



Our volunteers

Our volunteers are amazing women. They know the importance of providing support at this critical time in a family's and a baby's life. They take the time out of their busy schedules — a total of 2,698 hours in 2005 — to lend a helping hand (and a listening ear) to boost a new mother's self-confidence, ease feelings of isolation and provide emotional support to the entire family. Recipients continually tell us that help from their volunteer made all the difference as they adjusted to the joy and stress of having a new baby.

"I can't ever imagine not doing this."
— Volunteer Nancy Shirreffs

A home visit

Good Beginnings provides free support for every family with a newborn or newly adopted baby through home visits. Volunteers, experienced mothers themselves, visit with families three hours a week. For the first three or four months, they are on hand to offer help wherever it is needed most — answering questions about baby care, doing light chores, providing transportation, entertaining older siblings and running errands. New mothers are comfortable in their own homes, and home visits help ensure that the entire family gets off to a healthy start.

"The program provides an unduplicated and much-needed service at no cost to families."
— Executive Director Ann Bradley



Happy
20th
Birthday

Good
Beginnings!



Good Beginnings
of the Upper Valley



Our families

First-time mothers, teen mothers, single parents, families with twins and triplets, mothers on bed rest before birth and after C-section deliveries. The Good Beginnings program is open to *any* family with a newborn baby or newly adopted child, regardless of income or family circumstances.



Happy 20th Birthday Good Beginnings!

Since 1986, Good Beginnings has operated on a simple premise: New mothers need help, and experienced mothers can provide it. Thanks to the support of community members like you, Good Beginnings helps more than 150 families each year. Please send us a gift using the enclosed envelope, and mark your calendars for our birthday celebration on Sunday, June 11, from 12 to 4 p.m.

Board Members 2006

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Please Send Us A Gift

We hope that you will help us celebrate our birthday by participating in our annual Mother's Day fundraiser. Please check the amount you'd like to donate:

\$500 \$250 \$100 \$50 Other _____

Checks should be made payable to Good Beginnings and returned in the enclosed envelope. To ensure delivery by Mother's Day (May 14) respond by Wednesday, April 19; to ensure delivery by Father's Day (June 11), respond by Thursday, June 1. If you wish to send a personal note with your card, enclose the note with your contribution and we'll include it in the card.

Name, address and phone number of **donor**: *(please print)*

Name:

Address:

Phone number:

Name and address of **Mother's Day card**: *(please print)*

Name:

Address:

Name and address of **Father's Day card**: *(please print)*

Name:

Address:

Name and address of **memorial gift**: *(please print)*

Name:

Address:

Thank you for supporting Good Beginnings. Your generous gift will help us continue to provide a "good beginning" to parents and their babies in New Hampshire and Vermont.