



PerpetuaLife Care

Celebrating the gift of fertility.

To God be the Glory

Gabriel Project

- ❖ “Confidential and compassionate” parish-based ministry to support pregnant mothers and their unborn children¹. Request to join the Albany NY Gabriel Project group in Facebook for updates and to participate.

Family Support Group (Beginning soon)

- ❖ A married couple faith support group to help people live out the Catholic faith and receive support in living out natural family planning. The whole family is invited with babysitting available for the children.

Infertility Support Group (Starting late summer/early autumn)

- ❖ In the journey of infertility there is no need to walk alone, Jesus stays with us and this group, facilitated by a social worker and developed in conjunction with a mental health counselor helps to connect individuals with the healing power of the Sacraments as they meet together to learn how to cope, grieve, and respond to family members and especially to take solace in the scriptures with the comfort that only God can provide.

Marriage and Family

- ❖ Visit perpetualifecare.org and check out the marriage and family menu for *Diapers and Disciples* with Amber O’Hearn, charming and instructive podcasts on how to live out the Catholic faith while being a mom of little ones. Or *The Messy Family Project* where Michael and Alicia discuss how to enrich your family life by living out your faith.
- ❖ Information on Natural Family Planning, *Humanae vitae*, miscarriage support and more...

Youth Resources on Fertility and Relationship

- ❖ Visit perpetualifecare.org for free educational sessions from the Sisterhood Catholic Women and Adolescents on fertility, chastity, catholic sexual morality, contraception, pornography, and abortion.
- ❖ Links to programs for parishes from *Theology of the Body Institute*, *Ascension’s YOU* program and helpful ministries such as *The Culture Project* that provide video vignettes on how to live out the Catholic faith as a young person and what to hold onto and what to let go of in order to live it.

Priest Resources

- ❖ Homilies and more resources from *Theology of the Body Institute*. Check out the Priests menu at perpetualifecare.org

Interested?

- ❖ Please visit PerpetuaLifeCare.org or on Facebook Perpetua Life Care or send an email for more information to perpetualifecare@gmail.com

¹ National Portal to the *Gabriel Project*, www.gabrielproject.us