

## **Bridges Program for the PLC Health Clinic Effective 11/1/2020**

The Bridges Program is a "hand-up" program that helps you supply baby needs by attending classes on parenting, baby care, pre-natal care, and a variety of other topics. You may be involved in the program from the time of your positive pregnancy test until your baby's second birthday.

All patients must complete the following **Basic four classes (worth 100 points each)** which are the core foundation of our **Educational Program**:

- \***DRUG/ALCOHOL EDUCATION**- explains the dangers of using drugs and alcohol while pregnant.
- \***ABORTION EDUCATION**- designed to give you facts and information about abortion.
- \***WISE CHOICES**- designed to let you know that it's not just about sex anymore - it's about health, hope, and happiness.
- \***ADOPTION EDUCATION**- explore positive reasons for making an adoption plan. You will learn about "open adoption" and why adoption is a very unselfish and responsible decision.
- \*You will receive a **100 point bonus** after completing all four core classes.

### **Additional ways to earn (worth 50 points each):**

- \***CLASSES**- pre-natal, infant care, parenting, relationship, and spiritual development classes are held at the PLC Health Clinic several times a week; we are also offering classes over video conferencing at this time. Register for classes that best fit your schedule.
- \***SPIRITUAL GROWTH**- attend an area Christian church and bring in your bulletin, attend a Bible study group, or complete one of our take home Bible study lessons.
- \***MAINTAIN HEALTH**- by attending WIC appointments, prenatal doctor's visits, baby well checks, immunization visits, and participating in Help Me Grow.
- \***HOSPITAL BIRTHING CLASSES**- attend and earn **500 POINTS!!!**

Bring a support person and earn double points - your support person must be over the age of 18 and approved by the PLC staff. **\*\* (Suspended until further notice and Covid-19 Policy changes are made)\*\***

High School patients need to attend school regularly and take classes provided by our Teen Support Program Coordinator at school during your lunch or free time. During summer months, when school is not in session, you will need to come to classes at PLC Health Clinic. **\*\* (Patients will meet at the PLC Health Clinic until further notice and Covid-19 Policy changes are made; both at the schools and the clinic)\*\***

### **USE OF THE BABY BOUTIQUE**

Once you have completed our four basic core class and are either 32 weeks pregnant, or have a child between the ages of birth and age two, you may earn a Baby Boutique pass.

To earn a pass you must attend a weekly class (either in person or via video conferencing) or attend church. (You must present us with your church bulletin).

The pass will be issued for the following week. Please schedule your baby boutique visit with our Patient Services Coordinator or call the PLC Health Clinic.

**If you do not use your pass during the week it is issued, you will lose your pass.**

**Important note: POINTS ARE NOT TRANSFERABLE!!!**