

A Message for Moms

Happy October, Ladies!

Has Opelousas Pregnancy Center made a difference for you and the life of your baby? Would you consider sharing your story? We would love to share your experience with other women who are seeking support for their pregnancies. If privacy is a concern, we have anonymous options available. To find out more, give us a call at 337-331-0602 or send us a message through Facebook messenger.

Thank you for helping other women be brave!

Opelousas Pregnancy Center

In this Newsletter:

Growing in Faith
page 2

Pregnancy and Motherhood
Resources
page 3

In-Person Classes You Don't
Want to Miss
pages 4-5

Boutique Spotlight
page 6



Growing in God's Word

Identity

Identity is all wrapped up in who we are in Christ, and is a difficult topic for a lot of women. Check out this article from raiseyoursword.com/who-am/i/ to learn about *who the Bible says you are*.

Also, be sure to save their FREE (*and so lovely*) PDF download of statements and verses about who we are in Christ!

Read

Psalm 139: 16

"Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them."

Pray

Heavenly Father,
help me to see myself as
You see me. You know
everything about me and
still You love me and desire
relationship with me. Thank
You for Your love!

Grow

Our Saviors Opelousas location is hosting a 4 week women's bible study on Thursday nights from Oct.28th–Nov.18th. They will be talking all about identity in Christ!



Growing in Motherhood



Experiencing a loss of appetite?

What To Expect addresses some causes and remedies for loss of appetite in the first, second, and third trimester here: <https://www.whattoexpect.com/pregnancy/appetite-loss>.

Did you know that *What to Expect* also offers an app to track your pregnancy and learn about baby's changes week by week? You can search for "What to Expect" in your app store, or visit their website above.

Classes you don't want to miss

Join us in learning about

The Mystery of Your Cycle

(It's about so much more than tracking your period!)

Tuesday, October 26th 12pm-2pm

Do you ever wonder when your next period is coming? What's happening in your body at different times of the month? Do you know that you are more likely to get pregnant at certain times of the month than at other times? Do you ever wonder how the pill, IUD, or the "Depo-shot" works? Join us and discover how beautifully created you are and the why your body works the way it does. Leslie Johnson, Certified Billings instructor and Certified FEMM (Fertility Education Medical Management) Instructor, will present how to thrive as a woman in the midst of hormone changes and how to safely understand and manage your cycle. Leslie has a wonderful way of presenting information in an easy to understand manner. We hope you can join us for this life-changing session.

Classes you don't want to miss



Labor & Delivery Class

Tuesday, November 16th 12-2pm

Wondering about what to expect when you go to the hospital? Need some techniques for handling labor? Want to know some of the decisions you may have to make during labor and delivery? Have these questions answered and so much more. The goal of this class is to *inform, inform, inform*. Whether you are expecting your first baby or your fourth, you will learn what to expect during labor, delivery, and recovery so that you can give birth with confidence. The class will be taught by Jenny Thompson, a Lamaze Instructor, Certified Childbirth Educator, and VBAC Doula.

Space is limited. Register today at opelousaspregnancycenter.com/classes to reserve your spot!

Boutique Spotlight

What can I do with 20 points?

Quite a few of our ladies just earned 20 points by attending one of our maternity classes, and we have more opportunities coming up! You also earn 20 points when you attend your initial pregnancy test and ultrasound appointment. *So what can you do with 20 points?*

pick out 3 pairs
of baby shoes



...or bring home
9 baby onesies!



...or take home a pack of
diapers, wipes,
and washcloths



...or save them up and bring home one of our bigger items!