

WAYS TO TAKE ACTION



1

Engage with Us on Social Media

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

2

Host a Baby Bottle Bank drive

Challenge your adult, youth or children's ministry groups to see who can fill the most Baby Bottle Banks with spare change.

3

Canvas a Neighborhood

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

4

Join our Prayer Chain

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

5

Host a Parent or Youth Night

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

6

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.

7

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.



8

Become a Lifeline Advocate

Join our monthly financial supporters and help us serve clients all year long.

9

Attend an In-person or Virtual Volunteer Orientation

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

10

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.