

NEW Wellbeing Services Helps Families to

Thrive

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For over 42 years, PCPlus has helped couples faced with a crisis pregnancy take the next right step, walking with them from the cradle through responsible parenthood, helping them to THRIVE along the way. Because PCPlus is highly client focused, our continuum of services continues to expand to help clients address the particular barriers to their choosing life and, ultimately, to succeeding as a healthy stable family.

“Our remarkable growth and positive regional impact stems from our unique HUB MODEL where the most critical services for a woman’s (or young family’s) success are located under one roof,” explains Executive Director, Laura Curran. Clients are more able to avail themselves of needed assistance when help is down the hall and immediately accessible.

PCPlus is excited to announce the addition of **Wellbeing Services** to complement the wide range of on-site free services available to clients hailing from over 98 zip codes. Women and their partners can be coached in several key areas:

- **Reaching educational goals**
- **Job and career advancement**
- **Financial education and planning**
- **Personal issues such as goal setting, decision-making, and self-management**
- **Interpersonal skills such as conflict resolution, finding the right mate, and improving communication**

Meet Beth Bamber Ed.D.

Wellbeing Services Specialist, Beth Bamber, has an extensive background working with children and adults in schools, universities, and in the community. She is passionate about helping disadvantaged people receive the best learning experience possible, the same quality that more advantaged people receive. She believes education and learning are the keys to improving oneself and life, lifting people up out of their dire circumstances, and breaking the cycle of poverty.



Beth begins with understanding each client, discovering their unique strengths and characteristics. Then together, the client and Beth work on addressing the hurdles that they need to overcome in their journey to becoming a strong family.

“The goal of Wellbeing Services is to support clients as they grow, coach them on new ways to manage their lives, and educate them on specific areas of interest that will empower them to reach their personal goals. I’m excited to work with our PCPlus clients!” says Beth.

Wellbeing Services opened this summer next to our psychological and neurotherapy services in our newly remodeled lower level!

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Thank you for making Golf Fore Life a huge success! We are so grateful for our GFL committee, our sponsors, those who donated an auction item, golfers, bidders, and volunteers.

Your generosity makes a difference!

WINNERS

Zig-Zag Drive:

Tom Pernik

Putting Contest:

Joe Hemmelgarn

Men's:

Jon Davis, Drew Knapmeyer,
Ben Davis, and Tyler Brooks

Mixed:

Jerry Neumann, Nikki Tritsch,
Jim Amann, and John Hodaap

Cash Raffle:

J. Michael McNamara \$1,000
Tom Brinkman \$500
Pete Gruber \$250



Dating in the iPhone Era

By Carl Jakubowski, *Chastity Education Manager*

Chastity can be defined as “the virtue of living out God’s plan for who we are as men and women in our relationships.” This means, as a chastity educator, I’m constantly fielding relationship questions. The problem is, in our age of technology and smart phone addiction you may be hard pressed to find teens who even know how to talk to each other, let alone those who know how to date with respect and manners. We’re trying to fix that!

A full day of our curriculum is specifically dedicated to dating. We instruct the students to ask their parents for whatever “dating rules” they have for them. We ask the students to create some rules for themselves. Then we give them our list of rules to help them date with virtue someday in the future. If you’re wondering how to talk to your kids about dating, or if you’re someone who could use some tips yourself, here are a few of our go-to rules.

- **Use Respect and Manners:** If you’re a guy, ask her out in person and always open the door for her. If you’re a girl, let him open that door for you.
- **Clear is Kind:** If you want to go on a date, use the word, “date.” And if you don’t want to date the other person, be respectful but make that abundantly clear. No “ghosting!”
- **Have a Plan:** Time, date, location. A movie date is highly discouraged for a first date; go someplace where you can talk to each other. But don’t just hang out until you run out of things to talk about — have a pre-determined start and end time.
- **Be Friends First:** Get to know each other. Have fun. Find your common interests. Don’t act like you’re married when you haven’t even gone on your second date. And don’t keep dating if you don’t like being around each other!
- **Go on Group Dates:** They’re more fun, they’re safer, you get to hang out with your friends, and you learn more about each other as a couple. What’s not to like?
- **Dress for the Occasion:** If you care about what the other person thinks of you, dress like it! If you’re getting dinner, wear something classy. Sweatpants and short shorts are not recommended!
- **Don’t Feel Like You Have to Date:** Your friends might be dating, but that absolutely does not mean you have to if you’re not ready or haven’t found someone you’re interested in dating yet. Date when you’re ready.
- **Break Up Whenever You Want:** You don’t need to invent an excuse to break up with someone— just tell them. If the relationship isn’t going anywhere, end it. Stop wasting each other’s time and move on to greener pastures.

At the end of the day, talking to your kids about dating at all puts you way ahead of the “parenting curve.” Or if you yourself are dating, being intentional about your own dating rules can be the compass that helps guide you through the storm that is modern dating. So take these rules to heart, come up with some more of your own, and let’s make the dating culture in 2024 just a little bit brighter.

Your Voice Matters

By Laura Curran, *Executive Director*

Election Day is quickly approaching. For PCPlus and pregnancy help centers (PHCs) across the US, elections have always been important. But in the wake of the overturn of Roe, with each new election cycle, as cultural and political tensions on the issue of abortion heat up, elections at the national, state, and local levels are growing exponentially more critical. Directly or indirectly, ABORTION is on the ballot.

From the vote for President, to the three open Ohio Supreme Court seats, to the vote on ballot measures across the country, elections have become a matter of *life or death*. Vice President Harris has promised to “put into law... Roe v. Wade” if elected President. Legislatures are considering bills to control the speech of pregnancy help centers or defund them. Like Ohio’s constitutional amendment, abortion activists are attempting to enshrine abortion up to birth into ten state constitutions across the country. If they succeed, countless lives will be lost.

PHCs are the antidote to the lies told by pro-abortion advocates; the claims that we are “just pro-birth,” that we “don’t care about mothers and babies after the child is born,” and that “there is no harm to women who experience abortions.” These lies have taken hold in our public discourse and are doing immense harm.

Every day at PCPlus, we demonstrate what it means to truly love mothers, fathers, and their babies. We witness firsthand the emotional, physical, and spiritual toll that abortion takes on families. From the mothers who are left grieving, to the fathers who feel powerless, to the lives that are cut short, the impact is devastating.

Our work and broad range of on-site services provide hope in the face of such hardships, offering care, compassion, and alternatives that respect life and enable families to flourish.

You can inspire others to join the fight for life, to choose love over fear, and to support policies and candidates that protect the most vulnerable among us. Now more than ever, your voice is needed to shape a future where every life is valued, and every parent feels empowered to choose life and thrive.



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Answering the Call.



**Every day, our volunteers
and supporters help women
and families who are facing
difficult situations.**

**Thank you for answering
the call!**



Kaori