

# SOHLS

**Sanctity of Human Life Sunday**

**2025 Speaker Training Packet**





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# Introduction

Thank you for your passion and willingness to serve! This guide will help you prepare for Sanctity of Human Life Sunday 2025.

This year, our theme is *Created with Purpose*. While conversations about abortion are often divisive, we focus on what we're FOR: life-physical and eternal, women, families, and the unborn. We hope it also inspires the Church to take action-through prayer, volunteering, donating, or however God leads. This day celebrates that truth and affirms that God is for these things too.

If you have questions or need support, our team is here to help. Thank you for being part of this important day.

## **We are grateful to have you on our team!**

Amelia Graham  
Communications Director  
[agraham@carenetps.org](mailto:agraham@carenetps.org)

Megan Reedy  
Events Coordinator  
[mreedy@carenetps.org](mailto:mreedy@carenetps.org)  
or (253) 720-6386

# Ministry Overview: Care Net of Puget Sound

## Mission Statement:

Care Net offers hope by providing compassionate practical care, accurate information, biblical truth, and life-affirming resources for pregnancy, sexual health & integrity, and abortion recovery.


**Providing compassionate, life-affirming care to women and families through the hope of Jesus since 1982.**

## Locations

- Centers: Federal Way, Lakewood, Tacoma, Gig Harbor (soon to relocate), Bothell/Kenmore, and Puyallup
- Medical Mobile Unit serving the Greater Seattle Area; second mobile unit serves the east side of King County in Bellevue
- Expanding soon to Kitsap County through the relocation of our Gig Harbor location to Port Orchard! [Learn more at movingtomeether.org](https://www.movingtomeether.org)

## Care Net of Puget Sound Services

### Medical

- 24/7 Helpline
- 24/7 Nurse Chat Line 
- Pregnancy Testing and Consultations
- Limited Obstetrical Ultrasounds (performed by trained medical professionals)
- Limited Screenings for STDs (females only): important both for determining potential pregnancy risks and for serving as an opportunity to discuss sexual integrity. Referrals are given to males.
- Prenatal Education
- Childbirth Education
- Abortion Pill Reversal

### Family

- Parenting Classes for mothers & fathers. Includes both one-on-one mentoring and group classes.
- Material Support (baby and maternity items)
- Community Referrals and Resources



## Preventative: Smart Programs

Healthy Relationship Education equips young people to form healthy relationships and avoid the risk of early sexual behavior. Presentations in both public and private schools:

Lesson 1: Sex | Everyone's Talking About It

Lesson 2: Sexually Transmitted Diseases

Lesson 3: Teen Pregnancy

Lesson 4: Reducing The Risk of Pregnancy: Birth Control and Contraception

Lesson 5: Avoiding Unhealthy Relationships, Legal Consequences

Lesson 6: Boundaries and Healthy Relationships

Lesson 7: Smart Trafficking Awareness

## Healing Tide: Support After Abortion

Online or in-person support for women, men and couples to find healing after a past abortion(s). Support offered through 1-on-1 formats, weekend retreats or weekly group support.

## Healing Tide: Pregnancy & Infant Loss Support

Online or in-person support for women grieving after a pregnancy or infant loss. Support offered through 1-on-1 formats, weekend retreats or weekly group support.



**All our services and support are offered COMPLETELY FREE thanks to the generous partnership of individuals, churches and businesses!**

# SOHLS Talking Points for 2025

## What is the state of abortion in Washington?

In 1970, Washington State made abortion legal through 4 months of pregnancy. Now, in a post-Roe America, abortion is still legal and protected through viability (around 24 weeks) and through all 9-months of pregnancy in the case of life and health of the mother.

As at-home abortions (through the abortion pill) continue to increase in popularity, the number of abortions in the last couple of years has increased as well.

Each month in Washington anywhere between 1,500-2,000 lives are lost to abortion.

That's approximately over 20,000 deaths a year.

It's safe to estimate that over half of those abortions are happening in our Puget Sound communities (based on 2022 WA Gov. Data).

