

7 STEPS TO START YOUR PREGNANCY HELP TEAM



7 steps that you and your friends can follow to start a Pregnancy Help Team, and begin rescuing mothers and babies from abortion in your local community

God Calls us to Rescue!

When people suffer injustice, violence and murder, God calls believers and the church to step in and help, to rescue those being targeted for death, as Proverbs 24:10 says so clearly; “... **Rescue those who are being taken away to death; hold back those who are stumbling to the slaughter.**”

God calls us to act and do everything possible to stop the violent, unjust and deliberate killing of innocent people, including unborn babies.

Pregnancy Crisis Intervention

Today, Christians are saving unborn babies from death by abortion, by stepping in and helping their mothers and fathers when they are in pregnancy crisis.

Pregnancy Help Ministries and Teams

A Pregnancy Help Ministry specializes in pregnancy crisis intervention, to women outside the walls of the church:

A ‘pregnancy Crisis’ refers to an unplanned or unwanted pregnancy, which may result in an abortion. The woman experiences the crisis as she tries to decide what to do, but it is the baby who is in the ultimate danger of being killed by abortion.

Pregnancy Help Ministries rescue mothers who are at risk for abortion, help them choose life for their babies, then prepare them to parent or place their child for adoption.



Pregnancy Help Ministries help men and women trust God to provide instead of believing abortion will solve their problems. Christian volunteers help young men prepare to be good fathers. Not only is the baby saved from abortion, but parents are given the guidance and support they need; practically, emotionally and spiritually. The key is helping the parents treasure their baby, choose life for their baby, and support them through difficulties.



Helping a mother have her baby can be a lot of work. You may need to:

1. Help her understand fetal development, what abortion is, and other options available.
2. Help her find and visit a medical facility.
3. Help the father accept the baby and support his child.
4. Help parents/ grandparents see the baby as a gift, support their daughter and welcome their grand-child.
5. Help the mother find a job or finish school.
6. Find her a safe place to live and have her baby, and then help her be a good mother.
7. Help the mother/couple find some way to obtain a birth card.
8. Connect the mother with adoption or foster-care services, or other experienced mums.

Pregnancy Help Teams usually start with the following primary services; Online postings and a contact hotline, crisis counselling, friendship and emotional support, giving medically accurate information, help with finding and visiting medical facilities, help to find work or a place to stay, and help in developing a parenting plan or place for adoption. If your team has the capacity, you may include classes such as Parenting Skills, Sexual Integrity and Healing Post-abortion Hurt, and ‘baby Supplies’ that you collect and give as gifts to new mothers.

7 Steps to Start Your Pregnancy Help *TEAM*

1. Gather your team.

Start with 5 – 10 mature Christians, and agree to work together as a team. Begin to pray together and review the steps together. Even two or three people can start, but keep adding people to your team.

Identify the key leader, and begin to assign tasks or let different people take the lead in specific areas.

You can have both men and women, young and older in your team. Older women often have more experience and more free time to counsel, while young women may be better at using social media to connect with women, men also help when young men need to be counseled and helped to become good fathers.

2. Understand the problem of abortion in your town/city.

Begin to understand about the abortion problem in your town/city:

- Where do women go for abortion?
- Can you list the places (addresses) of abortion providing clinics and hospitals?
- How do women find the abortion services/providers? (Do they look online, ask in chat rooms, or do they go to a certain street and choose a clinic, or go to a certain hospital?)
- How many abortions are there in your town/city?
- What kinds of abortion are common – surgical, the abortion pill, tree leaves...?
- Are there pharmacies that women often buy the abortion pills from?

You could show what you learn by writing or noting down:

1. A list of the abortion providers in your town.
2. A map showing where those providers are (highlight or circle places with a pen).
3. Any other information that is helpful, such as costs (in clinics, in hospitals, to buy the abortion pills), or any trends (eg. What are students doing? What about factory workers?), or website/media information.

3. Create a plan to Connect with the women who need you.

Decide how you are going to reach pregnant women at risk for abortion in your community:

- Signs / Posters on walls or power-poles...
- Word of mouth - through networks of churches, friends, colleagues, neighbors etc...
- Print leaflets - and hand out to university students, factory workers, in sports clubs, women's associations, or church events...

+ Online

- Social media and chat rooms – Leave a short message and contact number.
- Text message words like “free pregnancy test” with a phone number.
- Paid advertising on Facebook or other media - post short messages with phone number.

