



Thank you APCC volunteers!

## 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

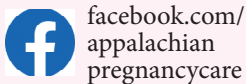
- Earn While You Learn
  - Pregnancy Testing
  - Adoption Education
  - Abortion Recovery
- Baby, Maternity Resources
  - Character Education
  - Counseling Sessions
  - Healthy Pregnancy
  - Healthy Relationships
  - Parenting & Life Skills
  - Fatherhood Program
    - Referrals
- Community Presentations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

## Contact Us

118 Loraine Street  
Pikeville, KY 41501

(606) 433-0700

Email: [apcc2007@att.net](mailto:apcc2007@att.net)



Scan the QR code with your phone to visit our website or donate.

[appalachianpregnancycare.com](http://appalachianpregnancycare.com)

# APCC Helps Families Recover After Flood



Above, an APCC client who was flooded receives one of 25 backpack diaper bags donated by Pikeville Walmart. Below, community members donate supplies to help families impacted by the flood. APCC is so thankful for the support! More photos are on Page 4.

Eastern Kentucky suffered unfathomable damages from recent flooding, including the loss of 39 lives and damage and destruction to hundreds of properties.

The situation is extremely overwhelming, and it will take many years for Eastern Kentucky and APCC families to rebuild and recover.

With that being said, APCC must help our hurting clients and their families so that the path to recovery will be smoother. Our primary focus currently is to supply immediate disaster relief to as many APCC families as possible.

We must respond to the flooding disaster.

We are seeing once again how God has put it in the hearts of people to answer the call and reach out to help their fellow-man with love!





# A Lighthouse of Love for Eastern Kentucky

Someone asked me the other day, "Kay, what is your vision for The Appalachian Pregnancy Care Center?" And this was my reply:

We have a long-term plan of serving our wonderful communities for years to come, keeping all programs in place, adding new programs, serving more clients, truly being a lighthouse of love for Eastern Kentucky and celebrating APCC's new home!

Wondering what options other than abortion are available is a question many women in Eastern Kentucky ask themselves every year. They have an unplanned pregnancy, and for one or more reasons — their age, their income level, the absence of the child's father, the attitudes of the people around them, whatever it may be, it is a tough time to



**A Message from APCC Director Kay Hammond**

be pregnant.

Very often, they do not want to end their pregnancy, but they have a tough time seeing any alternatives to abortion. More women today are learning about options other than abortion, and one of the best places to learn is at APCC.

APCC is devoted to helping women and young girls make informed choices by providing a range of services to support them throughout their pregnancy and beyond. We see a tremendous number of women in Eastern Kentucky choosing life

for their children. APCC specializes in networking, gathering information, and developing relationships with a variety of community organizations. Some of those additional services include cooperating with the Women and Infant Children (WIC) program to get food into a pregnant woman's home, working with health service agencies to make sure she has everything she needs for ongoing care, contacting government agencies to make sure she is signed up for any help she qualifies for, working with hospitals to provide labor and birthing classes on-site at the center, the East Kentucky Strong program through Pike County Schools, Mountain Comprehensive Care Center's Teen Pregnancy Prevention Program, as well as other programs and services.

When you walk into APCC, you will experience warmth, kindness, and compassion, both from the staff and volunteers. We are specialists in bringing care, comfort, and practical solutions. We listen and learn about a woman's situation, walk her through her options and empower her to make decisions.

APCC provides classes and ongoing support systems. We are in it with her for the long haul.

We are so encouraged by the faithfulness of our partners in prayer, support, and giving.

We trust that God will continue to supply our needs as we move forward at APCC and as we celebrate life and the overturning of Roe v. Wade by the Supreme Court, ending 50 years of federal abortion rights.