## The Need for Life-Affirming Care in Washington is greater now than ever before.

Now accounting for 63% of all abortions, abortion pills are available online and have been since 2021. This means many women are taking these pills without ever confirming their pregnancy at a physical clinic, sitting down with a medical professional and talking about their options, or ever even having the chance to meet their child through the power of ultrasound.

Women facing unplanned or unsupported pregnancies deserve compassionate, life-affirming care from a team of medical professionals and advocates who will help them explore all their pregnancy options, hear about the practical and emotional support they have available to them, and meet their children through the power of an ultrasound. They deserve care that supports them and their unborn children and empowers them to choose life.

And we're committed to doing just that – what we've been doing for over 40 years – providing free, compassionate, confidential, non-judgmental care to every woman who walks through our doors.

## Who is Care Net of Puget Sound?

Care Net of Puget Sound is a ministry providing compassionate, life-affirming care to women and families since 1982. Our mission statement is that Care Net offers hope by providing compassionate practical care, accurate information, biblical truth, and life-affirming resources for pregnancy, sexual health & integrity, and abortion recovery.

## What do you do?

- We provide life-affirming care to women facing unplanned/unsupported pregnancies through 8 clinics located all throughout the Puget Sound. We provide pregnancy consultations where we educate women on all their options and our team of medical professionals provide limited ultrasounds where we introduce women to the life growing inside them through the power of ultrasound. In 2024, we provided over 1,400 life-changing ultrasounds!
- We also have a number of programs providing services such as: healthy relationship education for public and private schools (preventative work), post-abortive support for women, men and couples who need healing after a past abortion(s), pregnancy and infant loss support for women and more.
- As a Christ-centered ministry who cares for the entire woman, man or family, we want to meet not just our clients' physical/practical needs but their spiritual needs as well and share the gospel and pray with clients with clients' permission. In 2024, we were a part of over 25 clients finding faith in Christ or rededicating their lives to Him.
- Detailed breakdown of all our services above.

## How do you do it?

- **Financially:** We are a non-profit entirely funded by the support of churches, individuals, businesses and foundations who make this work possible! No client is ever charged anything for a service she receives, and we receive no government funding, so we are free to meet the spiritual needs of those we serve with permission through prayer and sharing the gospel.
- **In method/practice:** We are woman focused in our approach. A [2023 study](#) found that over half of women who chose abortion would have preferred to have chosen life if they'd had more support. We're here to provide them with that support and help remove barriers that are causing them to feel abortion is their only option. Women facing unplanned or unsupported pregnancies deserve the chance to explore all their options (adoption, abortion, and parenting), learn about the support that exists and meet their child through ultrasound. We are here to help them be empowered to choose life.

## What's the impact?

- Last year Care Net of Puget Sound served over 14,500 people;
- We performed over 1,400 ultrasounds (where approx. 90% women who had an ultrasound chose life);
- We offered healing to over 2,000 women, men and couples through our Healing Tide program; and
- We saw an almost 50% increase in women considering abortion coming to Care Net of Puget Sound, meaning we are able to offer them support to choose life.

## What is new with Care Net of Puget Sound?

- **More women are receiving life-affirming care!** This year, we've seen a record number of women considering abortion coming to Care Net of Puget Sound and in desperate need of hope and life-affirming care. Our medical team has performed over 1,400 life-changing ultrasounds empowering women to choose life for their children.
- **Launch of 24/7 Nurse Chat:** At the end of September, in partnership with Infinite Worth, we launched a 24/7 nurse chat box on our website. Infinite Worth has already launched nurse chats for over 300 pregnancy resource centers across the country and is helping these ministries engage more abortion-minded women online 24/7, so these women can choose life. Already, in the first 3 months of launch, we've reached almost 10,000 women with the chat widget!
- **Expanding Proactive Education to Students:** Through November of this year, we've presented healthy relationship education to over 5,400 students in both public and private schools! These thousands of students received research based, relationship and sexual education that aligns with God's design for sexuality and relationships, empowering students to make healthy decisions for their healthiest futures.
- **Establishing a new pregnancy center in Port Orchard:** We have purchased the property and are working to significantly remodel the current structure in preparation for officially relocating our Gig Harbor center to this location. This is after 2 years of prayer and preparation, as we see continued low number in Gig Harbor and a great need in the Port Orchard/Kitsap community!
- **Launching a PNW Walk for Life (happening June 28, 2025)!** This walk will be happening at Chambers Creek Regional Park in Steilacoom. Registration and more details coming soon!
- **Upcoming Capital Campaign for Bellevue Mobile:** Our Bellevue mobile (permanently parked at Jubilee REACH), is showing its age. Originally launched in 2019, this now 18-year-old stationary mobile has served many women and families in need over the past 6 years. In order to continue serving the Bellevue/Eastside community, we need to raise \$410,000 to replace the mobile clinic. Capital Campaign is tentatively set to start April of this year but if you have any questions on this campaign, contact Ben Edwards (VP of Capital Campaigns and Donor Relations) at 253-797-2020 or [bedwards@carenetsps.org](mailto:bedwards@carenetsps.org).

