

Our very grateful thanks also to Jean, Dilys and Lorraine for continuing to teach the women handmade crafts for their babies.

Len & Jen Bennell taught the women mirror mosaics, which they found most therapeutic.

The sale of crafts brought in R560 towards the running costs of the unit!

## Training

Thanks goes to our dedicated training team, consisting of Esmé, Heather, Lenora and Anita, who trained 14 on our mandatory **Equipped to Serve** course, and 18 attended the **Schools Programme** presenter training.

The majority have chosen to volunteer for counselling and are currently busy with the 5-5-5 practical training.

Esmé and Norma (from Connect) presented a **Train the Trainer** course for 4 applicants in Cape Town during April.

With an increasing demand for post abortion counselling, we are happy to report that 4 of our Volunteer counsellors completed a **Post Abortion Counselling** training course with Heather

during April and May.

Our two Unit relief assistants, Ray and Fikiswa are currently attending Doula training with renowned author and presenter, Irene Bourquin. Many thanks to **Ukuthasa** for sponsoring one of our assistants.

Anyone interested in becoming a Choices volunteer and attending our training, kindly contact the office for details.

## Counselling

We currently have 17 trained counsellors and from January to June 464 women were counselled at Choices.



## THANK YOU TO OUR DONORS!

### FINANCIAL

Urban Voice Church  
Somerset West Baptist Church  
Friends Fellowship  
Procare Adoption Agency  
Dr Alan Donkin  
Peter & Yolinda Gerstner  
Hello Computers  
Ukuthasa  
Mrs D Pozyn  
Mrs Pat Davidson  
Mrs & Mrs Woldrich

### ANONYMOUS SPONSORS

Admin Assistant  
Xhosa-speaking Counsellors

### SERVICES & GOODS

SPAR Vergelegen  
Lazena Chickens  
GBay IT Services  
Needyland & PRC  
Anthony Symes  
Renier Van Schalkwyk  
Enid Otto  
Mr Dylan Hasson  
Dr J Neethling  
Coronation Methodist WA  
Catholic Women's League  
Dorcas Ladies Strand  
Erinvale (ECHO)  
Huis Marie Louw  
NThando Baby Home  
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Mr R van Vuuren

Banking details:

Choices Pregnancy Centre  
ABSA Account No.:  
4052355584  
Branch Code: 334712

## CHOICES—Crisis Pregnancy Counselling Centre

### Schools Programme

Our schools team had the privilege of presenting the Programme to Grade 7's at Gordon's Bay and Somerset West Primary schools, to Grades 8,9 & 10 at Hottentots Holland High and new recruits at Boland College. Considering that we only had 4 presenters for most of the time, and very few helpers—the team deserves a very big thank you! We welcome JC de Jongh, youth pastor at NG Helderberg and Denise Eaby (founder Anchor of Hope Crisis Centre) onto the team.

We know that our programme is making a difference—Here are some excerpts from letters written to us by pupils:

- \* Choices has changed my life completely. (boy)
- \* I learnt not to watch porn—it is addictive and to say “NO” to sex ... stuff I didn't know. (boy)
- \* It gave me confidence. I now feel comfortable talking to my mom & dad about intercourse. (girl)
- \* I learnt to say “NO” and protect myself, 'cos I am special and have value. (girl)
- \* Teenage pregnancy could ruin my life. I will save myself for my husband & stay committed. (girl)

### Skills Development Training

7 Attended the computer training courses and 12 the cashier. It is most rewarding to get feedback of employment that is as a result of the training. Thank you Anita and Pat for volunteering your expertise.

### Fundraising

Please support our upcoming events:

#### ◆ GuitarLegends Music Evening—Friday 19 July:

Tickets R100 p.p. Book a table, bring a picnic and enjoy an outstanding show!

#### ◆ Spring Tea—Saturday 12<sup>th</sup> October:

Not to be missed, Ladies—you won't be disappointed!



*The end of a successful book fair—  
thank you for your support!*

### Mother Hubbard's Cupboard

Although our space is tiny, big things happen from here ...

Barbara continues to prepare new gift packs for pregnant moms filled to the brim with goods donated by our many faithful givers. Women from the community also regularly support our second-hand shop where donated baby clothing and goods are sold cheaply.

The proceeds from this go towards the running of the Centre and Residential Unit.



### Out of the mouths of babes ...

First graders were discussing a picture of a family. One little boy in the picture had a different colour hair from the other family members. One child suggested that he was adopted and a little girl said, “I know all about adoptions because I was adopted”.

“What does it mean to be adopted?” asked another child.

“It means,” said the girl, “that you grew in your Mommy's heart instead of her tummy.”

*Many thanks to staff at Helderberg Hospital, Clinics and Doctors. Rape Crisis, Patch and Ruach, Procare and Wandisa*