



A Friend for You
PREGNANCY SUPPORT



2025 Annual Newsletter

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Our Vision

That every woman is equipped and empowered during and after pregnancy.

Stay Informed & Connected ~ Read On!

Our Mission

To serve those who are pregnant by offering unconditional support through friendship, tangible services, and connection to community resources.



BOARD OF DIRECTORS

Heather Anderson
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Lesley Bodley
Leslie Fry
Jen Harrington
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Marty Bateman
Administration

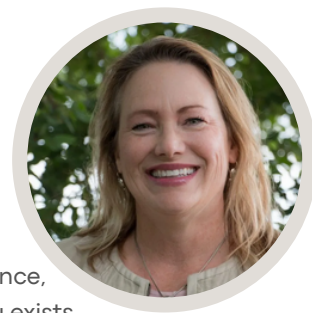
Debbie Calistro
Client & Volunteer Services Dir

Shannon Janzen
Creative Director

Lorraine Meyer
Founder & Exec Dir

Katherine Stover
Program Coordinator

A Word From the Executive Director...



I'm deeply grateful for the women we've had the privilege to walk alongside this past year. Each journey is uniquely her own, and every woman's strength, resilience, and courage continue to remind us why A Friend for You exists.

For 13 years, our mission has been simple and unwavering: to provide practical support, emotional care, and a steady presence for pregnant women in Northern Colorado who feel alone or under-supported.

With gratitude for all who support A Friend for You, thank you for making this work and our **36% increase in clients and children served possible in 2025**.

We hope you enjoy reading this year's annual newsletter.



Lorraine Meyer
Founder & Executive Director

Our Volunteers



35 Active Volunteer Friends in 2025

All volunteers complete initial training and a background check.

They also receive ongoing training, education, and support to help them grow and care well for the women they serve.



"I love being a part of people's lives. It is a joy to me when people let me in and allow me to know them. [A Friend for You] is one of the most satisfying ways to volunteer and to pour into others."

~ Darleen,
A Friend for You Volunteer



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A CLIENT & VOLUNTEER SHARE THEIR STORY

Meagan found A Friend for You through social media.

Meagan and Christine have been matched through two pregnancies, the first of which ended in a miscarriage. She is currently pregnant and due in March 2026.



Meagan and her son with Christine at a local park.

Meagan - Client

Tell us about your relationship with your Friend, Christine.

In June 2025, I became pregnant again [after having a miscarriage]. At that point, [Christiane and I] decided to meet up, and soon after, she met my 5-year-old son, Aiden. Christine, Aiden, and I will meet up about every other week for coffee, or more recently, at a park, and will spend time together playing, laughing, and chatting. My son absolutely loves her! We also went to a fall/pumpkin festival together, which was a lot of fun, especially for my son. Christine has been an amazing person to get to know and have in mine and my son's life. I appreciate her support, encouragement, and checking in, as it feels nice to have yet another person in my life I can go to talk to when I need.

Have you attended any of A Friend for You's client/volunteer group events?

I have! My son and I have gone to several of the monthly events/activities offered by A Friend for You and its partner organizations and have enjoyed our time at every one! We have had the opportunity of going to laser tag, going to a free movie, going Fort Fun, and going to a Halloween celebration. My son is very active and likes to stay busy, and so he always has a blast at these events. Finances are tight as a single mom, and these events allow my son and me the opportunity to do some fun things without putting extra stress and strain on me, which I genuinely appreciate!

Why are you sharing your experience?

I am sharing my experience with A Friend for You because my story is a little different, and it goes to show that there is not one "type" of mom or soon-to-be-mom that can benefit from utilizing the resources and support offered by such a caring and giving organization like A Friend for You. Every mom, regardless of their situation- financial, emotional, career, educational, and/or friend and familial supports- can benefit from having the support and encouragement of a friend from A Friend for You. You can never have too many people in your corner willing to listen, encourage, and cheer you on!

What do you want to say to someone who is pregnant and feeling they could use extra support?

Please reach out! You won't regret it, and will have the opportunity to get the love, support encouragement, and resources you may need to not just survive pregnancy and beyond but truly thrive!



"The gifts [A Friend for You sent] made me feel cared for and seen during this exciting, and yet often, very anxiety-provoking time! The gifts were very generous, and most importantly, thoughtful. It was so heartwarming to see that an organization, and more importantly, people care about me and see me..." - Meagan

Christine - Volunteer

What drew you to get involved with A Friend for You?

I am a former Social Worker and missed one on one with clients/patients. Someone told me about AFFY and their mission. I knew this was a ministry I would enjoy. I love peoples stories and encouraging them in their journeys.

What things have you and Meagan done together?