## What are our needs?

- **Prayer:** Our greatest need is always for prayer. We have over 1,400 prayer partners committed to praying with us but we need more. When you commit to praying with us for the work of Care Net, you are making an eternal difference for women and families. We'd encourage you to pray for women considering abortion IN their moment of need by signing up to become a prayer partner and receive "not this one" texts on our website at [supportcnps.org/get-involved/#prayer](https://supportcnps.org/get-involved/#prayer)
- **Join our Team:** Whether on staff ([see open positions here](#)) or as a volunteer, both women and men can find a place at Care Net where their service changes lives. We have opportunities for service directly with clients or behind the scenes. Our specific volunteer needs right now are:
  - Medical professionals (RDMS, RN, PA, NP, MDs) to volunteer, offering life-changing ultrasounds and medical care to our clients.
  - Nurse and advocate to serve on King County mobile clinic.
  - Smart volunteers to speak in schools on weekdays
  - Male Parenting Mentors in Kenmore
  - Volunteers to serve with clients in Lakewood, specifically Spanish-speaking volunteers.
  - Learn more and fill out an inquiry form at [supportcnps.org/get-involved](https://supportcnps.org/get-involved) or call/text Kerry Cady at (253) 267-7150
- **Donate:** Your gift provides no-cost, life-affirming services through the love of Christ. Help women find the resources and support they need to choose life. You can give at [supportcnps.org/donate](https://supportcnps.org/donate).
  - More info on how gifts make a difference under "Needs List"



## Care Net of Puget Sound Needs list:

- \$1,000,000 New pregnancy center between Gig Harbor and Port Orchard
- \$410,000 New mobile clinic for the Bellevue community
- \$50,000 Nurse addition needed due to increased client traffic / increased hours
- \$35,000 New Ultrasound machine (funding received for 2 of 8; all needed by 2026)
- \$25,000 Security upgrades and IT (\$7K per center x 6 centers)
- \$22,000 Ultrasound machine annual maintenance for 8 units
- \$20,000 Nurses' training –training for up to 5 nurses (2 trainings/year)
- \$17,000 Monthly lease payments combined (4 centers avg \$4,250/month)
- \$10,000 Volunteer recognition and events
- \$4,250 Pregnancy Center average monthly lease cost (4 centers)
- \$2,850 Ultrasound unit annual maintenance (per machine)
- \$2,000 New ultrasound exam table (Gig Harbor)
- \$2,000 New laptops for new employees
- \$2,000 Training/education/conferences per employee per year
- \$1,000 Smart Program – training and curriculum for two classes
- \$600 Provides one life-changing ultrasound
- \$500 Healing Tide retreat for abortion recovery or pregnancy loss
- \$300 Provides parenting classes & resources for one family
- \$250 Provides a crib & mattress for a one baby
- \$200 Brand new car seat for parenting client
- \$50 "Grab & Go" bag with material assistance
- \$1 Every dollar helps!

The above items are all critically important and needed to serve the estimated 14,000 number of people who will find support and life-affirming care through Care Net of Puget Sound in 2025.

