

*"I felt so incredibly alone when I found out I was pregnant. It was a growing secret that would be responded to as condemning to me by some and treated as no big deal by others. Once I did tell others, there were so many opinions about what I should do. I just needed someone to walk with me through the decisions, I was so emotional."*

**EXPERIENCE OF A YOUNG MOTHER**  
WHO CAME TO CROSSROADS FOR HELP

*"If it's not life, how can it grow daily, have a heartbeat and move before most know they are pregnant?"*

**A YOUNG PARENT**  
WHO FIRST THOUGHT ABORTION WAS NO BIG DEAL

*"While the guys were slapping me on the back for being 'a man' I was numb, unsure what to do when my girlfriend got pregnant. My parents and I had just argued about where I could or could not go on weekends, and here I was, a dad. It was so helpful to have objective help thinking through our options and looking into what we needed to do to be equipped as good parents."*

**A YOUNG DAD WHO GAVE HIS ALL**  
TO HIS UNPREDICTED ROLE AS A FATHER

## AT CROSSROADS, WE ARE FOR LIFE & THROUGH LIFE



### *Community Outreach for Life's Journey*

- PREGNANCY & PARENTING  
RESOURCE CENTER



- CHRISTIAN FAMILY RESOURCING  
& REFERRAL ASSISTANCE

- NON-MEDICAL ASSISTING FOR  
ELDERLY & CAREGIVER RELIEF



*A safe starting place*

*An encouraging middle place*

*A healthy ending place*



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## HOW DOES IT WORK?

We offer support through unplanned, untimely, or difficult pregnancies circumstances by:

- Assisting with decision-making & prepping for parenthood, if that is chosen
- Providing ongoing support & mentoring after birth and through the early years
- Offering education & discussions on healthy relationships
- Encouraging resolution through loss & grief on miscarriage, abortion, & high-risk pregnancies
- Providing baby items that can be earned through points for healthy choices & learning (see What is the Baby Bucks Program?)

## WHY IT'S IMPORTANT:

When pregnancy circumstances are difficult, women often experience:

- strained or unhealthy relationships
- looming of anxiousness or repressed grief which could last months or years for EITHER PARENT
- unwanted or distasteful opinions from significant others, as well as conflicting expectations or influences

When this happens, there can be a lack of:

- Reliable help
- Dependable emotional support
- Healthy home
- Financial stability
- Connection to God



## OUR GOALS:

- Address any areas of concern regarding the pregnancy & the circumstances
- Help explore & understand the options
- Seek ways to reduce barriers to a healthy decision-making process through safe, confidential, & sensitive help
- Enhance coping skills
- Educate about fetal development & maternal changes in pregnancy
- Provide referral for & support through ultrasounds, physician care, medical insurance needs, &/or other professional care as needed
- Encourage communication between parents of the baby to focus on what is best for the child now and later

## WHAT IS THE BABY BUCKS PROGRAM?

Through our Baby Bucks Program, parents would 'earn while they learn!' That means earning points while taking steps toward healthy relationships and healthy parenting. Points earned can be redeemed in our Baby Zone area at Crossroads!

Through our Baby Bucks Program, the pregnant or expectant parent would:

- Call & schedule an appointment with one of our staff
- Follow up with interests or concerns & create a plan of action, earning points for things like:
  - Healthy pregnancy choices
  - Optimal personal care
  - Healthy relationship discussion
  - Parenting education & discussion
  - Earn Baby Bucks to redeem for items at our Baby Zone!

Baby Bucks are not redeemable for real cash, but can be used toward items in our baby section. Mentoring and other creative support can be sought for any participant through volunteers with our agency.

## BABY ZONE

Our Baby Zone is located inside of Sparrows Nest at the Crossroads office. Baby Zone includes baby basics such as:

- Blankets, towels, burp cloths
- Baby boy & girl clothing up to size 2
- Toys, bibs
- & MUCH MORE!

It serves as a resource for our participants AND is also a gift area for the community to purchase as retail!



## HOW CAN THE COMMUNITY HELP?

- Spread the word: tell someone else about our work at Crossroads & follow us on Facebook!
- Shop: browse through Sparrows Nest & find a gift for a special someone!
- Drink coffee! Every purchase of whole bean or ground coffee helps our center!
- Donate: we accept monetary donations through our website or in person! We also accept gift cards & new &/or gently used baby items.
- Volunteer: ask us how you can help!
- Stay informed: get involved with us; we would love to have you on our mailing list for events & newsletters, just send us your contact information!
- Pray: for our participants and their situation and for anchoring of our program. Pray for healthy babies, healthy mommies, healthy families, healing, & support.



STOP OUT  
TO MEET US!



We sell Jumpy Monkey coffee whole bean & ground coffee.  
We appreciate your help to share our mission with the communities around Crawford County!

3707 Timberline Dr Ste #3 | Denison, IA 51442  
712-393-4673

We are a Nonprofit/501c3 Charitable Organization