



Our Mission

The Appalachian Pregnancy Care Center exists to affirm the value of life by providing a network of care to those experiencing a pregnancy-related crisis and by compassionately presenting Biblical truth resulting in changed lives for the Glory of God!

Our Services

Free Programs & Classes !

- Earn While You Learn
 - Pregnancy Testing
 - Adoption Education
 - Abortion Recovery
 - Counseling Sessions
 - Character Education
 - Healthy Pregnancy
 - Nutrition Classes
 - Healthy Relationships
 - Parenting & Life Skills
 - Fatherhood
- Doula /Childbirth Educator
- Baby, Maternity Resources
- College & Career Access Counselor
 - Presentations
 - Girls Night Out
- Special Circumstances Class

Contact Us

(606) 433-0700

appalachianpregnancycare.com

Email: apcc@setel.com

We Are Saving Lives!



Kane Rose and his mother Laci Roberts posed for this picture during a visit to the Appalachian Pregnancy Care Center in Pikeville, Kentucky.



"APCC has helped me so much, before and after my daughter, Jacie Coleman was born. I am so thankful for this organization and don't know what we would have done without the APCC. I thank God for my little angel, Jacie."

Pictured: APCC staff member Anna Jean Morrow and Jacie's mother, Mandy Coleman.

We Couldn't Do This Without Support From People Like You !



**Paul
Potter**



**Richard
Watson**



**Lynette
Schindler**



**Jim
Vanover**



**Cathy
Justice**



**Jimmy
Blackburn**



**Kay
Hammond**



**Linda
Crum**



**Lula
Ford**

Thank You!

The Appalachian Pregnancy Care Center would like to thank our amazing board members and staff who have dedicated time and energy to support our organization.

We would like to acknowledge our board members Cathy Justice, Jimmy Blackburn, Lula Ford, Linda Crum, Paul Potter, Lynette Schindler, Richard Watson, and Jim Vanover.

Your loyalty and constant support is praised every day.

Nothing you do goes unnoticed.

We would also like to acknowledge and thank our staff for all of the hard work you do each day.

The staff, Kay Hammond, Brenda Smith, Kim Atchley, Brenda Hall, and Anna Jean Morrow, put in many hours each week to make sure the center is running efficiently.

We are grateful for all your work, including the hours you contribute outside of regular office hours

Each of you are a blessing to the center, and we are thankful God placed you at APCC.



**Anna Jean
Morrow**



**Brenda
Smith**



**Kim
Atchley**



**Brenda
Hall**

APCC Celebrates Life at Banquet



Photo by Cody Davis
State Treasurer Allison Ball speaks during the APCC Banquet for Life.

Courtesy of
Cody Davis
Appalachian News-Express

The Appalachian Pregnancy Care Center hosted its 5th Annual Banquet for Life at the East Kentucky Expo Center, and state Treasurer Allison Ball, who spoke at the event, encouraged attendees to support pro-life groups like the APCC.

“An old African proverb says, ‘It takes a village to raise a child,’” said Appalachian Pregnancy Care Center Executive Director Kay Hammond. “When I look out at this crowd tonight, truly I see a village.”

Hammond thanked all the volunteers and groups that had helped make the vision of the APCC possible.

“Without the sponsors that are here tonight, this program and this event would not be possible,” said Hammond. “Know this, because of your hands that have touched Appalachian Pregnancy Care Center, there are children in our community today that are experiencing the childhood that God intended for them to have.”

Hammond opened the stage for Ball, who spoke about how groups like the APCC, and the cause they are standing for, are important to her.

“I am from Floyd County, so this is my home area, and this is a cause I deeply believe in,” said Ball.

Ball said she was invited to speak at the event by Hammond in August, and she did not know at the time how significant it

would become to her.

“We did not know that this event was going to be even more meaningful for me than it’s ever been before,” she said. “I’ve always cared about life and vulnerable children, especially the unborn and protecting them. That’s always been a deep cause for me. But I did not know back in August of last year that by the time this rolled around that my husband and I would be expecting our first baby,” Ball said.

Ball, who said she recently had a 19-week ultrasound, said that during the procedure her baby gave her a thumbs up within the womb.