Donations of all sizes and designations are welcome.

"Where most needed" is the preferred designation by Care Net of Puget Sound.

The items above are symbolic of how donations may be used.

Care Net of Puget Sound is a member of ECFA and upholds the highest standards of integrity and Accountability.



*Enhancing Trust*

# Speaker Check List

## Before Presentation:

- Attended or watched the SOHLS speaker/table host training webinar
- Received confirmation email from Megan Reedy (mreedy@carenetps.org)
- Reviewed your speaker packet materials
- Spoken with your church contact & discuss major topics to present
- Learned about the church, requested a tablecloth & table, screen etc.
- Requested history of church involvement with CNPS
- Shared the SOHLS video with the pastor/staff to include it as part of your presentation
- Practice your speech or content you plan to share
- Checked directions to the church
- Downloaded resources from Care Net website ([supportcnps.org/sohls-downloads](http://supportcnps.org/sohls-downloads))

## Presentation Day(s):

- Check in with church contact person
- Silence cell phone
- Obtain copy of SOHLS video (Download to thumb drive or access online at [supportcnps.org/sohls-downloads](http://supportcnps.org/sohls-downloads))
- Bring packet of materials
- Pray
- Remember you are being prayed for

## After Presentation:

- Make use of the remaining brochures & materials or return to Care Net.
- Hang up poster in church after obtaining permission.
- Report any problems to Megan Reedy at mreedy@carenetps.org
- Fill out a speaker's presentation survey online and give feedback while your memory is fresh. (A link will be emailed to you.)
- Return the "Get Involved" slips by mailing or hand-deliver to Michele Lewis in the admin office or email a scanned copy to kcady@carenetps.org as soon as possible.
- Give the church the thank-you card before leaving. (see Appendix B.)



# Dos & Don'ts

## DOs

**Do** practice, practice, and practice.

**Do** dress appropriately and modestly – like for a job interview.

**Do** bring all your materials and supplies (your notes, sign-in sheets, etc.).

**Do** arrive early.

**Do** check in with the pastor or contact person.

**Do** learn how to use the microphone and where to put your notes.

**Do** pick a seat with easy access to the front.

**Do** reapply lipstick, assess zippers, buttons & shoelaces and check your teeth.

**Do** silence your cell phone.

**Do** pray. Ask God to take away any fear or anxiety.

**Do** relax and take a deep breath.

**Do** repeat questions into the mic if there is a large group or if your talk is being recorded.

**Do** assume there is at least one person in the room who...

- has had an abortion.
- has helped someone get an abortion.
- has been told they should have been aborted.
- has been raped or sexually abused.
- is experiencing relationship violence.
- is struggling with homosexual feelings.
- is living with a boy/girlfriend.
- will reject everything you say.

**Do** Remember: “I can do all things through Christ who strengthens me!”

## DON'Ts

**Don't** be late.

**Don't** wear shirts with sayings or advertising representing organizations aside from Care Net of Puget Sound.

**Don't** make this a political soapbox or an opportunity to express your contempt for Planned Parenthood, a specific politician, political party etc.

**Don't** give out your personal contact information.

**Don't** start slow.

**Don't** just read your speech.

**Don't** just give a list of Care Net services.

**Don't** go over the allotted time.

**Don't** focus on mistakes.

**Don't** worry. (You are being prayed for.)





# Speaking Tips

## DOs

- Do** have fun & be yourself.
- Do** make eye contact and SMILE.
- Do** vary your voice: speed, tone, volume.
- Do** speak to reach the back of the room.
- Do** vary the pace of your talk.
- Do** use pauses (quiet can be good).
- Do** use natural gestures.
- Do** step out from behind the podium if you can.
- Do** use a mini story.
- Do** be clear and concise – less is more.
- Do** get rid of bad habits (fidgeting, biting lip, etc.).

## DON'Ts

- Don't** apologize because you are not an experienced speaker.
- Don't** apologize or point out mistakes you make – keep going.
- Don't** use “company speak” – terms not everyone will understand without explanation. (baby bucks, baby boutique, Healing Tide etc.)
- Don't** respond with, “I’m not going to tell you”
- Don't** tell them there are time issues (running late etc.).
- Don't** have anything in your mouth (gum, candy, mint, etc.).
- Don't** be preachy.
- Don't** use judging words or phrases.



