

# Gabriella and Kay

## Talk About Their Friendship

Gabriella was referred to A Friend 4U by Birthline in August of 2019.

She was matched with Kay, a Volunteer Friend, within 16 hours.

Gabriella delivered Stephanie November 29, 2019. She and Kay have been friends ever since.



Kay, Stephanie and Gabriella at a local restaurant.

### Gabriella's Story

Q. When did you participate in A Friend 4U? (I verified that you were matched in August, 2019.)

A. I participated in A Friend 4U on August 21st 2019.

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

A. I felt the need to reach out to A Friend 4U because I was new to the area and needed a friend to help me with my depression

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

A. My friend is Kay, we started out texting each other and then went out to lunch and on walks in the parks/trails around town.

Q. Did Kay connect you with any other resources/opportunities in the community?

A. Yes she did! She connected me to the food bank and Birthline in Loveland where I met and made more friends

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

A. We have went out to lunch and walks in the park and some shopping

Q. How often would you get together?

A. We try to meet together every week

Q. Anything else you would like to share about your Friend, Kay?

A. Kay has welcomed me with open arms and has never passed judgement on me. She has helped me through my depression and my pregnancy. She has given me tons of advice and guidance on so many things.

Q. What did you think about the Care 4U delivery (meals and gift package)?

A. The meals and care package are an awesome idea! The meals were so delicious! The care package helped me out with feeling of getting back to normal.

Q. How did calling A Friend 4U benefit you?

A. Calling A Friend 4U was the best thing I had ever done. It has helped me so much with my depression and trust issues. And has helped me make new friends!

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

A. Yes I would and have! I would tell her that A Friend 4U helps you find the resources you need for you and the baby but also you are gaining a friend that you can talk to through the process. Also through A Friend 4U I have gained more than a friend but family in the process!

## *Kay's Story*

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

A. I have been a part of AF4U for about a year now.

Q. What about AF4U drew you to get involved?

A. I responded to an email looking for volunteers and attended a training and after a short time, I was able to commit to be matched with a friend.

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

A. Things have gone well for Gabby and I from the start. We have tried to see each other several times a month and we visit over coffee or take a walk when the weather allows.

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

A. I have tried to focus on giving myself to Gabby without any expectations for our friendship.

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

A. I have seen Gabby willing to open up to me over time and it has been great to hear that our relationship has helped her with her trust issues.

Q. Do you still keep in touch with Gabby?

A. I want to maintain my friendship with Gabby as long as she wants to have a friendship. I am hopeful it will grow even more meaningful to us both over time.

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

A. It has been very important for me to give myself in friendship to someone even though I have challenges in my own life to deal with. I can be a friend to and help Gabby no matter what is going on in my life.

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

A. Time

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

A. It is definitely a wonderful thing to be involved with!

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

A. I believe it is very worthwhile. I believe it is so important for me to allow God to use me in other people's lives and I'm very thankful that I learned about AF4U and have become a part of this ministry.

*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*