We have met for coffee a few times. We usually go to a park to visit and play with her son Aiden. We recently went together with another mom and her 3 sons to a Harvest Festival. In addition, we text often and update each other. Meagan sent pictures of Aiden at the Windsor fall festival with the hot air balloons. She has also sent ultrasound pictures of the baby girl she is carrying.

What do you specifically enjoy about being a Volunteer?

Meeting the women I have been able to be a friend with. I like getting to know them and their children. It's very rewarding for me to have them share their lives with a stranger and build trust. I have had various personalities for friends which allows me to grow in my faith and love for others.

I am humbled by the leadership's commitment, dedication and generosity in many ways to ensure pregnant women are loved and cared for. They also are encouraging and appreciative of the volunteers letting us know often.

Thank you Meagan & Christine!

To read other inspiring client stories, please go to our website: [CLICK HERE](#)



A Friend for You

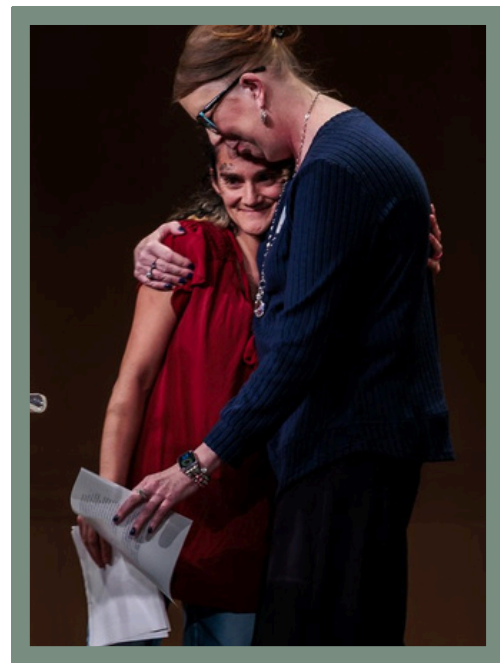
October 17, 2025

3rd Annual Gathering

STORIES OF *Hope*

It was an evening of delicious food, live music by **Dave Beegle** and beautiful art by **Sandy Beegle**, topped off with meaningful connection.

Guests also heard inspiring stories of hope and perseverance from clients and volunteers, gaining a deeper understanding of how A Friend for You walks alongside women during and after pregnancy with compassion and care.



LEGACY PLATINUM SPONSORS



PLATINUM SPONSOR



GOLD SPONSOR



SILVER LEGACY SPONSORS



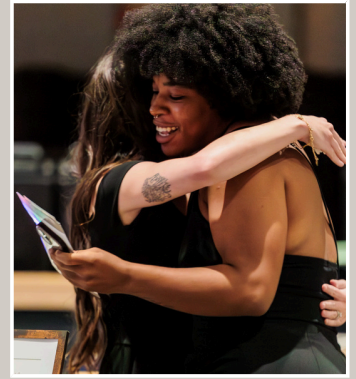
Tools • Equipment • Experience
Simply The Best



LEGACY BRONZE SPONSORS



STORIES OF *Hope*



Thank You

to everyone who attended and contributed to the fundraiser!



BRONZE SPONSORS



SILENT AUCTION DONORS

Aggie Theater/Z2 Entertainment - Alexandra Carullo -All Star Cleaning Services - American Furniture Warehouse - Applebees - Barbara Green - Bas Bleu Theatre - Bath and Body Works - Bindle Coffee -Build A Bear - Candlelight Dinner Theater - Casa Real - Chick fil A - Chili's - Chippers Lanes - Clayton Jenkins Studio - Colorado Krava Maga in Fort Collins - Cracker Barrel - Donut Haus - El Pueblito - Elevate People - Ezra Danielle - Ace Hardware Downtown - Fixx Hair Studio - Freddy's - Fuzzy Tacos - Healing by DJ - Infinity Slopes - Abarr Lake Chiropractic and Acupuncture Clinic - KFC - Kilwins Chocolate - Loveland Dairy Queen - Loveland Laser Tag - Main Event - Mash Lab - Masonville Mercantile - Mishawaka Amphitheater - Monarch Casino Resort - Museum of Art/Fort Collins - Nic Carullo - Old Town Spice Shop - P.F. Changs - Perkins - QDOBA - Renee the Baker - Reubens Grill and Cantina - Rock Bottom - Rowes Flowers - Runza - Ryan Wilcken - Scott Kissel - Sky High Adventure - Optimal Existence Life Coaching - Studio Q - Sweet Heart Winery - The Cupboard - The Dinner Detective - The Duchess Tea Room - Tito's - Totally 80s Pizza - Vandi Deines - Verdant Nature Creations LLC - Village Inn - Wing Shack - Zendai Spa

OUR SERVICES & 2025 AT A GLANCE

2025 Fiscal Year: Dec. 1, 2024 - Nov. 30, 2025



Living Out Our Mission

What clients say about us...



