



Inventory of Local Pregnancy Help Resources for the Parish of Holy Comforter, Charlottesville Virginia

As part of the nationwide initiative to walk with moms in need, our parish is being asked to identify the local pregnancy help resources in our community that are currently available to a woman facing a difficult pregnancy. The needs of pregnant and parenting moms can be overwhelming, and the sources for help may not be apparent to those most needing support.

This inventory tool helps parish leaders identify local resources for pregnancy assistance such as pregnancy help centers, maternity homes, social service agencies, hospitals, and especially Catholic programs and resources. Detailed instructions for completing the inventory are available in the [Parish Action Guide](#) on pages 27-32.

Our parish efforts to document and share local resources can make all the difference in the world for a pregnant woman and her child.

Parish Name: Holy Comforter Catholic Church

Parish Address: 208 East Jefferson Street

Charlottesville, Virginia 22902

Pastor Name: Fr. Joseph Mary Lukyamuzi

Name of parish contact person completing inventory: Garrett Smith

Contact person's role in the Parish: Chair, Walking with Moms in Need Ministry

Contact person's phone: (434) 960-7775

Contact person's email: gsmith@garrettsmithlaw.com

Additional team members assisting with the inventory: Bonnie Mackin, Matt Hendriksen, Anna Sisman, Patrick Webb

Pregnancy Centers and Pregnancy Help-Related Resources	Yes/No	Resource Name & Address	Resource Website	Contact Person Name & Contact Info	List of Services Provided	Comments
Pregnancy Help Centers, such as Care Net, or independent centers, providing pregnancy testing, direct help and/or referrals.	Yes	LifeSpring Pregnancy Centers ; 1416 Greenbrier Place, Charlottesville, VA 22901	https://www.lifeva.org/	Kamey Deane (Volunteer Coordinator) Ph: (434) 979-4516; Albamarle: (434) 220-3777; Charlottesville: (434) 979-8888	Free ultrasound and pregnancy testing; Parent U: (birth education groups; breastfeeding; postpartum & infant care; labor & delivery); Strong Dads; post-abortion care; STI services; bible study. No abortion referrals.	Mission: to engage and impact the lives of those facing crisis pregnancy and risky sexual behavior by offering hope and sharing truth through: (i) no-cost confidential and non-judgmental options edu.; (ii) medical service; (iii) material aid; (iv) God's word and transforming love. Vision: life assured for every baby; -hope renewed for every family

	Yes	The Life Center of Page Valley 21 North Deford Ave, Luray, VA 22835	https://www.lifecenterpageco.org	Ph: (540) 743-1464	Adoption Support, Material Aid, Peer Counseling, Pregnancy Tests, Men's Program. No abortion referrals.	Every life matters. Every woman facing an unplanned pregnancy deserves to have complete information and support as she makes decisions. We share the Gospel. We are a free service and will serve you regardless of race, sex, religious affiliation or income level.
	Yes	Pregnancy Support Center of Southside Virginia 1101 E 3rd St, Farmville, VA 23901 17021 Oak St, Dillwyn, VA 23936	https://www.pscsouthside.org/contact/	Email: info@pscfarmville.org Ph: 434-392-8483	Pregnancy tests, ultrasound, childbirth, breastfeeding, infant care, parenting, preparation classes, after abortion support, Abortion Pill Rescue Network Counseling Center; community referrals/networking, incentive programs, material aid, Men's Program, Peer Counseling, Sexual Integrity Program. No abortion referrals.	
	Yes	Mary's House 118 North New Street Staunton, VA 24401	https://stfrancisparish.org/maryshouse.html	Karen Adams Email: maryshouse325@gmail.com Ph: (540) 213-4673 Phone and Text: (540) 457-1953	Free pregnancy tests; Peer counseling; Natural family planning; information and instruction; Mother mentor program; Options information	Housing: Mary's House assists mothers in need find housing but does not have a property dedicated to their needs. Mary's House volunteers meet the mom with unconditional love, understanding, and