Make sure you **buy a phone number dedicated for this work**. Print it on your leaflets, include it in your social media postings. This helps you share the work and NOT burn out with exhaustion.

The **BIG** question your team must ask is: **“How will we make sure women in pregnancy crisis in our community will find us?”**

Posting Online to Find Women in Need

Help your counsellors with communicating online. Start by posting a picture and your message in a few words. Then start joining groups and chatting with people as they post online or contact you. Here are some from Vietnam - the initial posting first, and 3 messages.



PROTECT LIFE HANOI

Supporting, advising and walking together with mothers who are unexpectedly pregnant, for the life of their children.

A mother loves her child, right, even from conception in the womb...

Contact our Hotline: 0000000000

Hello sister Tham, how are you?

Our group is helping women who are unfortunate to have an unexpected pregnancy. Did you know, having an abortion can affect your health, emotions and psychological well-being...

If you know anyone [who may abort] you can tell them to contact me through Zalo or the hotline ok.

Our passion as a group is to rescue many babies and help pregnant women have a peaceful and happy pregnancy.

In these groups women who have found out they are pregnant will ask for advice such as; where to get an abortion, what abortion pills are best nowadays and what's the best way to get rid of a baby under 4 weeks. You can reply and share with them.



This chat group member asks: "Everyone, let me ask, what is the best abortion pill to use today...please help me."

Counsellor Duyen replies: "Hey, my sister, don't abort your baby ok, but get in touch with me. I will walk with you and share with you."



Another woman asks: "Everyone, let me ask, I've just found out I'm 1 month pregnant, and my family is in difficult circumstances so I cannot have this baby. Now what is the way I can get rid of this baby, or should I take medicine?"

Counselor Thao replies: "My sister. I know your difficult circumstances have brought you to make this decision. Can you share with me and I will find a way to help you keep your baby? Send to my inbox ok."



This woman asks: "Please give me the address of a trusted abortion clinic in Hanoi! Or is it better to abort by using the medicine, because my baby is only 4 weeks. Thank you."

Counselor Huong replies: "My sister, please try harder, you face pressure, difficulties and a long road, but don't take the life of your child ok. I know it is truly difficult when my sisters make the decision to take the life of their own child [abort], and I know it is very painful [having an abortion], but did you know..."

Work as a team, keep a separate phone number so you can have a break when you need to, meet for prayer regularly, discuss how you are doing, pray and discuss to problem-solve difficult cases.

Note: You might start helping people from all over the country – that’s the nature of the internet – and every woman and baby helped is a big success. But this opens up two things:

1. **The need to network** with people (counselors, pastors/churches) in other regions to provide face-to-face care for a client there. But, asking a pastor or church to help can also *be* a starting point to pregnancy help ministry for them. Share what you are doing and introduce ‘The 4 Questions Training,’ ‘7 Steps’ and ‘Crisis Intervention.’ Help them start a team also.
2. **The need to connect locally**. Do make sure you are connecting with women in need from *your local community* also. If you are not, then pray, and see how you can.

4. Train your team in pregnancy crisis intervention counselling.

You have identified mature Christian women and started to meet as a team. Now, you need to train them to give pregnancy crisis counseling, teaching them how to counsel women on the phone or face to face.

They will learn to listen and understand what is pushing a pregnant woman toward abortion, how to teach them about their babies (fetal development), what abortion is, and help them trust God for whatever they need, so they can choose to love and keep their baby, or choose a ‘life’ option.

They will tell the woman they are there to help them in every way possible. They are not alone, nor will they be left alone. The counselor will walk with them through any problems.

Counselors could follow this simple guide to begin (a fuller version is included on last page):

- Express sympathy. Say: I am sad to see you in this difficult situation.
- Listen and learn. Say: Help me understand why having a baby now is difficult.
- Inform. Ask: What do you know about your unborn baby? Abortion? Options?
- Be a Good Samaritan. Say: I will help you have your baby. We will figure this out.

Counselors need to be able to discuss:

- Fetal development and the humanity of each unborn baby
- Abortion procedures and the inhumane manner it kills a baby
- Alternative options: people are ready to help her parent well, foster care and adoption.

Counselors need to understand how the gospel is a part of crisis intervention; 1) God, in Jesus Christ, provides forgiveness of past sin and failure, 2) God commands us to make right choices, 3) God urges us to walk by faith and trust in Him to provide what we lack or what we need.

