

# WAYS TO TAKE ACTION



1

## Engage with Us on Social Media

Follow Alternatives, My Choice, My Story and A Promising Future on Facebook, Instagram and LinkedIn.

2

## Canvas a Neighborhood

Use our door hangers to distribute life-saving information about our free medical and counseling services.

3

## Join our Prayer Chain

Join a group of prayer warriors and pray for the current needs of our clients, staff and volunteers.

4

## Host a Parent or Youth Night

Invite our A Promising Future team to equip you to have real conversations about relationships, dating and sex.

5

## Car Wash for a Cause

Choose a day to hold a car wash to raise money to help Alternatives fund our free and confidential services.

6

## Host a Baby Shower

Gather supplies and \$25 Walmart gift cards that we will distribute to new parents. Scan the QR code for the current needs.



7

## Attend an In-person or Virtual Volunteer Orientation

Learn about the many opportunities to give the gift of your time.

8

## Gather Your Friends

Invite our staff to join you for an interactive discussion on how to have Courageous Conversations about unexpected pregnancy.

## More Information

For more information, contact **Lori Ann Satriano Arfsten**, Director of Communications & Community Development, at **303.298.8815** or **Lori@YouhaveAlternatives.org**.