# Client Story: Saffi

Saffi\* came to the Care Net of Puget Sound's pregnancy center devastated upon learning she was pregnant. She was disappointed in herself and believed her parents would be too.

After her boyfriend indicated the pregnancy was “her problem” to deal with, Saffi felt completely alone. She knew abortion was wrong but didn't see any other option.

The client advocate kindly listened to Saffi and gently guided the conversation to discuss all of her options—not just abortion. After her ultrasound, and as she was leaving, her client advocate reminded that it was her decision, and that no woman should feel pressure to choose abortion.

After several weeks of unanswered calls made to Saffi, she finally reached back out to make an appointment and asked, “my friend just found out she is pregnant, can she come in too?”

Saffi and her friend Erica\* came in together for ultrasounds. It turned out their babies were nearly the exact same age! They decided together to carry to term and tell their families. They enrolled in parenting classes at Care Net of Puget Sound and became each other's support as they continued their pregnancies.

\*Name and minor details changed to protect confidentiality

# Client Story: Ayana

Ayana (not her real name) first reached out to us through our newly launched [24/7 nurse chat](#). She was overwhelmed by the news of her pregnancy and was planning on taking the abortion pills.

She scheduled an ultrasound with us so she could date her pregnancy which would help her know if she was early enough to take the abortion pills. She was sure abortion was her only option.

When our advocate sat with Ayana in our clinic and listened to her story, we learned about all the barriers Ayana was facing in choosing life.

Ayana was visiting America from her home country when she found out she was pregnant. When she told her husband the news, they were both overwhelmed.

They already had 3 young children and had no idea how they could afford another child. Her husband told her he'd support whatever decision she made. Even though abortion is not allowed in their religion, out of desperation, they decided they'd have one. Ayana began researching abortion and found Care Net of Puget Sound.

We were able to share with Ayana all the resources available to her in the Puget Sound area, many of which she had no idea existed.

When we began to discuss her other pregnancy options, that's when things began to change.

As we shared with Ayana about the option of adoption, her heart began to shift.

She hadn't considered that while she and her husband did not feel ready for another child, she could choose life for her baby and place her child in a loving home.

She hadn't considered how she could do an open adoption and have a relationship with her child and the adoptive parents.

It was clear that Ayana was deep in thought, but then she turned to our advocate and said she knew there were so many people out there who want babies but cannot have them and would love to raise this baby.

With confidence Ayana said she wants to carry and give a couple the gift of a child.

As she met her child through ultrasound, Ayana smiled and covered her mouth as she giggled with joy. With tears in her eyes, she hugged her advocate and thanked her for taking care of her.

As Ayana explores adoption referrals, finds insurance and navigates this pregnancy, we'll be with her every step of the way – ensuring she has the support and care she needs.

\*Name and minor details changed to protect confidentiality

# Ways to Get Involved

There are many ways to volunteer with Care Net.

- Donate clothes and diapers.
- Pray.
- Answer the phones.
- Help women and men in pregnancy centers.
- Help with special events.
- Donate time for center maintenance or construction projects.
- Talk to kids in school about relational health.
- Help with data entry or mailings.
- Clean & organize a Care Net center near your home.
- Become a church liaison.
- Host a baby shower or diaper drive for your local Care Net center.
- Help coordinate baby bottle drives for Sanctity of Human Life Sunday.