## Thank You, APCC Board Members!

**We Could Not Change Lives Without Your Help!**



**JR Blackburn**  
Chairman



**Christy Thacker**  
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**Paul Potter**  
Secretary



**Sandy Darby**



**Misty Potter**



**Mike Harrison**  
First Christian Church



**Sandy Penix**



**Judy Lester**



**Kay Hammond**  
Director



# APCC Found its Dream Home!

## New location will help APCC expand services offered in three states

The Appalachian Pregnancy Care Center officially cut the ribbon on its new expanded facility on April 19, and we are so excited as to what this new facility can offer our region.

Our new home has been a dream of APCC for as long as we can remember!

The center's previous location was 193 Main Street, and is now located at 118 Loraine Street in Pikeville.

APCC offers pregnancy testing, adoption education, baby, and maternity resources, counseling sessions, parenting and life skills and nutrition classes, among other services.

The new location will allow APCC to expand services to meet the needs of more families and women in its 18-county

service region, which includes 14 counties in Kentucky, two counties in West Virginia and two counties in Virginia

APCC has been looking for a new location for quite some time, but never dreamed that we would be able to afford something as grand and beautiful as our new home at 118 Loraine Street. We just feel thankful and grateful for all our communities and churches for making this new facility possible.

The center's hours are 10 a.m. to 4 p.m. on Tuesdays, Thursdays, and Fridays, and 10 a.m. to 8 p.m. on Wednesdays. The center is closed on Mondays, Saturdays, and Sundays.

For more information, visit, <https://appalachianpregnancy.com>.



The Southeast Kentucky Chamber of Commerce hosted a ribbon cutting at APCC's new location at 118 Loraine Street in Pikeville.

## Thank You for Celebrating with APCC!



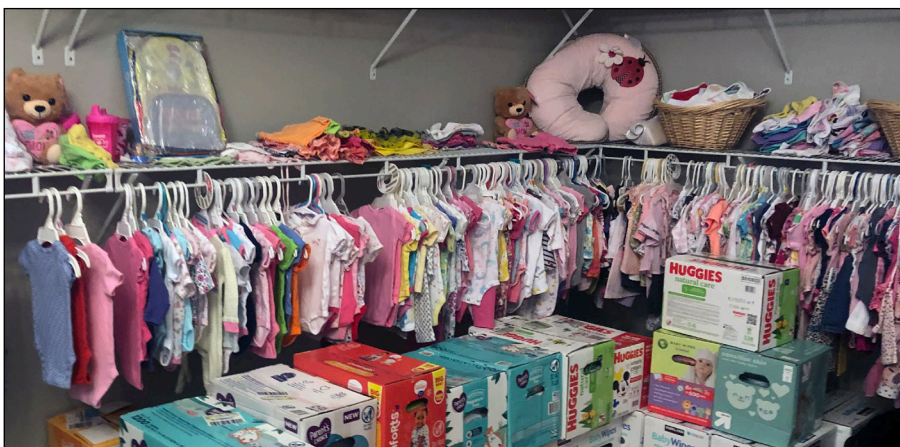


# Thank You for Helping Us Make a Difference!



**Want to Help APCC Change Lives?**

Scan this QR code with your phone to donate.



**APCC Could Not Help These Mothers and Families Without Your Support!**



# APCC Helps Chaney Family Pick up the Pieces

On June 28, when I kissed my family goodbye as I went out the door for work, the thought never crossed my mind that by morning I wouldn't have a home to come back to.

My shift at McDowell ARH, where I was working as a traveling nurse at the time, started as normally as any other. I had a full patient load, as did the other nurses, so, naturally, our only thoughts were about caring for our patients in a timely fashion.

It was after midnight before I sat down to take a break and catch up on my charting for the night. Around 1 a.m., weather alerts started to go off on our phones. You could hear them one-by-one, as each nurse had a different location programmed into their phone. The alert on mine was for a flash flood warning, so I immediately called home. We live right on the banks of Elkhorn Creek. My husband calmly assured me that the water levels had not exceeded the banks and that everything was fine. He promised to keep watch, as it was still raining heavily, with no relief in the forecast.