87 clients

ONE-ON-ONE SUPPORT

Every pregnant client is matched with a trained volunteer for personalized support, even after pregnancy if she wishes.

(2024: 64 clients - 36% increase from last year!)



374 meetings

IN-PERSON MEETINGS

Face to face meetings between a client and volunteer.



2,595

COMMUNICATIONS

Texting, Facetime and other communications in between client and volunteer meetings



159 resource referrals

RESOURCE CONNECTIONS

Volunteers help connect clients to local organizations that provide material and professional services. Clients are also provided a Resource Directory after intake.



294 gifts & holiday cards

ENCOURAGING GIFTS

Clients receive three gifts during pregnancy and four holiday cards throughout the year.



35 families

POST PREGNANCY CARE

Clients receive a gift package and a \$100 gift card to help with meals after pregnancy, for themselves and their families.



12 requested by clients

SPIRITUAL CARE

Bible & pregnancy devotional are available to clients, if desired.



13

MONTHLY CLIENT NEWSLETTER

Sharing free and low cost community events, resources & services.



13 events

CLIENT EVENTS

Free activities for clients, their children and volunteers through our partnership with Realities for Children.

A Friend for You Cooking Classes: Clients learn food safety, money & time saving tips, and make a dish they take home.

5

"...I know I needed help with support... families and stuff can be too stressful. I think getting out of my comfort zone and connecting with A Friend for You really inspired me to not be ALONE. It's amazing to reach out and just talk to someone who is willing to be there for you.... I am so blessed to have been a part of this community so thank you AGAIN!"
~ Stormi

Darleen & Stormi



Marty & Jace



"I can't tell you how I get a little thrill of excitement when I see A Friend for You on a piece of mail that came in- because I know inside it's going to have a little note that helps me feel that I still matter, that I'm important - and know that I have support, that someone HEARS ME -it's like getting a little shout from God that I matter and I'm cared about and even loved..."
~ Jace

Ally & Dasha

"Dasha has played a big role in helping me keep a positive mindset through my pregnancy. On top of that, she was pregnant herself and was still a friend to me. I am so thankful for this program and to have been matched with Dasha."
~ Ally



Mina & Pam



"So when I first got the first package, I honestly was "wait, who got this for me?!" It was so sweet. Another day I got a package and it included The Resource Guide which was great."
~Mina
(regarding her New Client Welcome Gift)

Kay & Gabriella

"Kay has welcomed me with open arms and has never passed judgement on me. She has helped me through my depression and my pregnancy. She has given me tons of advice and guidance on so many things."
~ Gabriella



Clients taking cooking class

"This was my first cooking class and I am already thinking of coming to the next one! It's so refreshing and fun to have a community of moms to cook with and try a new recipe."
~ Jessica



BECOME A GIVING FRIEND

Your Generosity Changes Lives


GIVING FRIENDS is made up of committed individuals and organizations who support A Friend for You through one-time gifts and monthly giving.

Your tax deductible donation ensures each client receives personalized, one-on-one unconditional support, practical services, and connections to local resources throughout their pregnancy and beyond.



TO DONATE VIA OUR WEBSITE OR USE "CLICK HERE" LINK ON PAGE 7

How Your Donation Can Help in 2026

 **\$112.50 Monthly OR 1,350 One-time**

MAKING IT SIMPLE:
I want to adopt-a-client!
Covers all services and expenses related to one matched client for one year.



REFERRAL BAGS FOR POTENTIAL CLIENTS

\$25 Monthly OR \$300 One-time



EDUCATIONAL/COOKING CLASSES

\$125 Monthly OR \$1,500 One-time



BIBLES & PREGNANCY DEVOTIONALS

\$70 Monthly OR \$840 One-time



PROVIDE THREE GIFTS DURING PREGNANCY & FOUR HOLIDAY CARDS THROUGHOUT THE YEAR FOR 20 CLIENTS

\$200 Monthly OR \$2,400 One-time



CLIENT & VOLUNTEER NEWSLETTER

\$80 Monthly OR \$960 One-time



HELP OUR CLIENTS FIND US THROUGH SOCIAL MEDIA ADVERTISING

\$350 Monthly OR \$4,200 One-time



INTAKE/PHONE LINES

\$100 Monthly OR \$1,200 One-time



MEALS & GIFT PACKAGE POST PREGNANCY FOR ALL CLIENTS IN 2026

\$550 Monthly OR \$6,600 One-time

Because of you, more women will feel seen, supported, and not alone during pregnancy. *Thank you!*



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PREGNANCY SUPPORT

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