					Practical assistance, including maternity and baby clothing and other essentials and Spiritual direction. No abortion referrals.	compassion and assist her in finding the resources she needs so that she may choose life for her baby.
			https://ccwomenshealth.org/	Ph: (540) 885-6261 Email: help@ccwomenshealth.org	Ultrasound Services Adoption Support, After Abortion Support, Community Referrals/Networking , Incentive Programs, Material Aid, Men's Program, Onsite Dr- Preg Confirmation and Counseling, Parenting Classes, Peer Counseling, Pregnancy Tests, Sexual Integrity Program, STD Testing	Needs more research
			https://www.optionline.org/	Ph: 1-800-712-HELP Text: HELPLINE to 313131	Optionline's network of participating pregnancy centers offer peer counseling and accurate information about all pregnancy options; after abortion support; sexual wellness. No referrals for abortion services.	
				ComfortCare Women's Health 1305 13th St, Waynesboro, VA 22980 12 Hedgerow Dr Staunton, VA 24401		
				Optionline 24-Hour Hotline		

		Abortion Pill Reversal Hotline	https://abortionpillreversal.com/	Ph: (877) 558.0333; Email: help@apr.life	Free, confidential telehealth help, information about the abortion pill reversal process, the abortion pill itself, and information on all your pregnancy options. We can quickly connect you to the local assistance you need. Call us. We can help.	Abortion Pill Reversal is the protocol used to reverse the effects of the first abortion pill, administered by the Abortion Pill Rescue Network (APRN). Abortion Pill Rescue Network is a team of over 1,000 healthcare professionals, ready 24/7 to help women at a moment's notice—giving their baby a second chance.
Mobile Ultrasounds	Yes/ No	Resource Name & Address	Resource Website	Contact Person Name & Contact Info	List of Services Provided	Comments
	No	None				LifeSpring is not actively using its mobile unit.
Private Medical Practices offering Prenatal, Ob-Gyn, Birthing and/or Post-Partum Care	Yes/ No	Resource Name & Address	Resource Website	Contact Person Name & Contact Info	List of Services Provided	Comments

	Yes	Dr. Karen Poehailos	https://femmhealth.org/medical-provider/karen-poehailos/	Through Abortion Pill Reversal Hotline: (877) 558.0333; Ph: (614) 360-9995	Telehealth reproductive health care and women's health management; abortion pill reversal; infertility, recurrent pregnancy loss, abnormal cycles, thyroid concerns, fatigue, polycystic ovarian syndrome Natural Procreative (NaPro) Technology. Trained as a FEMM (Fertility Awareness and Medical Management).	Although Dr. Poehailos is local, she provides medical care through FEMM which offers telehealth services, including for abortion pill reversal. This care is provided via telephone only, and through a national hotline that beneficially aggregates data on incidents of abortion pill use and reversal.
		More research required				
Catholic Hospitals	Yes/ No	Resource Name & Address	Resource Website	Contact Person Name & Contact Info	List of Services Provided	Comments

	Not close	Bon Secours Richmond, Charlottesville, Fishersville, Culpeper	https://www.bonsecours.com/health-care-services/womens-health/maternity		Birthing classes Breastfeeding education Doula-trained nurses Genetic testing Maternal-fetal medicine for high-risk pregnancies Mental health resources Neonatal care; Postpartum support Tours of our birthing centers Well-woman care	Needs research
Community Hospitals and Health Centers	Yes/No	Resource Name & Address	Resource Website	Contact Person Name & Contact Info	List of Services Provided	Comments
	Yes	UVA Health 1215 Lee Street Charlottesville, VA 22903	Website: Pregnancy & Birth UVA Health Website: Neonatology: Critical Care for Infants (NICU) UVA Children's	Ph: (434) 424-8587	World-class academic medical center that includes a level IV NICU, and UVA Health Children's, the #1 pediatric hospital in Virginia. UVA Health also encompasses 3 community hospitals, and an integrated network of primary and specialty care clinics throughout Virginia.	For a high-risk pregnancy, a mother may want to give birth in the care of experts. But even if a pregnancy is not high risk, problems can happen. UVA's neonatal intensive care unit gives every child a chance.