Within a half hour, he let me know the waters had risen and were pooling under the backside of our home. He had gotten all our children out of bed and was headed to slightly higher ground, next door at my grandpa's.

Within a half hour, as the waters drastically rose, they were all forced off the property and onto a hillside in our Dodge Ram truck.

The waters inched toward the top of the road, just feet away from my family, and, unfortunately, they became trapped. The road to the left was claimed by the roaring waters, and the road to the

right was taken by the waters and landslides of a hillside.

With nowhere to go, they sat and prayed for over nine hours, watching the raging waters unapologetically ravage their home, as all they have ever known washed downstream.

Frantic, I told my supervisor that I had to leave work. She was concerned about me traveling in the current conditions, but reluctantly let me go. By the time I made it downstairs, people were congregating around the exit doors, so I quickly parted through them, only to find our parking lot under water. We were stranded. I sank to the ground as the realization hit me that I would not see my children and family until Mother Nature relented.

I called them numerous times, but cell reception was patchy. To hear them crying, asking me when they would see me and begging me to come home, was unbearable. It was truly a mother's worst nightmare!

When I gathered my composure, I went back inside to care for the patients upstairs, as dayshift could not get in and nightshift could not get out.

Sometime in the afternoon, the waters receded, allowing a few day-shifters to trickle in and freeing us up to finally end our shifts. Unfortunately, for the ones of us who had not driven four-wheel drive vehicles to work, we had to wait for either alternate transportation or the roads to be repaired.

By the time my husband got there to pick me up, I was so worn out that I was physically sick. Sleep was nowhere in our near future. When we arrived home, my children were waiting for me in our driveway and wasted no

*When I looked up,  
I could not believe my eyes. ...  
We wept — all thankful to be alive, but  
also in mourning for our home.*

—Kara Chaney



**APCC Client Kara Chaney, right, sought help from the center after she lost her home in recent flooding.**

time running into my arms. I held them tight and honestly never wanted to let them go.

When I looked up, I could not believe my eyes. Everything was encased in a capsule of mud. The smell of stagnant, muddy water filled my nose with every breath. Our feet suctioned to the ground, and, with every step, the mud fought to pull the shoes off our feet. Then, there was my home, completely off its foundation, sitting on the ground with other people's possessions, trees, and trash clinging to the sides. We wept — all thankful to be alive, but also in mourning for our home.

It was devastating to see, and for the children to have so many questions that I could not find the answers to. In the days to come, we tried to salvage what little we could, which was not much. Being in my second trimester of pregnancy at the time, we had already gotten over half of our son's things that

we would need for his nursery, and we salvaged none of that.

If not for our wonderful local churches and community organizations, we would have nothing.

The Appalachian Pregnancy Care Center is among these amazing people who have blessed us beyond measure. They have helped us to replace my lost maternity clothes, my newborn outfits, diapers, wipes, and have also been a shoulder to lean on.

I look forward to each monthly visit, and I know if I need them in between our visits that I can always call on them. It is always so uplifting and inviting to be inside their doors, no matter what we have going on. They talk with me, pray with me, and give amazing advice to help us with our situation.

The women who devote their time there are truly blessings, and I am extremely thankful for each one of them.



*I do not know  
what I would do without  
the help and love  
I have received here.*

—Anna Young

## What APCC Means To Me



APCC Client Anna Young

Anna Young is one of APCC's faithful clients who has a six-month-old baby.

When asked what the APCC means to her, she answered, "APCC, for me, is a place of love, safety, a refuge from the storm."

Anna has a very heart-breaking story, but it is also a beautiful story of how she has overcome many obstacles in her young life.

She is doing good and is so faithful to keep all her appointments!

"I do not know what I

would do without the help and love I have received here," said Anna.

APCC Director Kay Hammond met Anna in church years ago.

"I cannot tell you how delighted I was the first time she walked into APCC," Hammond said.

"You see, I knew her has a young child when she attended my church, the Faith Baptist Church of Myra, and I once again get to love and minister to Anna."



