

Julia and Bonnie

Talk About Their Friendship

Julia found AF4U through a google search on the internet in January, 2019.

She was matched with Bonnie within a few hours of calling A Friend 4U.

Julia's baby, Jonathan was born in August, 2019. Their friendship continues to this day.



Julia, Jonathan and Bonnie outside a local coffee shop.

Julia's Story

Q. How did you hear A Friend 4U?

A. Shortly after finding out I was pregnant; I began looking for resources and help to get me through this unexpected journey. I did a Google search online for pregnancy resources in Colorado and quickly came upon A Friend 4U.

Q. Why did you feel the need to reach out to A Friend 4U?

A. I am a planner. I always have been. Finding out that I was pregnant threw a huge wrench into my career plans and I was confident I wouldn't be ready to handle. I knew I wanted to have a child someday but that was in my five year plan, not the immediate future. I knew that in order to make this pregnancy work, I needed help.

Q. Who is your Volunteer Friend, and how did your relationship with your friend develop?

A. I was paired up with Bonnie and heard from her almost immediately (within an hour of being matched.) Our brief initial phone conversation put me at ease and I knew that I had one person to confide in and who would help me through this journey. It was an instant connection. Talking to Bonnie felt like talking to a friend I had known for years.

Q. Did A Friend 4U connect you with any other opportunities in the community?

A. Yes, I was able to find resources to get clothing and diapers for our little man as well as a car seat and a pack and play. There are also so many other resources that A Friend 4U has connections to that I did not use but I know they would be extremely valuable to any woman in this situation.

Q. What kinds of things have you and Bonnie done in spending time together?

A. We mostly met for coffee and would sit and talk. Bonnie gave me a copy of the book "What to Expect when You're Expecting" the first time we met. It was great to have that book from the beginning to help me know what was coming in the near future.

Q. How often would you get together?

A. We tried to meet up once a week. Both of us have busy schedules so occasionally we'd miss a week but we would always check in via phone or text.

Q. How old is your baby now?

A. Our little man Jonathan is 4 weeks old now.

Q. What did you think about your Care 4U gifts...did they help you? (freezer meals and gift package)

A. The gift package was extremely thoughtful and generous. There were items in there for my son as well as beauty products to pamper myself. I've spent the past several months focused on Jonathan and the past four weeks solely focused on him that it will be nice to pamper myself a little bit. The freezer meals have been invaluable. We still have a couple left because I try to save them for those nights when I have absolutely no energy to prepare food and can easily place one in the oven. The food is delicious, and I can tell it was made with love.

Q. Would you recommend A Friend 4U to another woman, and if so, what would you tell her?

A. I would absolutely recommend A Friend 4U to any woman who finds out she is pregnant and is completely unprepared for what that means for her future.

Q. What would you like to share about your Friend, Bonnie?

A. Bonnie is such a ray of sunshine. She is the sweetest and friendliest woman I have ever met. She has become like a mother to me and we will continue to stay in touch for a very long time. She is genuinely invested in the work she does with A Friend 4U as I'm sure all the volunteers are. I can't say enough good things about Bonnie or about how much she has helped me over these past several months. I love her so much!

Q. How are you and your family doing today?

A. We are adjusting but finally settling into a routine right now. I'm still at home with Jonathan and have not gone back to work yet. I couldn't imagine loving anything as much as I love my son. It's amazing how one unexpected event can completely turn your life upside down yet be the best thing that has ever happened to you.

Q. Anything else you would like to share with us?

A. I would just like to encourage other woman who were in my position to not hesitate to reach out for help. We are all in this together and nobody should have to figure this all out on their own. I know that I'm not ready yet to volunteer with A Friend 4U but once I get into my new routine with my little guy, I would love to help out and give back to a group who helped me so much.

Bonnie's Story

Q. How long have you been involved with A Friend 4U (AF4U)?

A. I have been helping with A Friend 4U for almost two years.

Q. What about AF4U drew you to get involved?

A. A sweet neighbor introduced me to A Friend 4U.

Q. How many women have you "friended"?

A. I have friended two beautiful young ladies.

Q. Describe your experience as a Volunteer Friend. What things did you and Julia do together?

A. Julia and I would try and meet once a week for coffee and talk about how her pregnancy and work was going. If our schedules didn't work we would still keep in contact through text or a phone call.

Q. What kind of growth have you seen in yourself since becoming a Volunteer Friend?

A. Volunteering for A Friend 4U has been a blessing to me. I've enjoyed getting to know both young ladies to where my heart has grown. I have found myself wanting to make sure both ladies felt loved and supported at all times. However, my time with Julia and her baby I have developed such love, and admiration for the beautiful mother she has become.

Q. What kind of growth have you seen in Julia?

A. When I first meet Julia, she was very stressed about her future. She knew she loved her job but wasn't sure how a baby would be able to fit in her life. As the weeks went by, I saw how strong, brave and excited she was for her new little family. Despite Julia loving her full-time job, she was able to put together her own wedding and deliver a beautiful healthy baby boy.

Q. Do you still keep in touch with Julia?

A. Yes, we still keep in touch. Julia and her little family have become family to me and my husband.

Q. Tell me about your most rewarding experience with AF4U.

A. My most rewarding experience has been seeing Julia with her little family and how happy they have become.

Q. What has been the most difficult aspect of being a Volunteer Friend?

A. Finding the time to meet that works with both our schedules.

Q. What would you say to someone who is interested in volunteering with AF4U?

A. That they will be blessed with the experience of the relationship between the mentor and the friend.

Q. Do you believe AF4U is a worthwhile organization? If so, why?

A. Yes, it gives such hope and ease to women who are going through an unexpected stressful time in their life.

Are you pregnant and interested in knowing more about A Friend 4U?

Click the "Contact Us" tab, text or call us at (970) 481-4787.