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Renée Rizzo

### *The Time to Act is Now*

This summer has been filled with a lot of controversial decisions, videos, and articles scattered across the news. With social media readily at our fingertips it is easy to type exactly how we are feeling in the moment we are feeling it. So sometimes even the best opinions are lost in the delivery, which can be shaming, hurtful and divisive. I think it's time to do more. We need to do more than just raise awareness to the topic we care about. We need to act in a positive way to help bring solutions together.

My high school cheerleading coach used to say: "We win and show class by cheering for our team, not by cheering against the other team." That is the approach Hope Clinic took long before me and it is something I continue to champion. You will never find us shaming the work of others. And I am so proud of what we do, day in and day out. We take the most uncomfortable topics and bring mercy, grace, understanding, practical help, and spiritual support. It is this kind of unique care that helps us reach all types of people who walk in the door and who are referred to us. I recently had dinner with a very strong liberal, pro-choice man. After hearing about Hope Clinic for 10 minutes he said, "How can I help?" ***So my call to you is this: If you care about unplanned pregnancies, teenage/young adult sexual activity, pregnancy loss and postpartum depression, I challenge you to support us this summer.***

#### WHAT DOES HOPE CLINIC NEED MOST?

- We need your financial resources. 97% of our 850,000 budget is donations. That is unheard of for nonprofits our size. And over 80% of our expenses go right to clients. This year we have waived more client fees than ever before because of their inability to pay, so we need a financial gift from you of \$25/\$50/\$75/\$100 to cover that visit. Our fiscal year ends September 30th and without extra giving this summer we will have a shortfall. (On average each client costs us \$250.)
- We need your time. We have few volunteers who are able to come during regular business hours (while most people are working), so if you have flexible hours during the day, are retired or empty nesters, we need you to answer phones, work the clothing room, teach classes, help with administrative tasks and mentor clients. Volunteers are priceless and we know how valuable your time is. If everyone could find 4 hours a month, it would be a big help.
- We need you to raise awareness. Most clients, volunteers, and donors come to us because Hope Clinic was personally recommended to them. If you are afraid or unsure of how to help us raise awareness at your business, church, community group, book club, or neighborhood, talk to Stasi Egli or myself. In the midst of all the anger and frustration online right now, we can be a beacon of light and hope. Don't ever be afraid to share.
- Above all else, we need your prayers. Prayers for wisdom, peace, rest, and resources.

As always I continue to offer to you a personal guided tour of Hope Clinic. This year marks our 20th anniversary in our Hayes Street facility (we started on Church Street 32 years ago). Thanks to the Frist, HCA, Memorial, and Stephen Turner Foundations, we have received a much needed capital facelift complete with a new roof. I would be honored to show you what happens day to day. Better yet, bring a friend with you for the tour!

Blessings,

*Renée Rizzo*

Renée Rizzo, President/CEO  
rrizzo@hopeclinicforwomen.org | 615-321-4428



## THANK YOU TO OUR EVENT SPONSORS



*The Robert  
Yeager Family*



## UPCOMING EVENTS



### YOGA BREW

**Saturday, August 29th 11am – 1pm**  
**JACKALOPE BREWING COMPANY**

Calling all yogis! Grab your mats and join us for our first Yoga Brew, held in partnership with Jackalope Brewing Company. Attendees will sweat their way through an hour-long yoga session led by Jackalope's in-house yoga instructor. Following, we'll gather in the taproom for some fellowship and good times. Limited space is available and the first 20 folks registered will get a free drink of choice, so please reserve your space early. Not a yogi? Join us for the fun!

***Ticket prices and proceeds from all sales will benefit the mission of Hope Clinic. More information is available at [hopeclinicforwomen.org/yogabrew](http://hopeclinicforwomen.org/yogabrew).***



### SOUTHEAST FINANCIAL CREDIT UNION GOLF CLASSIC

**Monday, September 14th**  
**OLD NATCHEZ COUNTRY CLUB**

Fore! Our 14th annual Southeast Financial Credit Union Golf Classic is in full swing! Make plans to join us on the green for a 4-person scramble, dinner, and a ton of great prizes. We'll round out the day with live entertainment, a silent auction and a raffle. More information is available at [hopeclinicforwomen.org/golfclassic](http://hopeclinicforwomen.org/golfclassic).

***To inquire about ways to partner with these and other great events, contact Angie Stapleton at 615.627.2795 or [astapleton@hopeclinicforwomen.org](mailto:astapleton@hopeclinicforwomen.org).***

## EASY WAYS TO GIVE

Support us while shopping at your favorite grocery store! If you do not have a Kroger Plus card, they are available at the customer service desk at any Kroger. Sign up online at [www.kroger.com/communityrewards](http://www.kroger.com/communityrewards) by entering your information and under My Account, choose Hope Clinic for Women as your Community Rewards partner! Members must swipe their registered Kroger Plus card when shopping for each purchase to count.



