



Gala Ticket Sales, Discovering COLFS, Education Update, Volunteer Update, and More!



Thanks to all who contributed to the COLFS Summer Appeal!!



Gala Tickets Sales Going on Now!

Our 10th Annual Gala and Auction will be held on October 19th at Loews Coronado Bay Resort with guest speaker Abby Johnson, author of "Unplanned".

[Click here to purchase Gala Tickets](#)

Have you considered purchasing an entire table and inviting your family and friends?

From the Ministry Operations Manager

Deacon John Fredette



My wife Debbie and I have lived in North County for almost thirty years. We have been active in our church and in our community the entire time. We have always been pro-life. Along the way, we met some friends who were also very active. They were especially active at a local pregnancy resource center and spent a lot of time there. Over the years I had an opportunity to help them out here and there, and I was able to have a look at all the good work they did from behind the scenes. One of my daughters also volunteered there for a while during her summer breaks between college. I thought I was pretty tuned into the pro-life world here in San Diego. But I realized that just knowing the names of some PRC's in the area and really understanding what they do and the impact they have are two different things.

Over the years, I had heard good things about Culture of Life Family Services and I knew their name. I thought they were just another PRC doing good work to help save babies. They are that! But they are also so much more! Well, I started working at COLFS this past June and have had an opportunity to more fully discover all the great, pro-life, life-saving activities they do!

Of course, COLFS is dedicated to helping women who have unplanned pregnancies with ultrasound, pregnancy tests, APR, and support advocacy regardless of their ability to pay. They provide support to moms through their pregnancy and beyond. And they also provide support for women and families affected by abortion and miscarriage. They have education and outreach programs which provide chastity, fertility, life skills, parenting, and prenatal training programs throughout San Diego and in the parishes, high schools, colleges and universities in the area. But did you know that COLFS pioneered APR, a revolutionary program that reverses the effects of the abortion pill, giving women a second chance. AND COLFS has a full-service family medicine practice providing primary care to infants, children, adults, and older adults.

The doctors and medical staff at COLFS Medical Clinic have made it their goal to provide the highest quality medical care that is personalized and consistent with traditional Christian teachings. Physical healing and good ethics go hand-in-hand, and this is exactly what COLFS offers with their medical care.

Have you considered becoming a regular patient of COLFS Medical Clinic? Our services include:

- **Routine physicals**
- **Chronic disease management**
- **Office procedures such as skin lesion removals and newborn circumcisions**
- **Gynecologic care for all ages**
- **Prenatal care to 20 weeks of pregnancy**
- **NaProTECHNOLOGY**

- Routine pediatric wellness visits
- Sick child visits
- Geriatric care
- Hospice evaluations
- Sports physicals
- Vaccinations
- Travel consultations
- Bioethics consultations

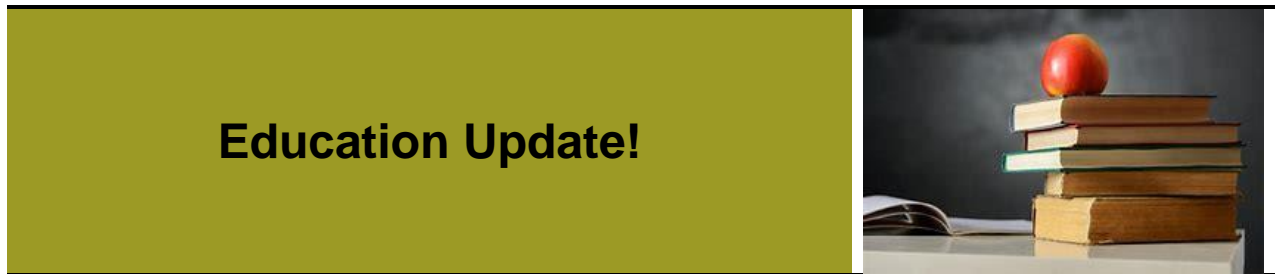
We have two convenient locations, Escondido and Mission Valley, and we accept most major health insurance plans and participate with three different independent physician groups.

To schedule an appointment, call 619-692-4401, or visit us online at colfsclinic.org.

Come and see what family-focused, Christ-centered, Catholic-based primary healthcare is all about. You will be glad you did.

Blessings!

-Deacon John



Breastfeeding Support Group

We are thrilled to begin offering a weekly breastfeeding support group in our Escondido office.

"Earn While You Learn"

The "Earn While You Learn" program for our clients is up and running where moms and dads have their choice of various short courses to help them in all stages of pregnancy and parenting. When Parents complete mini-courses, they earn "Baby Bucks" which can then be redeemed in our up-and-coming Escondido Baby Boutique.



From
Pregnancy
to
Parenting

Pregnancy & Birth
The First Year • Toddlers
Life Skills
Practical Fatherhood
Positive Partnerships

BrightCourse

For more info & Sign-ups:
education@colfs.org
760-294-6159

 Culture of Life
Family Services

Free pregnancy and parenting classes, customized to your needs to help you feel confident and equipped! Earn baby bucks for each lesson completed to shop in the "Baby Boutique." Learn at home, in the clinic, or on your smart phone!

Rachel's Hope Healing Ministry

Rachel's Hope Healing Ministry is offering a support group the second Thursday of the month from 6:30-9:00 pm starting in August in our Escondido office.

One-on-One support is available anytime for those who are seeking help privately!



**UNDERSTANDING THE
TRAUMA
OF ABORTION**

*Take the first steps in healing by exploring
your feelings in a safe place.*

RACHEL'S HOPE HEALING MINISTRY
Small Group Support Session

Thursday, August 8, 2019
6:30 p.m. - 9:00 p.m.

Culture of Life Family Services
362 W. Mission Ave. ~ Suite 105 - Escondido, CA

No Charge/Confidentiality Maintained

Contact Leslie Brunolli or Patti Smith at
rachelshope@outlook.com

Support is also being offered to Individuals or couples in the following areas:

- Understanding the Grief of Pregnancy Loss (Miscarriage)
- Understanding the Trauma of abortion: An introductory program to abortion healing for those not ready for a full-on weekend retreat. Groups are kept small and confidential.
- Anger workshops: Christian women do get angry and that's ok (learning healthy anger through Christ) and Our Identity in Christ (learning our true identity)

For more information, contact our Education Director, Jennifer McClintock jmclintock@colfs.org

Volunteer Update!



Calling all Volunteers!

[CLICK HERE](#)

[for a list of all Current Volunteer Opportunities](#)

The volunteers at COLFS are a tremendous resource. As a matter of fact, we would have a hard time accomplishing all the tasks necessary to serve our community without the help of our volunteers from our Baby Bottle drives to our Client Advocates. We have had so many volunteers over the years who generously give of their time and talents on an on-going basis and some who help out here and there for specific projects. They all volunteer with the intent of helping others and promoting the mission of COLFS and, in the process, have recognized the common wisdom that those who give of themselves also receive.

We are in the process of updating our volunteer database and we need your help!

- Are you an existing volunteer?
- Are you interested in volunteering at COLFS but haven't taken the first step?
- Are you curious about the various volunteer opportunities COLFS has available?

Please take a quick 9 question survey using the link below so that we can best match your interests and skills with the volunteer opportunities available at COLFS. This survey is for both existing volunteers and new volunteers.

[COLFS Volunteer Survey - CLICK HERE](#)

Help Save Babies!



2019 COLFS Serving the Community with Professional and Compassionate Care For more information visit our website www.colfs.org or email info@colfs.org

COLFS is a 501(c)3 - EIN #91-2169315 FED - STATE #2365724 Charity