	Yes	Sentara Maternity Services 500 Martha Jefferson Drive, Charlottesville, VA 22911	Maternity Services: https://www.sentara.com/medicalservices/maternity Financial Assistance: https://www.sentara.com/billing/financial-assistance/sentara-mart-ha-jefferson-hospital	Main Ph: 434-654-7000	Offers comprehensive maternity care and support, every step of the way.	We welcome thousands of babies into the world every year, giving us the opportunity to help many women through the childbirth journey. Our board-certified physicians and highly-skilled nurses are dedicated to providing quality care for you and your newborn. Sentara is proud to have eight hospitals recognized by U.S. News & World Report as a Best Hospital for Maternity Care.
Birthing Centers	Yes/ No	Resource Name & Address	Resource Website	Contact Person Name & Contact Info	List of Services Provided	Comments
						Not researched
Maternity Homes (short/long term housing)	Yes/ No	Resource Name & Address	Resource Website	Contact Person Name & Contact Info	List of Services Provided	Comments
	Yes	Paul Stefan Foundation P.O. Box 754 Locust Grove, VA 22508	https://www.paulstefanhome.org/	Ph: (540) 854-2300 Randy James: (540) 379-7077 Email: rjames@paulstefanhome.org	Short/Long term housing; life skills training, job training, education, nutrition, housing & support services to help women & their babies; supplies; community; opportunity for growth in faith.	Mothers are required to be off drugs, and not experiencing bi-polar disorder. 39 miles from Charlottesville. Can house around 20 mothers and children.

			<p>https://www.eastgateministriesva.com/</p>	<p>Ph: (540) 434-4283 Email: eastgateministries@verizon.net</p>	<p>Offers housing, counseling, Bible studies, professional counseling, medical care, assistance with adoption, assistance with GED- education college, job placement, life skills, boundaries, nutrition and fitness, budgeting, and other resources concerning the future of the young women</p>	<p>East Gate Ministries' free-of-charge program serves young women, 18 to 30, who are seeking healing, hope and restoration where rape, abuse, abortion, unplanned pregnancy and other sexual traumas have broken lives. East Gate Ministries does not accept any government funding.</p>
	<p>East Gate Ministries</p>			<p>Ph: 540-374-3407 E-mail: info@marysshelterva.org</p>	<p>Housing for up to three years to further education and/or secure employment. Counseling, in-house parenting and life-skill classes; adhere to the program covenants which offer structure, and self-discipline, and guidance.</p>	<p>More than 400 women have participated in the Mary's Shelter program. Each resident has a mentor who provides hands-on support, compassion, and encouragement to ensure that our mothers have the necessary time and tools to work toward their goals and provide for their children</p>
	<p>Mary's Shelter 1601 Princess Anne Street Fredericksburg, VA 22401</p>		<p>https://marysshelterva.org/</p>			

General Help-Related Resources	Yes/ No	Resource Name & Address	Resource Website	Contact Person Name & Contact Info	List of Services Provided	Comments
Catholic Charities or Other Diocesan Social Service Agencies	Yes/ No	Resource Name & Address	Resource Website	Contact Person Name & Contact Info	List of Services Provided	Comments
		DePaul Family Services 1020 Carrington Place, Suite 100, Charlottesville	https://www.depaulcr.org/	Ph: 434-977-9847 Email: info@depaulcr.org	Foster care, adoption resources, family support	Needs more research
Catholic Counseling Services	Yes/ No	Resource Name & Address	Resource Website	Contact Person Name & Contact Info	List of Services Provided	Comments
Local Food Pantry or Food Assistance Programs	Yes/ No	Resource Name & Address	Resource Website	Contact Person Name & Contact Info	List of Services Provided	Comments
Housing Programs	Yes/ No	Resource Name & Address	Resource Website	Contact Person Name & Contact Info	List of Services Provided	Comments