“In Kentucky and in the country right now, at 19 weeks those babies aren’t protected. It isn’t until you get to the 20th week that there’s a ban on abortion in the Commonwealth of Kentucky,” said Ball. “And that just really struck us about how important it is that organizations like this exist, that can tell women and families that are considering what to do with those babies that they are needed to keep those babies alive.”

Ball talked about how a legislator’s speech persuaded a woman not to have an abortion.

“I just want to encourage you about what you are doing. You are here, you are giving and you are supporting. This is one of the most important causes that you can be a part of,” said Ball.

The banquet featured an auction and photo booth fundraisers. The Greater Mt. Sinai Baptist Church Men’s Choir entertained the crowd.



Photo by Cody Davis
Making memories at the photo booth!



Photo by Cody Davis
Greater Mt. Sinai Baptist Church Men’s Choir



Photo by Cody Davis
APCC supporters view silent auction items.



Experience Mission Helps APCC

Experience Mission(EM), a non-profit, Christian organization based in Seattle, Washington, that hosts mission trips across the United States and internationally, served the Appalachian Pregnancy Care Center last summer.

EM hires college-aged interns who live in the community they are serving to lead incoming volunteers through a variety of service projects. Churches across the nation, including First Presbyterian in Pikeville, open their doors to these groups, providing them with a place to stay each week.

Last summer, EM continued its relationship with APCC. The volunteers removed old trees and shrubbery, planted flowers and spread mulch. They also organized the garage and updated old plumbing.

Team Leader Stephanie Stribling of Dallas, Texas, said, "We have groups come from around the United States to lend a hand, spread God's word, and be His hands and feet in areas of need".

EM puts an emphasis on relationship-building, not only with local organizations, but with individual families and attempts to make everyone involved feel supported and respected as plans and projects take shape.

Last year, the First Presbyterian Church hosted 10 mission teams totaling 170 people. As an extension of the local church, volunteers have shown love and have helped make a difference through service. It has been exciting to have APCC clients represented amongst a network of communities around the country including Georgia, Louisiana, Ohio, Maine, West Virginia, Arizona, New Mexico, New York City, Washington D.C., and Texas. Although the mission groups range in age, denomination and cultural background, they all strive for a common goal of being a part of meaningful work that enhances the vision of a local community.

APCC expresses their thanks to Experience Mission teams for their support, and for making the center a beautiful home, away from home, for our clients.

Our Volunteers are AWESOME!



Photo by Cody Davis

The Banquet for Life wouldn't have been as great without these guys and gals!



Photo by Cody Davis

Volunteers give of themselves to bless others, and we're thankful to be part of it!



Yellow Creek Baptist Church Mission Team members Austin Martin, Rob Reynolds, and Caleb Smith worked with Kip Krieper of Experience Mission to repair faulty plumbing at the APCC. We are so thankful for the faithful people that God brings into our lives, to meet the center's needs.

Campbell Family a Blessing



The Campbell family, from Lewis County, was a blessing to the center, and we will never forget the love that was expressed to us from them. They couldn't have come at a better time. The center had just received new office furniture, including desks, and Adam put them together for us. Below is a letter written by Shannon Campbell, the mother of the family.

Hello Kay,

My family had a wonderful time at APCC last Thursday. It is very exciting to see the work God is doing in Pikeville.

As promised, I'll tell you a little about us: my husband, Adam and I grew up in Lewis County. We met and dated in high school. Adam went off to college and my family moved out of state. These circumstances kept us apart for about four years.

When our paths crossed again, we knew God had something planned. We have six children: Mackenzie, 20, Hudson, 17, Ella, 13, Caleb, 11, Chloe, 11 and Luke, 8. We want to spread the love of Christ by loving his people. We knew Appalachia was where we would serve. That is where we were raised and it is who we are.

We have added the APCC to our prayer list and will commit to praying for you and all you come in contact with. Please add us to any email newsletters you send. God is good.

**In Christ,
Shannon Campbell**



Vanessa Phillips and Debbie Marcum of the Kentucky Women's International Network of Utility Professionals donated all sorts of baby items to the APCC.

WINUP Donates to APCC in Honor of Mother's Day

The Kentucky Chapter of the Women's International Network of Utility Professionals (WINUP) donated two care packages to the APCC in honor of Mother's Day.