## Thank You, Pike County Schools!

Thank you, Pike County Schools, for "Make Time for Learning Together," a no-cost program for APCC clients and their children from birth to age three.

Children learn even before they are born. Their brains grow quickly. Parents can help their babies and

toddlers learn and grow.

The "Make Time for Learning Program" teaches parents how to make time to read books, sing songs, and talk with their child. We are so thankful to add this meaningful program to our curriculum!







APCC client Kayla Robinson learns new skills in the Bright Course program with Administrative Assistant Brenda Smith.

## All Babies Deserve a Bright Start!

APCC has included the use of the Bright Course all-inclusive program that provides educators with the tools needed to help families succeed. The videos are entertaining and educational at the same time!

The turn-key program includes worksheets, homework, fact sheets, and discussion questions about postpartum depression,

parenting, fatherhood, and other topics related to pregnancy and parenting.

All lessons are evidence-based, millennial-audience tested, and physician reviewed and approved.

And the best part is that lessons can be texted and emailed to our clients!

We are so thankful to have this resource for our clients.



APCC client Allison Meadows gains parenting skills with the Bright Course program.

*This is my home away from home and I feel safe and loved.*

—Kashanda Carroll

## What APCC Means To Me



Appalachian Pregnancy Care Center client Kashanda Carroll visits the center with her mother, Barbara Johnson.

Kashanda Carroll is thankful for how the APCC has impacted her life.

“I am five months pregnant, and I have been a client of APCC for the complete five months,” she said. “I truly do not know what I would do without APCC. This is my home away from home and I feel safe and loved.”

Her mother, Barbara Johnson, is also grateful

for the support and kindness APCC is providing her family.

“We have never known this level of compassion and care at any other organization we have visited.

*APCC has truly blessed us!*

—Barbara Johnson



# Want to Help APCC CHANGE Lives?



## HOW YOU CAN HELP!

- ♥ Pray
- ♥ Send a One-Time Donation
- ♥ Become a Monthly Supporter
- ♥ Volunteer
- ♥ Host a Change for Life Baby Bottle Fundraiser

## How to Start Your Baby Bottle Fundraiser

APCC's annual Change for Life Baby Bottle fundraiser is held from Mother's Day and Father's Day.

It's a fun, easy, and very effective way to truly make a "Change for Life!"

It may seem small, but the impacts of this fundraiser are huge because programs and resources offered at APCC have a lasting effect in the lives of women and babies, giving them an opportunity to learn, to grow, and to choose life.

## Hosting a Baby Bottle Fundraiser is **Easy as 1-2-3:**

1. Call the APCC at (606) 433-0700 to order your bottles (provided at no cost to you).

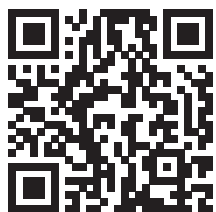
2. Distribute empty bottles on Mother's Day to your church congregation.

3. Ask participants to return filled bottles on Father's day.

You do not have to count, sort, or roll the funds collected. APCC does it all.

If you have questions or want an APCC representative to speak to your church, call, (606) 433-0700 or email Kay Hammond at [apcc2007@att.net](mailto:apcc2007@att.net).

## Want To Learn More About What We Do At APCC?



Scan the QR code with your phone to visit our website or donate.

[appalachianpregnancy.com](http://appalachianpregnancy.com)



# Thank You for choosing to support life

*We Could Not Do What We Do Without Supporters like you!*

The Appalachian Pregnancy Care Center would not be able to do the work that we do without the support of our donors.

There are thousands of other nonprofits and amazing causes out there, yet the Wild Cat Campgrounds owner Regina Kitchen chose to support APCC.

Words cannot express just how grateful we are that her business made the decision to help support life!

Baby Grayson and Mom Jaden May, pictured above, are among the families that



**Regina Kitchen**

are receiving benefits shared by our wonderful donors.

APCC thanks you so much!



APCC client Jaden May poses for a photo with her son, Grayson, during a recent visit to the center.

