

Organization: LifeLine Pregnancy Help Center**County:** Surry**Address:** 154 N. Renfro St., Ste. 108

Mt. Airy, N.C. 27030

Phone: 336-783-0011**Website:** <http://www.lifelinehelps.org/>**Project:** Educational Resources for Health and Wellness During Pregnancy*****Below are excerpts from their final report*****

About the Project: The grant money was used to purchase the entire updated and revised “Earn While You Learn” (EWYL) curriculum that our pregnant clients participate in. The curriculum covers health issues during pregnancy, postpartum care, and life skills (i.e. menu planning, budgeting, and money management). Since receiving our new curriculum on January 21, we have used the curriculum with 17 different women between the ages of 14 and 37 (who have completed a total of 59 curriculum lessons). In addition, we have had seven men complete 20 curriculum lessons. While this grant was specifically to improve the health of women of reproductive age, having the support of boyfriends (or husbands) through pregnancy reduces stress in our female clients and thereby helps their overall physical wellbeing as well. The majority of our clients heard of us through the Yellow Pages™ but many clients were also referred to us from agencies such as the health department or from word-of-mouth referrals by existing clients.

Successes: Many of our clients are under a lot of stress due to the current economic situation and are experiencing negative physical symptoms due to this additional stress. They are glad to be learning more about managing the money they do have, which should help reduce stress and improve their health. Our peer counselors are also happy to be able to offer additional relevant lessons to our clients like postpartum depression. We will be using these materials on an ongoing basis for many years to come and anticipate them having an incredible impact on the health of our pregnant clients.

LifeLine's staff and volunteers are thrilled to be able to offer more classes to our clients that will help to improve their overall health and wellbeing. Our clients are affirming the difference these classes are making in their lives by comments they make to our volunteers and by referring friends to our program as well. Finally, when people in the community LifeLine serves hear about our EWYL program they are very supportive of this program (in addition to the need for this



program and the information our clients are learning). Their support of this program has resulted in more referrals to LifeLine as well.