Vanessa Phillips and Debbie Marcum presented the packages filled with essential baby supplies, including diapers, thermometers, stuffed praying bears, blankets, onesies, lotion, powder, shampoo, wipes, bibs and socks.

WINUP, founded in 1923, empowers women in the field of utilities, which is commonly believed to be a man's field of work. WINUP continues to give women the opportunity to invest in personal and professional development in the utility industry. Members are able to network with other strong, intelligent

professional woman and focus on ideas for improvement and actions to catapult the industry to the next level. While WINUP focuses on utility business trends, issues, products and services, it also supports charities that help women and veterans improve their lives.





Intern praises 'amazing' experience at APCC



"I have truly felt blessed to be a practicum student volunteering my time here."

Brittany Elkins, a student from Lindsey Wilson College, started her practicum at the Appalachian Pregnancy Care Center on Jan. 9. The experience has taught her much.

"I have worked hard almost every day and have learned more than I ever expected," she said. "I was amazed at the amount of people that the APCC helps and what it takes to run a nonprofit."

At the APCC, she has provided peer counseling, helped with scheduling appointments, connected people with resources, and helped organize fundraisers, among countless other things.

Elkins said, "I have truly felt blessed to be a practicum student volunteering my time here, I have to say my experience with Appalachian Pregnancy Care Center can be summed up with one word 'amazing.'"

Elkins said she plans to continue donating her time to the APCC well after her practicum has ended.

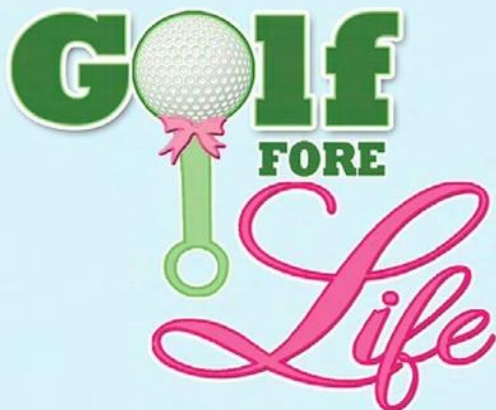
Thank You For Supporting APCC!

Appalachian Pregnancy Care Center

2018

June 15, 2018

Green Meadow Country
Club



11th Annual Christian Community Fellowship Golf Tournament

TOURNAMENT HIGHLIGHTS

Morning registration: 7:30 a.m.
Shotgun Start: 8:00 a.m.
Afternoon registration: 12:30 p.m.
Shotgun Start at 1:00 p.m.
Four-Man Scramble Format
Longest Drive Competition
Closest to the Pin Competition
Awards & Trophies
Tee Favors & Prizes
Lunch Provided
Single Player: \$50
Four-Man Team: \$200

**Please RSVP by
June 8.
(606) 433-0700**

SPONSORSHIP OPPORTUNITIES

EAGLE SPONSOR

\$1,000

- Logo on sponsor banner
- Recognition on hole signage
- Recognition in event program
- Foursome

BIRDIE SPONSOR

\$400

- Recognition on hole signage
- Recognition in event program
- Foursome

PAR SPONSOR

\$200

- Recognition on hole signage
- Recognition in event program

All proceeds help Appalachian Pregnancy Care Center assist families in need.

APCC Hosts 'Coffee & Canvas'



Building Relationships with 'Girls Night Out'

The APCC held its first "Coffee & Canvas", a girls-night-out event that featured painting, coffee and dessert. APCC clients created their own paintings; works of art everyone was so proud to display.

Thank you, LaTasha Friend and Taylor Frost Smith, for hosting this wonderful event. And, thank you, Little Paint Church of God, for providing desserts for "Coffee & Canvas."





APCC Childbirth Educator and Doula Kim Atchley speaks with Faith, an APCC client, her cousin Jaseman, and her sister Hope.

APCC Helps Young Mothers Find the Support they Need

It is so inspiring to see a young mother's family step up alongside of her to welcome a new life into the world and that happened at the Appalachian Pregnancy Care Center recently, when one of our clients, Faith, brought her cousin and her sister to the center during a visit with Kim Atchley, our childbirth educator and doula.