Resources to Begin Training Your Team-Members:



Start with [Pregnancy Crisis Intervention; for beginners](#). Teach this to your team, or send the document and ask them to read it, then discuss together. This short video [What to say to a woman considering abortion](#) very simply explains how to best help a woman in pregnancy crisis. Great for everyone. Ensure counsellors have the ‘12 Questions to Guide Beginners in Pregnancy crisis Intervention’ ready to use when they start counseling (see page 9).

Resources the Counsellors Should know how to Use:



One-Tap ICON: Help the counsellors *download the icon to their phone screen, become familiar with the videos and materials, and how to send them.* They can easily send videos and materials to women to educate them on fetal development and abortion, helping them defend their decision to their boyfriends or parents.

[**Android:** In Google type in www.baovemamsong.org – tap the 3 dots at top right corner – Add to Home screen – Add – Add. The icon will appear on your home screen.]

[**i-Phone:** In Safari type in www.baovemamsong.org – tap the  at center bottom – Add to Main Screen – Add. Icon will appear on screen.]

Some helpful videos: ‘Your Life Before Birth,’ ‘Baby Olivia’ and ‘This is Abortion.’ Other videos cover issues such as; Is abortion medically necessary? Down Syndrome, Cancer treatments... etc. Get familiar with them and send them to people to educate and change minds on abortion.

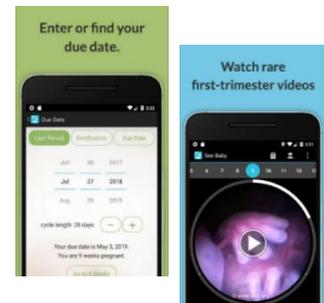


See Baby APP: Help the counselor find and download the See Baby App.

To Download: 1. go to APPS/PLAY STORE 2. Type in **See Baby App**
3. Find **See Baby Pregnancy Guide** 4. Click and Install

With See Baby APP you can:

- See what your baby looks like and what your baby is doing.
- See a baby’s heart beating – just 4 & ½ weeks from fertilization.
- Enter or find (*and count-down to*) your due date using the Due Date Calculator
- Track your baby’s expected growth (typical weight and length)
- Send images to family and friends



Counselors can use this app to educate a woman about her pregnancy.

Client Info Form: Use a form to note information about each case, helping collate information, share with another counselor, when necessary, do follow-up, and invite for celebration days. It also helps with transparency and accountability for the counselors, helping them analyze and discuss how they are doing. The form on page 9 is free to use and photocopy.

5. Identify pregnancy help resources in your community.

- Do you know any Christians willing to take a mother temporarily into their home?
- Are there doctors or clinics willing to offer their services – either free or at a cheaper price?
- Does anyone have a home, or rooms, that can be set aside as a ‘Mother’s Safe House?’
- Are there any Christians who can provide work for a young father or mother?
- Are there Christians who can help befriend and mentor a young husband/father.
- Are there adoption or orphanage resources in your city?
- Are there doctors willing to allow you a corner desk in their clinic or hospital where you can offer counsel to pregnant women? This becomes a counseling center, or beginnings of one.

As you share what you are doing to help women, keep a note of the many ways people are willing to help. Note down the name and number and how they can help.

6. Decide what services you will offer.

By now you can start to help women already. But you may be able to add some services that would be a great blessing to the women you are helping.

The main services you will offer are:

1. A telephone hotline and presence/postings on social media etc.
2. Pregnancy crisis intervention counselling and emotional support.
3. Materials, videos and apps ready to send via phone to educate mothers and help them defend their decision to keep their baby.

Services you can also offer are:

4. Free Pregnancy tests. *(You'll need to raise funds to buy first.)*
5. Free doctor's visits or ultrasound -to help mothers see their unborn child and bond with it. *(Talk to a local doctor or raise the needed funds.)*
6. Baby supplies. *(That you collect and can give free to new mothers.)*
7. Classes that you teach such as; Parenting Preparation & Skills, Sexual Integrity & Relationships, or Healing Past Abortion Grief.

Collect the resources you need – a phone number, printed materials, materials/videos on the phone, urine pregnancy tests, etc. You don't need a lot to get started.



7. Promoting Your Work, Raising Money & Celebrating Together

Promoting your work to others.