Membership and Service Organizations with a local presence: Knights of Columbus, St. Vincent de Paul Society, etc.	Yes/ No	Resource Name & Address	Resource Website	Contact Person Name & Contact Info	List of Services Provided	Comments
		St. Vincent dePaul, Holy Trinity Conference (Charlottesville)401 Alderman Road Charlottesville, VA 22903	info@svdp-ht.org	Ph: 434-226-8022 Email: info@svdp-ht.org	Assistance with rent (up to \$1,000 to prevent eviction), utilities (up to \$500 to prevent shut off), and emergency needs. Information about alternative assistance and resources. Ongoing case management	
State/Local Social Services	Yes/ No	Resource Name & Address	Resource Website	Contact Person Name & Contact Info	List of Services Provided	Comments
Drug/Alcohol Abuse Counseling	Yes/ No	Resource Name & Address	Resource Website	Contact Person Name & Contact Info	List of Services Provided	Comments
Child Care Programs	Yes/ No	Resource Name & Address	Resource Website	Contact Person Name & Contact Info	List of Services Provided	Comments

Job Training	Yes/ No	Resource Name & Address	Resource Website	Contact Person Name & Contact Info	List of Services Provided	Comments
Adoption Agencies	Yes/ No	Resource Name & Address	Resource Website	Contact Person Name & Contact Info	List of Services Provided	Comments
Family and Parenting Education	Yes/ No	Resource Name & Address	Resource Website	Contact Person Name & Contact Info	List of Services Provided	Comments
Legal Support	Yes/ No	Resource Name & Address	Resource Website	Contact Person Name & Contact Info	List of Services Provided	Comments
Programs for Students	Yes/ No	Resource Name & Address	Resource Website	Contact Person Name & Contact Info	List of Services Provided	Comments
Other Resources	Yes/ No	Resource Name & Address	Resource Website	Contact Person Name & Contact Info	List of Services Provided	Comments

Resources From Holy Comforter Parish	Yes/ No	Resource Name & Address	Resource Website	Contact Person Name & Contact Info	List of Services Provided	Comments
Direct help already provided by our parish, such as: baby showers, diaper drives, clothing drives, food pantry collections, friendship, accompaniment, etc.						
Donations already provided by our Parish, such as: poor box donations, baby bottle campaigns (or other collections), pregnancy care center or agency fundraisers, etc.						
Other practical assistance provided by our parish						

16 Communicating Pregnancy Help Resources

How does our parish currently advertise/communicate available help to pregnant mothers in need?

Method/How	Yes/No	If yes, how often?
Bulletin or Bulletin insert		
Vestibule		
Bulletin board		
Restroom flyers/brochures		
Homilies		
Announcements		
Social media (Facebook, Twitter, YouTube, etc.)		
Parish e-newsletters		
Parish directory		
Community bulletin boards (library, community centers, college campuses, coffee shops, etc.)		
Parish website		
Parish group listservs (Bible studies, women's groups, prayer groups, etc.)		
Sacramental preparation groups (RCIA, marriage prep, etc.)		
Informational tables at community fairs		

Method/How	Yes/No	If yes, how often?
Bulletin or Bulletin insert		
Vestibule		
Bulletin board		
Restroom flyers/brochures		
Other		

From the parish’s perspective, how do local Catholic agencies advertise/communicate available help to pregnant mothers in need?

Method/Medium	Yes/No
Social media ads or posts	
Local newspapers and/or magazines	
Radio, TV, or other advertisements Community/neighborhood platforms	
Informational tables at community fairs	
Billboard advertising	
Other	

From the parish’s perspective, how does the diocese advertise/communicate available help to pregnant mothers in need?

Method/Medium	Yes/No
Diocesan newspaper (ads, articles, columns)	

Bishops' annual appeal or pastoral letter	
Social media ads or posts	
Local newspaper/radio stations	
Community/neighborhood platforms	
Other	

What additional Pregnancy Help Resources may still be needed in the local (parish) area?

In looking at current resources and communications/advertising approaches to assist pregnant women in need, what **gaps** have been identified?

In looking at current resources and communications/advertising approaches to assist pregnant women in need, what **opportunities** have been identified for expanding resources/approaches?

Are there identified gaps that the parish may be able to fill or opportunities for the parish to expand upon?

Who are the local partners that could help address those gaps or opportunities?

Thank you for taking the time to complete this inventory.

With the approval of your pastor, please share a copy of this inventory with the diocesan contact for this effort.