If you choose Hope Clinic for Women as your preferred nonprofit at [www.smile.amazon.com](http://www.smile.amazon.com), Amazon will donate 0.5% of the price of your eligible purchases to us whenever you shop on AmazonSmile.



## OPEN HOUSE

Thinking of getting involved? Want to see firsthand where your donations go? Learn more about our history, vision and services from CEO, Renée Rizzo in a 30 minute presentation followed by a tour.

### Upcoming Dates:

September 15th (Tuesday) at 6pm  
September 17th (Thursday) at 8:30am  
October 13th (Tuesday) at 6pm  
October 15th (Thursday) at 8:30am

***To sign up for an upcoming Open House, visit [www.hopeclinicforwomen.org/openhouse](http://www.hopeclinicforwomen.org/openhouse)***



Purchase a specialty 'Choose Life' license plate! A percentage of the proceeds are donated directly to area agencies like ours doing this amazing life-saving work!

[www.ChooseLifeTN.org](http://www.ChooseLifeTN.org)



## THE FACES OF HOPE



### Cristina

Eight years ago, I moved here from Mexico. Shortly after, my husband and I found out we were pregnant with our second child – a girl! Such a joyful moment quickly faded when I began suffering from postpartum depression. In January 2014, two friends recommended Hope Clinic. Through my counseling, I learned helpful tools such as breathing and relaxation techniques, writing in a journal, and how to handle negative feelings/thoughts. Since most of my family and friends are in Mexico, I do not have a strong support system here. Working with a mentor gave me friendship – something I really needed in my life. I could share experiences, and I always felt supported. In each education class I learned new skills, made new friends, and changed the way I saw life – more positively. And earning points for all the baby clothes and items were such a blessing. Participating in services at Hope Clinic has helped me be in a better place emotionally so that I can be a better mom and wife.

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### Belmont University Athletes

Anyone who has spent time on a college campus recently knows they are much different now than even 10 years ago. Students put their entire lives online. At Belmont, I have the privilege of working with our college athletes. Like all students, they face enormous social pressure to showcase "risky behaviors" through social media. However, if they choose to participate and post such things – especially given their athlete status – they are making decisions with ramifications that could impact the rest of their lives. With recent events and law changes we were faced with increasing concerns. Around the same time, Hope Clinic's therapist, Terry Cheatham, spoke at my church, and I was introduced to the clinic and their prevention program. Soon after, we welcomed Terry and the clinic's CEO Renée Rizzo to speak to our athletes. We could not have asked for two more perfect people to lead these trainings. Terry is extremely passionate and educated, and Renée instantly connected with the females given her history as a student athlete. Afterwards, Renée and Terry gave feedback and suggestions for practical improvements directly from the students. We're grateful students had a venue to ask for things they need to feel safe on campus – which is, of course, a top priority for the university.

– Heather Copeland, Assistant Athletic Director for Compliance, Belmont University



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### Amy

I was completely surprised when my doctor told me she couldn't find a heartbeat during one of my check-ups. I did not notice any warning signs up until that appointment that something might be wrong with the pregnancy. After the shock, I felt a deep sadness and disappointment at the loss. I was not sure how to process the emotions I was feeling. The sadness at times seemed overwhelming. I first learned about Hope Clinic years ago through my church. I had also volunteered a few times. Little did I know that my connection with Hope Clinic would turn from volunteer to client.

*"I needed the reassurance that everything I was feeling was normal and that I would get through this. I also knew the moment I sat down with my counselor that I was not alone."*

I was not alone. Every time I visited I felt like I was becoming more like myself again. Throughout the healing process I learned a lot about myself. I now feel like I, my marriage, and my faith are stronger because of this life experience.

I was trying to do too much on my own after the miscarriage and felt quite unsuccessful. I needed someone else, other than my husband, (Lord knows he was dealing with a lot as well and doing all he could for me) that could help me cope with the grief. I needed the reassurance that everything I was feeling was normal and that I would get through this. I also knew the moment I sat down with my counselor that



## BRING HOPE IN 2015!

Please detach this form & mail to:

Hope Clinic for Women  
Attn: Bookkeeping  
1810 Hayes Street  
Nashville, TN 37203



1810 Hayes Street  
Nashville, TN 37203  
[www.hopeclinicforwomen.org](http://www.hopeclinicforwomen.org)

I would like to make a donation of \$  or a pledge of \$  for  year

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☐ Please contact Jared Larry for an automatic bank draft: (615) 329-2166.

☐ Money enclosed (Please make checks payable to: Hope Clinic for Women.)

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You can also log onto [www.hopeclinicforwomen.org](http://www.hopeclinicforwomen.org) to make a contribution on our secure website. Your gift is tax deductible.

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**A message from Euniqua**  
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