



The doors opened at 11:00am and there was a young mother waiting on the steps. Anna was looking for some clothing for her little girl. It is always surprising how quickly kids grow. We are so blessed that the community shares their gently used clothes and equipment with us so we, in turn, can share with young families in need. With her bag filled with her allotment of diapers and wipes and the new little girl clothes, she headed out.

As she left, Isabella came in. She had just arrived in Canada from Mexico. She had left so abruptly that she had very little when she arrived. She was expecting and was due in a few weeks. As is our custom, we took her upstairs for an intake – the interview we conduct to start a file. We collect some information and share with them the purpose of the ministry and the gospel if we have opportunity. It is one of our best times to begin a relationship with the client family. We don't like to rush it and we like to take time to hear their story. Everyone has a story.

Isabella was alone. She had come to Canada as a refugee. She told us that both she and her new husband had started a small business in their home city. Shortly after the business began, they were approached by someone in the cartel who demanded protection money. If they paid them upon demand, they would “protect” their business. Her husband, a young entrepreneur just starting out, refused. The threats began, but her husband stood firm. When they realized they could not extort any money from him, they stalked him, they beat him and then they killed him. Isabella realized she was not safe and she fled the country, coming to Canada.

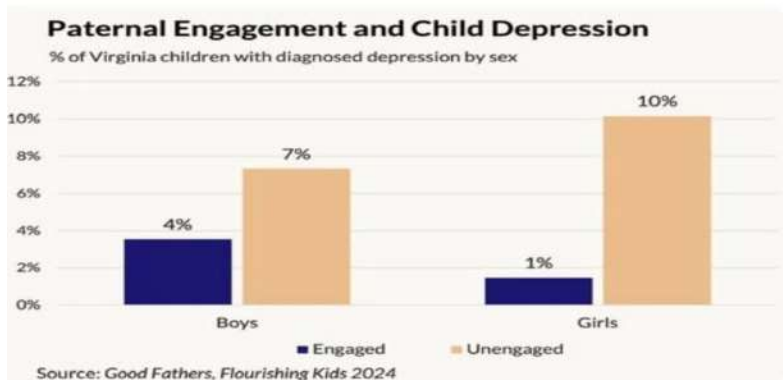
She was grieving and traumatized and left everyone and everything in the hope of a future for herself and her child. It was our privilege to stand with Isabella and help her get settled and ready. We had opportunity to pray with her and we had our prayer team pray for her as well. She left with a bassinette filled with some initial supplies that she would need for the baby. God always provides.

*“The eternal God is your refuge, and underneath are the everlasting arms.” Deut. 33:27 NIV*

*Kathy Michel, MA*

*Exec Dir*

Boys in fatherless homes are twice as likely to be depressed. Girls in fatherless homes are 10X more likely to be depressed.



• "Anyone who tells you fatherhood is the greatest thing that can happen to you, they are understating it." - Mike Myers

• "One of the greatest things a father can do for his children is to love their mother." - Howard Hunter

• "Children are not a distraction from more important work. They are the most important work." - C.S. Lewis

Thanks, Brian Norton, for your insightful Father's Day post on Facebook

## CAN YOU HELP?

We are in need of a few specific items for clients at both our sites:

**formula, baby food, cereal, size 5 and 6 diapers**

To **donate online**, use the qr code for CanadaHelps or an etransfer can be made to [phcfinances@worldline.ca](mailto:phcfinances@worldline.ca)



We are in need of a volunteer for Mondays in Ajax and another volunteer for Fridays in Oshawa with the application forms available at [www.pregnancyhelp.ca/giving](http://www.pregnancyhelp.ca/giving)

To be included in the biweekly prayer letter, email your request to [phcentre@durham.net](mailto:phcentre@durham.net)



**SPECIAL GUEST:  
LAURA KLASSEN, CHOICE42**

*Friends of the  
PHC Dinner*

**THURSDAY NOVEMBER 6, 2025**  
6:30P SEATING, 7:00P DINNER  
**AJAX CONVENTION CENTRE**  
550 BECK CRES., AJAX, ON L1Z 1C9

*Speak up for those who cannot  
speak for themselves.*  
Prov 31:8

**RSVP BY OCT 31, 2025 TO  
SECURE YOUR SEAT**

## Board Members and Staff:

Doug Hill - Board Chair, 2013  
Nerill Thomas-Wilkinson-Member, 2018  
Willa Navarro - Member, 2019  
Robert Miles -Treasurer, 2025  
Aria Zekveld -Member, 2023  
Robert Miles -Member 2025

Kathy Michel - Exec Director, 1997  
Maria  
Jimenez 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](mailto: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](mailto:phcajax@durham.net)

Website: [www.pregnancyhelp.ca](http://www.pregnancyhelp.ca)  
Email: [phcentre@durham.net](mailto:phcentre@durham.net)  
Instagram: [pregnancyhelpcentreofdurham](https://www.instagram.com/pregnancyhelpcentreofdurham)

**WONDERFULLY MADE** is intended 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!



Please contact Maria (905-720-3252/ [phcoshawa@durham.net](mailto:phcoshawa@durham.net)) for more information or to schedule a visit with your kids' class/group at your church or school.