Faith, and other young mothers like her receive information about labor, birth, and breastfeeding when they visit the APCC, and, they often have lots of questions about pregnancy and motherhood.

Giving our clients information can ease the anxiety most expecting mothers feel.

We encourage clients to bring in their own special support people to make their baby's birthday the best it can be!

APCC Partners with Cooperative Extension for Nutrition Class

The APCC has partnered with the University of Kentucky Cooperative Extension Office to provide valuable information to our clients.

Valerie K. Robinette, Extension Program Assistant in the Family and Consumer Science division and its Supplemental Nutrition Assistance Education Program, hosts monthly classes at the APCC to teach clients about nutrition and healthy eating.

During the class, APCC clients enjoy an informational lecture on a health-related topic, and participate in conversations about healthy eating and alternatives to their favorite foods.

APCC is extremely thankful for this program and for Valerie Robinette!



Valerie Robinette, center, offers monthly nutritional classes to APCC clients.

College, Career Access Program Open to APCC Clients



The Commonwealth Educational Opportunity Center (CEOC) based at Morehead State University, is geared to increase educational attainment college attendance rates in 36 counties in Eastern Kentucky.

The program's College Access Counselor Heather Quinn is now offering APCC clients assistance through TRIO, a group of programs offered in partnership with state and federal agencies that help students access educational resources and prepare them for postsecondary education.

According to Quinn, the program provides information and assistance on admission and financial aid. CEOC will help potential students complete necessary forms and applications. They also provide assistance for veterans and their families.

Quinn can also help students explore possible fields of study, career options and educational support services.

These services are offered on the last Tuesday of the month to APCC clients.

Feel Like Doing Something Good with Your Time?

The Appalachian Pregnancy Care Center offers numerous volunteer opportunities at our office in Pikeville.

If you're interested in participating in one of the volunteer opportunity below, stop by and see us at 193 Main Street in Pikeville, or call us.

We are continually seeking volunteers for these roles:

Fatherhood Mentors

focus on the man's core identity and give an overview of basic manhood issues.

Receptionists

welcome visitors by greeting them in person or by answering calls or referring inquiries.

Mission Teams

perform general and minor maintenance duties to the APCC building, grounds and equipment.

Church Liaisons

promote the APCC by organizing fundraisers at their church.

School & Community Liaisons

promote fundraisers in schools and communities and work with the APCC to provide character education.

Event Volunteers

help the APCC host annual fundraisers and events, like the Baby Bottle Drive, the Banquet for Life and the Golf for Life.

Have a Skill That Can Help Our Clients?

Give us a Call!
(606) 433-0700

AT 19 WEEKS, YOUR BABY IS ABOUT THE SIZE OF AN HEIRLOOM TOMATO

He or she is about six inches long and weighs around 8.5 ounces at the 19-week milestone, which is a little more than four months into the pregnancy.

Mothers who are 19 weeks pregnant will feel their baby moving. These movements will likely feel like taps or flutters, but they will grow stronger over time.

At this point in a baby's life, his or her kidneys are working and hair is beginning to grow.

Your baby's sensory development is also growing, as nerve cells in the brain are developing, designating specialized areas for smell, taste, hearing, vision, and touch.

By 19 weeks, research suggests that babies can hear your voice, so don't be shy about reading aloud, talking or singing to your baby, even though he or she is still in the womb.

In Kentucky and in states, abortions are permitted until the 20th week of pregnancy.

Because we value life, the Appalachian Pregnancy Care Center does everything it can to help mothers facing unplanned pregnancies understand that abortion is not their only option. There are so many resources that can help.

We offer a comprehensive system of support and services for women experiencing unplanned pregnancies, as well as their newborns. We provide necessary pre- and post- natal education and help new mothers avoid the pitfalls that often accompany an unplanned or unwanted pregnancy.

We connect our clients with a network of support agencies in their community. We help them make positive choices involving the health of themselves and their baby. We counsel mothers about financial and educational options. We try to help them maintain stable relationships and work with the entire family unit.

We give compassionate, confidential care for expectant mothers experiencing a difficult and frightening period in their lives.

Please call us at (606) 433-0700 if you or someone you know could benefit from our services.

**I was raped. I don't
want to raise this child.**

What can I do?