# Scriptures

**“Rescue those being led away to death...”**

Proverbs 24:11a (NIV)

**“This day I call the heavens and the earth as witnesses against you that I have set before you life and death, blessings and curses. Therefore, choose life, so that you and your children may live.”**

Deuteronomy 30:19 (NIV)

**“...Before I was born the Lord called me; from my mother’s womb He has spoken my name.”**

Isaiah 49:1b (NIV)

**“Before I formed you in the womb, I knew you, before you were born, I set you apart; I appointed you as prophet to the nations.”**

Jeremiah 1:5 (NIV)

# References

RCW 9.02.110: Right to have and provide: [app.leg.wa.gov/RCW/default.aspx?cite=9.02.110](http://app.leg.wa.gov/RCW/default.aspx?cite=9.02.110)

Society of Family Planning: #WeCount: [societyfp.org/research/wecount](http://societyfp.org/research/wecount)

Workbook: Pregnancy and Abortion by County: [tableaudoh.watech.wa.gov/t/dohexternal/views/PregnancyandAbortionbyCountyCounty?%3Aembed=y&%3AisGuestRedirectFromVizportal=y](http://tableaudoh.watech.wa.gov/t/dohexternal/views/PregnancyandAbortionbyCountyCounty?%3Aembed=y&%3AisGuestRedirectFromVizportal=y)

F.D.A. Will Allow Abortion Pills by Mail During the Pandemic - The New York Times: [nytimes.com/2021/04/13/health/covid-abortion-pills-mailed.html](http://nytimes.com/2021/04/13/health/covid-abortion-pills-mailed.html)

Hidden Epidemic: Nearly 70% of Abortions Are Coerced, Unwanted or Inconsistent with Women's Preferences - Lozier Institute: [lozierinstitute.org/hidden-epidemic-nearly-70-of-abortions-are-coerced-unwanted-or-inconsistent-with-womens-preferences](http://lozierinstitute.org/hidden-epidemic-nearly-70-of-abortions-are-coerced-unwanted-or-inconsistent-with-womens-preferences)

Reasons U.S. Women Have Abortions: Quantitative and Qualitative Perspectives: <https://www.guttmacher.org/journals/psrh/2005/reasons-us-women-have-abortions-quantitative-and-qualitative-perspectives>

[The Effects of Abortion Decision Rightness and Decision Type on Women's Satisfaction and Mental Health - Lozier Institute](#)



# Appendix A: Downloadable & Printable Materials

In addition to the print items, you will receive in your Speaker/Host packet, we have other items available for you to use as needed such as this year's video, program and event flyers, and PowerPoint slides.

Visit our SOHLS download page at: [supportcnps.org/sohls-downloads](http://supportcnps.org/sohls-downloads).

\*The video is currently still in editing and will be made available soon at the link above. We will send you an email when it is complete. \*

## Downloads for video screens

**To view** each slide, left-click and use the left and right arrows to scroll through.

**To download**, right-click on each link and select "save link as."

- **SOHLS 2025 Video** (We highly encourage you to use this engaging video.)

### Care Net Promotional Slides

- Light & Life Fundraising Dinner/Lunch
- Care Net 101 Introductory Seminar
- Baby Bottle Drive promo

### Program Slides

- Men's Programs
- Client Services
- Healing Tide
- How to Get Involved
- Smart Program

## Printables

You may choose whichever flyers apply to your location for your display board, on bulletin boards, plastic frames, or in whatever format works best for your display.

**To view** each item, left-click and use the left and right arrows to scroll through.

**To download**, right-click on each link and select "save link as."

### Display Table Signage

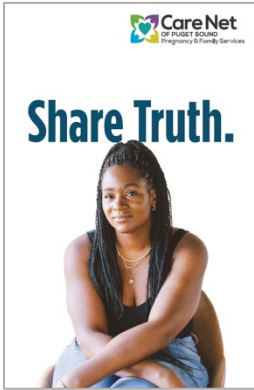
- Medical Services
- Healing Tide
- Men's Programs
- Parenting
- Offering Hope
- Smart Programs