## Thank You, Mountain View Church of Christ!



Justine Sullivan is pictured with a recent donation from the Mountain View Church of Christ, which regularly supports the APCC. We are so thankful for Mountain View and other churches that support us!



Eva Branham chose life for two-year-old Ethan, and she's been an APCC client since he was only two months old.

"My baby is a blessing and a miracle and I cannot imagine life without my precious baby boy," she said.

## Please Continue to Pray

The Appalachian Pregnancy Care Center is so encouraged by the faithfulness of our partners!

We trust that God will continue to supply our needs as we move forward at APCC to celebrate life and the Supreme Court's overturning of Roe v Wade, ending 50 years of federal abortion rights.

On Election Day, Kentucky voters will be asked

to decide whether the state's constitution should be amended to state as follows: "To protect human life, nothing in this Constitution shall be construed to secure or protect a right to abortion or require the funding of abortion."

We ask our faithful partners to continue to pray for APCC, our communities, and our government leaders.



# Fatherhood Program offers resources, mentors

APCC must continue to promote the importance of fatherhood!

Our Fatherhood Program works to equip fathers to engage in their children's lives intentionally and proactively.

Our vision is for every child to grow up with an involved, responsible, committed, and Godly father. APCC hosts Fatherhood Program events with the Bright Course Curriculum, produces billboards promoting the importance of fatherhood, travels to rehab facilities promoting our program, and recruits Godly men to mentor to our Fatherhood Program clients monthly.





# We've Helped Over 8,000 Women

## Many APCC Clients Have No Other Means of Support

Many people ask how the Appalachian Pregnancy Care Center is funded.

To date, the APCC has received no government funding. It is completely dependent on donor support.

Our supporters are vital, as we are 100 percent supported by the generosity of our communities! We have been an organization for 15 years and our donors have never let us down!

Naturally, there is a strong relationship between pregnancy resource centers and the faith community. Although APCC is not formally tied to a particular church, the bulk of our support — including

volunteers and donors — comes from the people in the pews!

APCC has helped empower more than 8,000 women, and we are seeing changes — negative patterns that occur in their families for (in many cases) generations.

They say, “I am going to break this pattern and create new legacies for my children.”

So, if you ask APCC what is the most important thing we need, it is funding. While all donations at any time are welcome, regular ones are especially needed.

We need regular, reliable support to develop our budget.

A lot of moms tell us that everything they have to care for their baby came directly from us. They do not get baby showers. The people in their life are pushing toward abortion.

Without our wonderful donors, we could not operate properly! We are serving more clients than ever before, which is one of the reasons we purchased our new larger facility.

Even though we live in poor economic times, the APCC must continue serve our hurting population, which is why we need your support now more than ever!

Thank you for always reaching out to APCC!

“A lot of moms tell us that everything they have to care for their baby came directly from us. They do not get baby showers. The people in their lives are pushing toward abortion.”



At left, Gary and Linda Miller present a check with baby bottles to APCC Director Kay Hammond. Thank you, New Generation Church for helping support APCC with this wonderful donation!



# Thank You, Grace Custom Signs and Graphics!



*The Appalachian Pregnancy Care Center is working to reach more mothers in need through advertising in the region it serves.*

*Advertising has three primary objectives: To inform, to persuade, and to remind.*

*APCC has been able to increase awareness of our organization throughout Eastern Kentucky by utilizing new billboards, client videos, and advertising the resources and benefits that is available to those experiencing an unplanned pregnancy. We thank Fairway Outdoors for that outreach.*

*We also thank Grace Custom Signs and Graphics, which donated the APCC sign, pictured at left, and is always there to help APCC.*

## Want to Help APCC Change Lives?



Scan this QR code with your phone to donate.



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Appalachian Pregnancy Care Center  
118 Lorraine Street,  
Pikeville, Kentucky 41501

**SERVING FAMILIES WITH  
HOPE & PRAYER  
SINCE 2007!**