



PRC Connections

November 2023 Newsletter



Our Clinic Remodel is Complete! Stop by!



Our new clinic remodel has been completed! Please stop by when you have a chance!

Thanks to our wonderful volunteers, and all the generous donations we received, we were able to complete a \$15,000 remodel for only \$1,900!

We are incredibly blessed by your generosity, and we are so excited to be able to contract with Castle Rock Women's Health to provide:

- well woman exams
- full spectrum STI testing and treatment
- prenatal care up to 5 months
- postpartum care up to 3 months
- NFP consultations
- hormone testing and support, ultrasounds
- reproductive loss support
- sports physicals
- postmenopausal support

All these services are offered at no cost to low cost! Some costs may apply for prescriptions and lab work since those must be sent through outside sources for completion, but CRWH will work with your insurance, Medicaid and donated funding to find the lowest cost available!

Please call CRWH at 720-432-6580 or PRC at 970-887-3617 to schedule your appointment! Next appointment dates are November 17th and 18th!



Director's Corner

Tammy Gildenzoph, PhD
PRC Executive Director

Validating Reproductive Loss

I had the pleasure of meeting Karen from Warm Hearts Warm Babies a few weeks ago. They donate beautiful hand sewn layettes for mommas in our Childbirth Class. She relayed how their organization began when they noticed an unmet need for basic items for babies going home to shelters, cars, and the street. They also have layettes for premature babies who require special needs such as IV vests.

She also shared that they make special items for final memories. Their brochure states, "The most tragic need we provide for is the little stillborn and deceased infants. We provide a package for these babies so they can be wrapped in a memorable outfit and handmade afghan. We feel it is very important for the families to have warm, lasting memories of their little angels. The trauma that these families go through at this time is tremendous. We hope that our gifts demonstrate that others share in their sorrow."

At the PRC we also want to acknowledge this sorrow and have special gift baskets for anyone suffering reproductive loss. You don't need to carry this pain in silence. We are here to listen and be supportive.



Warm Hearts ~ Warm Babies can be reached through [email](#)
or P.O. Box 830 Arvada, CO 80001

Colorado Gives Day

Each year, the people of Colorado unite with a shared common purpose: to elevate their community and neighbors by fueling the efforts of nonprofits that make a meaningful change.

- Colorado Gives Day is December 5, 2023
- Early Giving Opens Nov 1
- All donations made between Nov 1 - Dec 5 qualify for prizes and incentives
- The more donations raised in total, the higher of a percentage match each donation receives!



Support PRC throughCO

Gives!

Over the years, Colorado Gives Day has evolved into the biggest 24-hour giving movement in the state, bringing in over \$415 million since its inception in 2010.

Upcoming Special Dates

November

Limited Office Hours

20

Due to Thanksgiving, PRC will have limited hours on Monday, November 20th. We will be open from 12:00 - 3:00 instead of our usual 12:00 - 6:00. Normal office hours will resume November 27th.

November

Closed for Thanksgiving

21

PRC will be closed November 21st -23rd to allow our staff and volunteers time to celebrate Thanksgiving

to
23

December

Colorado Gives Day!

6

November 1st - December 5th

Please visit [here](#) to donate to PRC through CO Gives! All donations given through CO Gives, between November 1st - December 5th are eligible for a percentage match! The percentage is determined by how much in total is raised! Thank you for your support!

December

Closed for Christmas

25
to
28

PRC will be closed December 25th-28th to allow our staff and volunteers time to celebrate Christmas

A special thank you!

A special thank you to the sponsor of this newsletter: the Grand Foundation and the Recreation, Open Space, and Housing Fund! We are very grateful to be named a 2023 ROSH grant recipient of \$3,000! Thank you Grand Foundation and ROSH!



Our new look!

You may have noticed we have upgraded our newsletter layout! We would like to thank our staff and board members for putting together this incredible new format! This new system will allow us to streamline our emails, provide you with more accurate information, and add hyperlinks to make it easier for you to access our websites, and events details!

Did you know?

Speaking of websites, did you know that we actually have 2 websites?

That's right! We have a [donor website](#) for our supporters, donors, volunteers, and upcoming events/fundraisers, and a [client website](#) for current and potential clients!

The reason for this differentiation is that we want our clients to feel welcomed without obligation to pay or volunteer in exchange for our services. Our goal is to make every client feel welcome, supported, and cared for with no strings attached! To this end, we keep all of our donation info separate.

Office Hours

Monday 12 - 6

Tuesday 9-4

Wednesday 12-6

Thursday 9-4

Castle Rock Women's Health Clinic

by appointment only

Friday, November 17th 10-5

Saturday, November 18th 9-1

[PRC Services](#)

[Volunteer](#)

[Our Team](#)

[Donate](#)



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