



We have seen a lot of clients lately at both sites as the economic situation worsens and it becomes harder for families to make ends meet. We are so grateful for your support so we can help where we can. Our sites are very busy.

In the midst of our chaos, Shania came in. She had taken the train from out of town. As a foreign student, she had discovered she was pregnant. It was her plan to remain in Canada, but if her family found out about her condition she would be disowned and never allowed to return home. She was very frightened. She had made the trek because she had heard that abortions were cheaper here. When she arrived in our community, the abortion facility was closed. She was directed to the Pregnancy Help Centre of Durham and we had a chance to discuss her options with her.

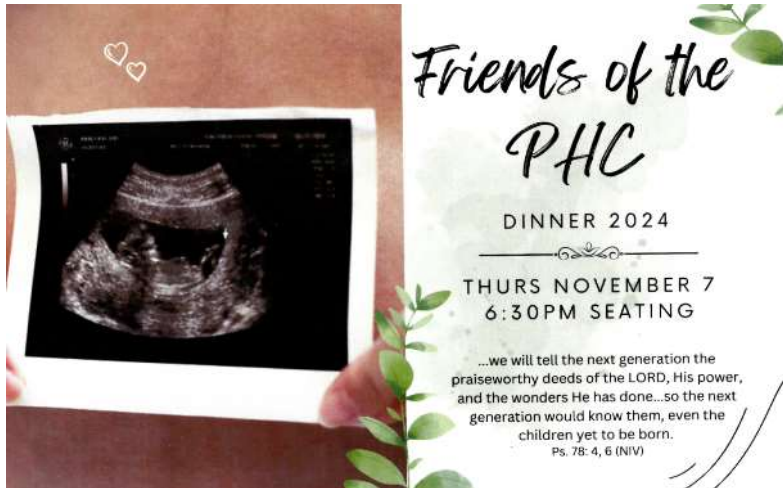
One of the things we use at the PHC is a decision-making sheet that allows someone to systematically walk through all the choices. Shania quietly thought about what would happen if she proceeded with an abortion. Although her family wouldn't know about the pregnancy, she considered how she would do after. She worried about the guilt and, although she remained abortion-minded, she did reflect on the possibility of adoption. We followed up with a referral. We are praying as she makes her decision and thank God for the opportunity to share with her and provide support.

Adoption is an underutilized choice in Ontario in an unintended pregnancy. It is an important possibility to ensure the safety and future of our children, born and preborn. AdoptOntario (<https://adoption.on.ca/adoptontario/>) indicates that three of four adoptions in Ontario include openness provisions which makes the choice easier for some birthparents. In 2020, Ontario reportedly began investing into the adoption process to make it easier and provide more support to prospective parents <https://news.ontario.ca/en/release/59278/ontario-making-adoption-process-easier-for-families>.

We consider adoption one of God's options. It brings hope and redemption into all of our lives.

For he chose us in him before the creation of the world...In love he predestined us to be adopted as His sons through Jesus Christ...Eph 5: 4-5 (NIV)

Kathy Michel, MA
Exec Dir



Did you know you are wonderful?
We think you are.

We will be highlighting our **Wonderfully Made** program at the dinner event. It will be a fun and interactive evening. We would love to have you join us and celebrate with us as we share the ministry with you after you meet up with friends and eat a delicious meal.

Seating is limited in the **Bayly Room, Ajax Convention Centre.**

An opportunity to give will be extended at the complimentary dinner.

RSVP before October 31, 2024 to secure a seat at the event.

Wonderfully Made is designed for students in grades 4-8 and is designed to teach students some basic facts about fetal development.

This program is age-appropriate, engaging, interactive and uplifting!



Our first step is to start by taking this presentation to churches and Christian schools. Maria would love to tell you about it www.pregnancyhelp.ca/community-impact

If you are interested in partnering with our pilot we would love to present this to your kids or Jr. High. Please contact us to schedule a time - phcoshawa@durham.net

CAN YOU HELP?

We are in need of a few specific items for clients at both our sites:
formula, baby food, cereal, size 4 and 5 diapers

Volunteers are needed at both our sites as we say farewell to John, Tisa (for now) and Tala. If you would be interested in volunteering in Oshawa or Ajax, our volunteer application forms are available online at www.pregnancyhelp.ca/giving. We would love to hear from you!

Board Members and Staff:

Doug Hill - Board Chair, 2013
Nerill Thomas-Wilkinson-Member, 2018
Willa Navarro - Member, 2019
Christian Naggar -Treasurer, 2023
Aria Zekveld -Member, 2023

Kathy Michel - Exec Director, 1997
Maria Miller - Oshawa Director, 2024
Aileen Glover - Ajax Director, 2010
Prevention Coordinator

Pregnancy Help Centre of Durham

Main Office: 29 Drew St.
Oshawa, ON L1H 4Z7
Phone: 905-720-3252
Fax: 905-720-3253
Email: phcoshawa@durham.net
SMS: 289-685-0768 (SMS or call)

Ajax site: 38 Hunt St.
(Harwood & Hunt)
Phone: 905-619-9878
Email: phcajax@durham.net

Website: www.pregnancyhelp.ca
Email: phcentre@durham.net



To **donate online**, use the qr code for CanadaHelps or an etransfer can be made to phcfinances@worldline.ca

Please include me on your biweekly prayer letter - email your request to phcentre@durham.net

We are on facebook. If you would like to follow us- www.facebook.com/profile.php?id=100063850005975

Christmas is coming. If you or your church would like to share with our families, we would love to hear from you. We will need to prepare 150 gifts.