



Aid for Women

Empowering Women to Choose Life Since 1978

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August-September 2003

The Grace to Know . . . The Courage to Try

**25th Anniversary Gala Dinner
and Silent Art Auction
Thursday, September 25, 2003
Chicago Hilton & Towers**

Invited Keynote Speaker
Special Guest from the White House

Confirmed Special Guests Include:
Francis Cardinal George, O.M.I.
John Morales of Relevant Radio
as Master of Ceremonies
Tom and Heather Bresler

*If you haven't received your invitation,
call (312) 621-1101.*

See page four for more details.

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Clients Deserve Our Best

Sharnina D. Starling and Kate Berley

Aid for Women has enhanced its volunteer pregnancy counselor training this year, because our clients deserve the very best assistance.

There are two levels of counseling: Level One counselors answer the telephone Hotline. Level Two counselors conduct one-on-one counseling in the center, as well as answer the Hotline. Training sessions for both types of counseling are held at least three times a year.

We updated our policy and procedure manual and reference manuals also in preparation for expanding our Hotline service. Now everything our counselors need to know is organized into one complete package.



Volunteer pregnancy counselors, volunteer mentors and staff enjoy an afternoon of special training for the mentoring program earlier this year.

Counselor training consists of approximately 16 hours of classroom training (generally, two Saturday or two Wednesday sessions). Concurrently with the classroom sessions, a trainee counselor will have approximately 30 hours of in-office training, in which she observes and then works with a trained Level Two counselor.

Pairing a trainee with a volunteer trainer allows for ample discussion and for friendships to develop. This also encourages the trainer to consistently review her counseling skills.

"Our Best," page two

Our Best

In addition to enhancing our training sessions, we wanted to extend the hours in which counseling is available to our clients. Until now, the Hotline has been answered only in the center, which limited the service to 38 hours per week.

Soon the Hotline can be transferred to a counselor's home to be answered from 8:00 a.m. to 9:30 a.m. and 4:00 p.m. to 6:30 p.m., Monday through Friday. This will extend our Hotline hours by nearly 18 hours per week.

Ultimately, we will expand the Home Hotline in stages until it's operating Monday through Friday 8:00 a.m. to 8:00 p.m. and Saturdays 9:00 a.m. to 4:00 p.m.

More volunteers are needed to assist with these extended Hotline hours. It is a wonderful opportunity for people who cannot come to the center on a regular basis. Home Hotline counselors receive the same training as Level One counselors.

If you want to help women find alternatives to abortion, please consider becoming a Home Hotline counselor. See the training information below, or call Sharnina Starling at (312) 621-1101 for more information on how you can help.



Aid for Women personnel continually enhance their expertise because our clients deserve our best. Congratulations to Sharnina Starling who was certified as an abstinence education trainer by the Institute for Abstinence Education in June 2003.

Hello . . .

The Aid for Women family, like your own family, is always in flux with members of the family coming and going.

We welcome Jane C. Colleton to our board of directors. Jane is well known in Chicago for her efforts in peace and justice, as well as for her service to St. Mary's Church in Evanston, Illinois, as Co-Respect Life Coordinator with her husband, Don.



Pat Daily (right), chairman, board of directors, welcomes Jane Colleton as the newest member of the board.

. . . and Goodbye

Noreen Kelliher has served as office manager at Aid for Women since October 2001. A new opportunity has opened up for her, so she is switching her Aid for Women hat from employee to volunteer.

Although she will still be involved with our efforts, her daily presence at the center will be sorely missed.

We thank her for her excellent service and wish her God's blessings in her new position.

BE A PART OF A WONDERFUL OPPORTUNITY TO HELP WOMEN IN NEED.

Orientation

A one-hour introduction to Aid for Women and our volunteer opportunities, including the Home Hotline.

Volunteer Training Level One

A six-hour session covering the L.O.V.E. Approach telephone counseling techniques, listening skills and more.

Where

Willoughby Tower
8 South Michigan Avenue, Suite 1303
Chicago, IL 60603

When

Saturday, September 27, 2003

9:00 a.m. – 4:00 p.m.

Lunch and refreshments will be served.

This no-obligation training is provided at no cost. For more information and to reserve your place at this last training session in 2003, please call 312-621-1100.

After the Pregnancy Test

Aid for Women has enhanced its follow-up services to all clients—those with positive or negative pregnancy test results.

Mentoring Program Services

Sandy Hildebrand

To most effectively present the Mentor Angel Program to our clients, the services offered must be specific and appropriate for each individual. Clients are motivated by services that directly address their needs, as well as by certain incentives.

Mentors complement the resource referrals they make for clients with information about related services. For example, if the client is referred for adoption counseling, the mentor arranges for the client and adoption agency counselor to meet at Aid for Women, so it is as friendly and comfortable as possible for the client. If the client is referred for employment, the mentor will help her prepare her resume.

Services and incentives offered to clients are as creative and varied as they need to be. They're always very practical—and often very enjoyable. Bonus gifts (books, videos, coupons, etc.) for mentoring program clients help keep them interested and involved.

Other opportunities, such as meals, baby showers or Bible-study, foster the friendships that develop between client and mentor. The better a client knows her mentor, the more likely she will be inspired to follow such a role model.

Clients need to understand that it's a privilege to be in the Mentor Angel Program in order to get the most out of it. It is certainly our privileged responsibility to offer this assistance to teens and women seeking to adopt lifestyles that are healthy in every respect—a responsibility we welcome and accept.