Prepare to share with possible donors why Pregnancy Help Ministries are so important (show the evil of abortion – babies are killed, how it hurts women, and how many babies are killed every day. Explain God's command to *Rescue*. Show how your ministry is helping women and saving babies. Show photos of mothers and babies rescued and share the stories you have. Explain what you want to do and how they can help by partnering with you. Videos and powerpoints are great.)

Raising money.

If you raise money you need to establish financial accountability and trust with donors. Do:

- 1) Appoint a treasurer and open an account for donations and payments.
- 2) Set up a simple but clear accounting and reporting process that reports to the leader & team.
- 3) Appoint someone to send a thank you to donors for each donation.

To raise money: First, ask each team-member to give a modest monthly gift. Then invite others to give; churches, businessmen, friends etc.

Sharing your stories and celebrating your successes.

- 1) Ask for permission before you share photos or stories. Ask women to write their stories, or write it for them.
- 2) Share stories and photos to encourage the team, those who have helped you, donors, leaders etc. Send monthly or as they happen.
- 3) Create days to celebrate and give thanks together – include; donors, volunteers, mothers and their babies, maybe some local church or community leaders.



You can do it – Make a Start!

Even in poor countries like Zambia and restricted countries like China, Christians are rescuing mothers and babies from abortion. It's ok to start small, add more team-members, and more services as you grow. Pray, work hard and God will use you to save and change many lives for His glory.

In South Africa, Christians started meeting women and counselling them sitting on a park bench. Now they have opened centers.

In Hanoi, Vietnam, 2 believers from a church started reaching out to women by advertising over social media, and counselling them over the phone. In their first 2 months they helped 12 women keep their babies. In the third month they helped 35 women!

Web: www.baovemamsong.org

Email: baovemamsong@gmail.com

Client Information Form

[CONFIDENTIAL WITHIN THE PREGNANCY HELP TEAM]

A: General Information

A: General Information		Month:	No.
Name:		Birth date:	Age:
Phone number:		Children:	
Email /fb		Last doctor's visit?	
Address:		How many weeks pregnant:	
	Province/City:	NEEDS: To enter a Safe-House? / To see a Doctor?	
Marriage status:		Where/Address:	
Profession/Work:		Person/Dr.	
Religion/Church affiliation?		Phone No.	
		Entry/visit date:	Out:
Date of Counseling:	Time:	Counselor:	

B: Needs & Counsel

<p>Situation needing help/counsel:</p> <ul style="list-style-type: none"> + Needs or wants to be helped how? + What is her biggest fear right now? 	
<p>Counsel given and the result:</p> <ul style="list-style-type: none"> + Is the client still in crisis? Does she need a visit or other help? + Does the counselor need to do anything more? 	
<p>Follow-up care:</p> <hr style="width: 100px; margin-left: 0;"/> <ul style="list-style-type: none"> + Situation after 6 months/1 year? + Kindly ask for a photo of the baby, (or mother and baby) when it is born. + Ask permission to use. 	

14 Questions to guide beginners in a pregnancy crisis intervention conversation.

If you are anxious or worried that you might say or do the wrong thing, you can work through the following questions with the mother or couple. Don't worry, pray and you will serve her very well.

1. How do you know you are pregnant? Have you had a pregnancy test in a hospital/clinic?
2. How far along are you? When was your last LMP (Last menstrual Period)?
3. How do you know viability? Have you had an ultrasound verification that you have a viable pregnancy? Did it show everything to be healthy and normal?
4. Have you been pregnant before? What happened with each pregnancy?

5. What fears do you have about being pregnant? What is your biggest fear right now?
6. What is stopping you from giving birth and parenting your child? Help me understand why having this baby now is difficult.
7. What is pushing you toward an abortion? Why do you think you must abort this baby?
8. Where is God in this decision? How is your faith/ beliefs/ conscience speaking to you? About your baby? About the decision to abort? About what is the right thing to do?

9. What do you know about fetal development? How developed your baby is already?
10. What do you know about abortion and how it is done? Do you know what will happen to your baby? Do you understand the procedures? The risks and complications to you?
11. Do you know about other options: 1) Mothering Support: People are ready to help and support with the skills you need to be a great mother, 2) foster-care and 3) adoption?

12. Is there anyone who would support your decision to give birth?
13. Do your parents know you are pregnant? Do you need me to talk/meet with them?

14. What is your phone number? I will stay with you through this crisis. I will help you have your baby. Don't worry, we will get through this together. I will call you tomorrow.