

## COLFS NEWSLETTER MARCH 2019



### **Spaghetti Dinner**

On February 16, the Knights of Columbus of St. Mary's Escondido, and the Light and Life Foundation, hosted a Spaghetti Dinner to benefit COLFS. Held in the St. Mary's hall, the dinner itself sold out! We heard a very moving speech by Leslie Brunolli, Ministry Director of Rachel's Hope Healing, who with COLFS, continues to fight for Pro-Life causes with her wonderful work.



The event was a huge success and we would not have been able to do it without all the amazing volunteers and donors. A special thank you to the Knights of St. Mary's and those with the Light and Life Foundation. We look forward too many more events like this in the future.

### **Save The Date**

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

### **Farewell**

COLFS would like to extend a heartfelt farewell to Tiffany Silton and Margherita Stutz. Tiffany was the clinic manager in Escondido and recently accepted another job position elsewhere. Margherita has served on the Board of Directors since 2016. God bless them both in their future endeavors and we thank them for their service to COLFS.

### **Welcome**

COLFS is excited to welcome Lupita Aguilar and Jennifer McClintock to our team. Lupita is a Medical Assistant who will be assisting in directing our Escondido office. Jennifer will also be assisting in our Escondido office with administrative and ministry work. We are blessed to have them and look forward to having them apart of COLFS.

**Help Save Babies!**



COLFS: Serving the Community with Professional and Compassionate Care  
For more information visit our website [www.colfs.org](http://www.colfs.org) or email [info@colfs.org](mailto:info@colfs.org)

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## **COLFS Gains Pro Women's Healthcare Certification**

We are very excited to now be a Certified Pro Women's Healthcare Center. This is a huge accomplishment for COLFS and one that Dr. Delgado and our President and CEO, Maria Moreno, have been working hard to attain. To be a Pro Women's Health Care Center means that we have meet an objective measure of high standards and comprehensive services. Visit the program website [www.pwhcenters.org](http://www.pwhcenters.org) for a comprehensive overview of the certification program.



As a PWHC Center we are committed to offering to our patients convenient, compassionate, high-quality medical services and access to social services. The services we are committed to are:

- Well Woman and GYN Care (Every PWHC offers comprehensive health services, including well-woman exams, STD testing and treatment, breast exams, and more)
- Maternity Care: Prenatal and Post-partum
- Every PWHC offers pregnancy testing and prenatal care through 20 weeks of pregnancy or more.
- They also offer miscarriage support kits, abortion pill reversal, and hormone management services.
- Fertility Education and Infertility Screening
- Every PWHC offers certified fertility awareness instruction on-site or nearby, as well as infertility consultations and corrective surgical options.
- On-Site or Direct Referrals for Material, Emotional, Practical, and Spiritual Resources as Needed
- PWHC's offer guidance on finding clothing, food, housing, adoption services, childbirth classes, abortion healing, counseling and more.

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