Sandy Hildebrand (left) training one of our newest mentors, Mary Pawl, at Aid for Women.



I didn't have many people I could talk to, so communicating with my mentor has been great. Taking things one step at a time has been important for me to make my decisions. I have come a long way

Mentor Angel Program Client

Baby Basics

Debbie Wells

Aid for Women's essential work is to empower women to choose life, and we continue to find new ways to show our clients that they are not alone—long after they make their decision to give life to their children.

While counseling at Aid for Women, I met so many women who were making the brave and difficult decision to parent without the support of family, friends and often, most painfully, the father of the child. I could well imagine the fear and loneliness these women faced.

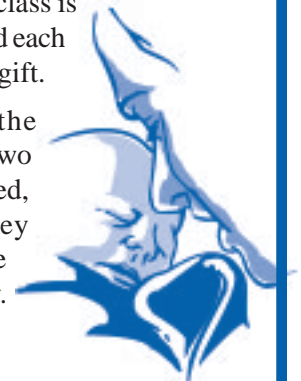
In the best circumstances, parenting for the first time can be stressful and challenging, but when the circumstances surrounding a women's pregnancy are chaotic and unstable the challenges of parenthood become magnified.

We recognized a real need to give expectant clients the knowledge they would need to move into their new parenting roles with confidence. This is how our "Baby Basics" class was born.

Our monthly class prepares soon-to-be parents for handling the essentials of baby care. The curriculum covers topics ranging from what to expect during the hospital stay to learning to feed, bath and change a newborn.

We stress the importance of the mother's postpartum health and even discuss how to stretch a budget to incorporate a new family member. Our class is free to all Aid for Women clients, and each participant is given a baby-related gift.

It is so rewarding to see the changes in these women after our two hours together: They are self-assured, confident and grateful when they leave, knowing that they have the skills to nurture their child properly.



Chastity and Abstinence

Erika Gleeson and Kristina Maker

Surprisingly, about half of our clients get a negative pregnancy test result. This is a wonderful time for them to consider a positive change in lifestyle. Aid for Women volunteer pregnancy counselors and mentors consistently promote strategies to support this behavioral change.

We present the truth that sex is a precious gift, an expression of love reserved for a husband and wife that can bring forth life in co-creation with God.

We present chastity as being faithful in whatever life situation a client is in: sexual fidelity while married, sexual abstinence while single.

Chastity is a counter-cultural idea for most of our clients. So while many are open to change and may even want to commit to chastity, they often lack support.

Discussing abstinence requires special training to keep up to date on sexually transmitted diseases, risky social trends, the destructive results of “safe sex,” and emotional consequences of sex outside of marriage.

We empower a client to make positive lifestyle choices—which help her increase self-esteem and maintain self-respect—by helping her formulate a strategy to make a commitment to chastity, and then we follow up and encourage her. We present the idea of secondary virginity and emphasize that it’s never too late to choose abstinence until marriage.

Planting the seed of chastity with our clients who have positive pregnancy test results allows a holistic approach to their physical and spiritual needs. Our clients with negative pregnancy test results also welcome the message, as it offers them a fresh start after the great feeling of relief from their fear of being pregnant.

The Grace to Know . . . The Courage to Try 25th Anniversary Gala Dinner

Silent Auction “Celebrating Family”

Featuring internationally renowned artists Robert Dewar Bentley (Presidential Portrait), Franklin McMahon; Ann Fordtran Flynn, Bruno Surdo, Dennis Downes, William T. Chambers, Dennis Smith
Curated by PORTRAITS/CHICAGO, INC.

Also featuring Laran Ghighlieri, Peter Cramblit, Audrey Cramblit, Christine Hanlon, Amy E. Kindler

Entertainment

Jubilate Children’s Choir, MEP Dana Rosemary Scallon (internationally renowned vocalist), Kathleen Loos (National Anthem), Craig Lanigan (pianist)



Kathleen Van Ella, Florence Sorensen and Pat Daily (left to right) with a Bruno Surdo portrait that will be offered in the silent auction on September 25, 2003.

Perspective

Elaine M. Kindler, Executive Director

In the Introduction to *The Gospel of Life*, Pope John Paul II charges us to take action:

. . . that together we may offer this world of ours new signs of hope, and work to ensure that justice and solidarity will increase and that a new culture of human life will be affirmed, for the building of an authentic civilization of truth and love.

Evangelium Vitae (6).

From the beginning of planning Aid for Women’s 25th Anniversary Gala Dinner, we have sought to fulfill a vision of bringing together all who strive to build a culture of life. Rather than celebrate Aid for Women’s 25 years of service alone, we want to acknowledge the valiant work of all who work to restore respect for human life. We want to stand in solidarity with



the “big tent,” as it were, of pro-life, pro-family efforts in Illinois and nationwide. After much hard work and much prayer, the vision is nearly fulfilled.

Pope John Paul II’s words resonate now more than ever. We are eager for our new signs of hope to bear fruit. We long for a culture in which human life is truly affirmed—for that authentic civilization of truth and love to arrive.

Aid for Women looks forward to the next 25 years of service to abortion-vulnerable teens and women. We pray for God’s blessing as we offer our clients life-affirming hope. We welcome the opportunity to collaborate more closely with others working in the cause for life.

We are excited to see how you will work with us—as a volunteer counselor or mentor, an auxiliary member, a donor—to offer new signs of hope to the world.