



Do you have a friend who is ...

*...an expectant mom?
...a first-time mom?
...in a high risk pregnancy?*

Gabriel Project has volunteers to help with:

- Information and education as she prepares for the baby's birth.
- Companionship, encouragement and a listening ear.
- Introductions to groups and key contacts in the area.
- Connections to resources in the local community.
- Invitations to special opportunities, activities and events.



For more information, contact:

Gabriel Project Parish-Based Pregnancy Help
Confidential Helpline: (703) 841-3810
info@helpforpregnantwomen.org
www.helpforpregnantwomen.org

Office of Marriage, Family and Respect Life
Catholic Diocese of Arlington
(703) 841-2550 | familylife@arlingtondiocese.org



spiritual, emotional & material support