



Blue Ridge Pregnancy Center Mentorship Opportunity

Thank you so much for your interest in serving as a mentor at the Blue Ridge Pregnancy Center (BRPC) through our Pregnancy & Life Skills Classes (PLS). We couldn't do what we do without our volunteers and donors. Your time, skills, prayers, and resources are very much appreciated by the BRPC staff and our clients.

Our PLS classes offered at our Life Center are open to our clients and the surrounding community. Precedence is given to our clients that come through our Medical Center doors, but our doors are open to the community as well. Those that come through our Medical Center doors are faced with an unplanned pregnancy and are more times than not in a very difficult situation, and they often are considering abortion. We believe it is best to surround these moms and dads with others that are happy to find themselves pregnant but in need of help and support as well. The needs are different for all who walk through our Life Center doors, but all are welcome. We ask our mentors first and foremost to prayerfully establish relationships free of judgment and biases, and to love on these families in a way that is pleasing to the Lord. (John 13:34-35)

Playing the role of a mentor is very rewarding and positively impacts the lives of others. However, we want to emphasize that becoming a mentor is also a serious commitment. We want to be sure you are aware of all that is entailed in becoming a mentor and are ready to make the commitment. Please review the details below to be sure this is a commitment that you - and your group of ladies - are willing and able to commit to.

BRPC Goals for Mentors:

- Come alongside the BRPC as they support families during their pregnancy
- Create a bridge from the BRPC to a Christian community
- Continue building relationships with the clients beyond their time at the BRPC
- Share the love of Christ in action and in word

Time Commitment Required:

Each round of our PLS classes runs for 6 weeks. Mentors must do their best to make it to every class; the exceptions for missing are due to unforeseen circumstances such as



family emergency, illness, or an overriding commitment. The first five weeks are actual classes held in the Life Center. Week 6 is the Baby Shower hosted by the mentors*.

Currently, we are offering classes in 2023 on Tuesday evenings from 5:30 pm - 7:30 pm and on Thursday mornings from 9:30 am - 11:30 am.

Responsibilities of Mentors/Team:

- Complete a BRPC volunteer application and agree with the mission, policies, and confidentiality statements
- Attend a meeting with the Life Center Director prior to classes beginning to go over expectations and address any questions or concerns
- Attend all 6 weeks
- Host the Baby Shower for all of the ladies in the class*
- Provide a light snack and drink for each class (Please remember these are pregnant mamas often coming straight from work. Mama and little one need healthy options too.)
- Participate in set-up prior to the beginning of class and clean up after each class ends
- Engage with clients and **actively** build relationships in and outside of PLS (*This is our number one goal with our mentors. We want our clients to have community support when their time at BRPC is concluded.*)

*If you don't have the facilities to host a Baby Shower and/or may need help with the Baby Shower gifts, please don't let that be a deterrent. We keep a backup of baby supplies for this very reason and have the Life Center to use for the Baby showers when necessary.

Some Do's and Don'ts:

- Do arrive a few minutes prior to the beginning of class to set up food and greet moms & dads as they arrive.
- Do engage in the class when in your mentorship role with full focus and attention.
- Do Not give rides to the clients while serving in the Mentorship role during the 6 weeks of classes due to liability reasons.
- Do Not contradict the teachers in class. Participating, and adding to the topic being discussed when appropriate is most certainly welcome.



- Do reach out to the clients via email, text, &/or phone calls. The clients have given us permission through registration to share their contact information with their mentors.
- Do remember to keep the client's information **confidential!** If there is ever a concern, such as abuse, housing issues, etc. it is important you come directly to the Life Center Director and she will go to our Executive Director. Do Not share confidential information with a pastor, organization, or family friend. Our client's information is to be kept private at all times. Our Executive Director and Medical Director will determine the best course of action to take.

Baby Shower Tips:

- Ask supporters of BRPC's mission (friends, family, church members, life groups, etc.) to help out with the shower. It doesn't all have to fall on the shoulders of the mentors.
- Share the baby shower registry! Consider posting it on your social media pages.
- Consider including items such as wrapping paper, decorations, and gift bags on the registry to offset costs.
- Choose date, time, and location for the Baby Shower as soon as possible and share information with clients so they have time to plan.
- Mentors set total number of guests allowed at the Baby Shower. Determine this early on and communicate this with the clients.
- Use the "Baby Shower Guide & Checklist" provided to make the process stress free.

BRPC provides:

- The facility to host the classes.
- The teachers
- Brand new or handmade gifts for each client for every class they attend
- Handmade "Welcome Baby" gift bag from BRPC full of gifts (lovingly made and prepared by our volunteers) to be given at the Baby Showers
- Additional events to provide support and fellowship outside of PLS
- Gifts chosen by clients from the Baby Shower Order Form that weren't purchased from the registry
- Free diapers and wipes for baby's first year of life