### Forms

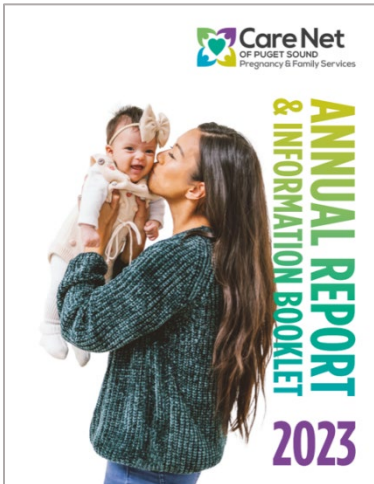
- "Get Involved" sign-up slips

# Appendix B: Pre-printed Materials

## Share Truth Booklets (10)



## 2022 Annual Report (1)



## Outreach Poster (1)



## All-in-One Brochures (10)



## Events postcards (10)



FRONT



BACK



## Care Net 2024 stickers (10-20)





## Giving Table Tent (1)


To donate to  
Care Net of Puget Sound,  
text **"SOHLSCNPS"** to **50155**.  
Or scan the code below.

Care Net offers hope by providing compassionate, practical care, accurate information, Biblical Truth, and life-affirming resources for pregnancy, sexual health & integrity, and a abortion recovery.

## Tour & Prayer cards (5)

Curious about what happens in our centers?  
Take a tour!  
Scan the code or go to:  
supportcnps.org/get-involved  
/#HopeTour

**Care Net**  
OF PUGET SOUND  
Pregnancy & Family Services

**LOCATIONS**  
Bellevue Bothell/Kenmore  
Federal Way Gig Harbor  
Lakewood Puyallup  
Tacoma King County Mobile

**CONTACT**  
administration@carenetps.org  
253-383-6033  
supportcnps.org

FRONT

Become a Prayer Partner

Care Net of Puget Sound is a ministry dedicated to prayer. We know that this ministry is God's ministry, and He is the one who changes lives!

Would you join our prayer team?

Scan the code or visit our website.  
supportcnps.org/get-involved/#prayer



BACK

## "Get Involved" Slips (10)

Extras may be downloaded from  
[supportcnps.org/sohls-downloads](http://supportcnps.org/sohls-downloads).

**GET INVOLVED!**  
Please Print.




Name \_\_\_\_\_ Date \_\_\_\_\_  
Phone \_\_\_\_\_  
E-mail \_\_\_\_\_  
Church Attending \_\_\_\_\_  
I give permission to be contact by:  Text  Call  Email

Check areas of interest. We will contact you.

Print Newsletter  E-newsletter  Volunteer Opportunities  
 Special Events  Prayer Partner  Mobile Driver  
 Healthy Relationship Presentations  Men's Programs  
 Pregnancy & Infant Loss Support  Support After Abortion  
 Care Net Table Representative  
 Other \_\_\_\_\_

Go to [supportcnps.org/get-involved](http://supportcnps.org/get-involved) or scan the code.



## Thank-You Card with Envelope (1)



## Care Net cards (10)

Think you may be pregnant?  
We're here for you.

**ALL SERVICES FREE & CONFIDENTIAL**  
Pregnancy Tests • Viability Ultrasounds  
Limited STD/STI Testing\* • Abortion Pill Reversal  
Parenting Support • Pregnancy Loss Support  
Abortion Recovery

24/7 Helpline: 877-668-2566 or [carenetps.org](http://carenetps.org)  
\*STD/STI testing only for women on-site. Referrals available for men.



Item not pictured:

Donation Envelope (1)

## Healing Tide business cards (10)



Begin a journey toward  
wholeness, freedom, & peace.

Scan the code or visit our website.  
[carenetps.org/support-after-abortion](http://carenetps.org/support-after-abortion)



# Contacts

## Technology questions

Tammy Hanks at [thanks@carenetps.org](mailto:thanks@carenetps.org)

## Presentation questions

Amelia Graham at [agraham@carenetps.org](mailto:agraham@carenetps.org)

## All other questions

Megan Reedy at [mreedy@carenetps.org](mailto:mreedy@carenetps.org) or (253) 720-6386

## Return “Get Involved” slips

Kerry Cady at [kcady@carenetps.org](mailto:kcady@carenetps.org)

Or mail to:

Michele Lewis

Care Net of Puget Sound

1924 S Cedar St, Suite B

Tacoma, WA 98405



## Administration

1924 S Cedar St, Suite B

Tacoma, WA 98405

253-383-6033

Client Site: [carenetps.org](http://carenetps.org)

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