Should I quit school because I'm pregnant? **Wouldn't an abortion be easier than telling my parents?**

Will I be a good

How am I going to parent? do this on my own?

I make minimum wage. How can I afford a baby?

I've never been around a baby before. How will I know what to do?



**CAN I
HANDLE
THIS?**

**APCC has answered
these questions
many times.**



**We will keep answering them,
again and again and again.**



Lefler found 'joy & happiness' at APCC

APCC volunteer, Hannah Lefler, 22, a senior at the University of Pikeville, signed up for an internship for a college requirement, but walked away with more.

"I cannot be more thankful for all the things the center has done for me. They have included me in every way possible, and made my homesickness a little more bearable. I will miss the center very much when I graduate," Lefler said.

She continued, "The experience of the internship has brought so much joy and happiness into my life. The center gave me a sense of belongingness, appreciation, and family. Each person that has walked into the center has impacted my life in some way."

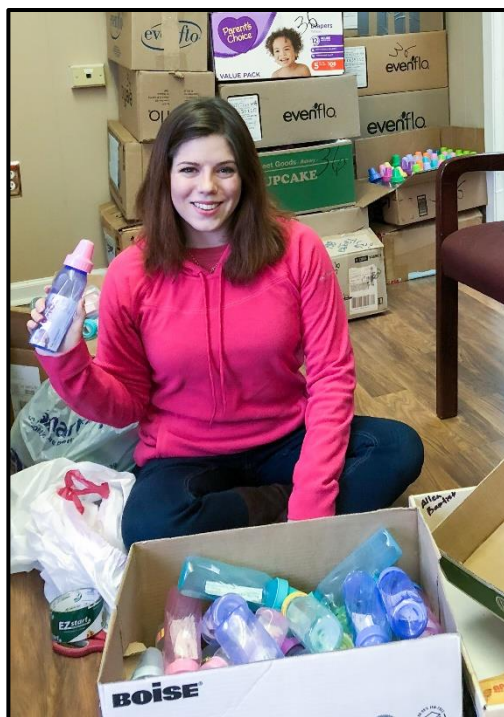
She said she always knew she wanted to help people, and the APCC gave her that opportunity.

"I've heard a lot of stories of trial and tribulations and watched how APCC staff helped each person, no matter the situation," she said. "I've witnessed the most selfless actions take place in this building, and I can't thank God enough for placing me here. The Appalachian Pregnancy Care Center is the best!"

***Thank You
for
Supporting APCC!***

"I've witnessed the most selfless actions take place in this building, and I can't thank God enough for placing me here."

-Hannah Lefler



Baby Bottle Drive Underway

The Appalachian Pregnancy Care Center is meeting the needs of women and children in our communities. The gifts of our churches allow the important life-saving work of this ministry to continue without interruption.

Last year, many babies were born, and without the help of the APCC, these babies would otherwise have been aborted. Our clients heard the gospel of Christ shared in a way which touched their hearts, and led them to reconsider new life in Him. Children were clothed, fed and nurtured through our "Earn While You Learn" program.

Your church participation in the Baby Bottle Drive will enable us to continue to offer practical and spiritual help to those in need.

Qin loves volunteering at APCC



"It makes me happy when I help others."

Qin, an international student from China, is studying healthcare management while working on her master's degree at the University of Pikeville.

She is volunteering at the APCC. There were many reasons she wanted to volunteer.

"First, I love children and want to help others," she said. "The APCC provides many free services including counseling, education, and material support. It makes me happy when I help others. I want to gain as much experience as possible from volunteer work."

Qin said she studied the theories of the healthcare management and she believes she might be able to build more experience at the APCC. She also would like to make new friends while volunteering.

"Through volunteering, I can also challenge myself to try something different, achieve personal goals, practice using my skills and discover hidden talents. I believe this will be a great experience and help me be a terrific global leader in future."

Baby Bottle Drive Underway!



**Mother's Day
through
Father's Day**



Pick up your bottles to collect donations
today or call
(606) 433-0700 for delivery.



How You Can Help

Pray

Send a one-time gift

Become a monthly supporter

Volunteer



Appalachian Pregnancy Care Center

P.O. Box 131-Pikeville, KY 41501

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