



In Shifra's Arms

☆ jewish support for the pregnant woman ☆

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Erica Pelman, ISA Founder  
Fran Gutstein, LCSW  
Fraida Nathan, LCSW



## Who Is “In Shifra’s Arms”?



**In Shifra’s Arms**

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**Confidential Jewish Pregnancy Helpline:**  
Call 1-888-360-5872 or Text 646-632-8547  
<https://jewishpregnancyhelp.org>



A map of the United States showing state boundaries and major cities. The cities are labeled with their names and a star icon. The text 'Where is ISA?' is centered in a white box with a dark red border. The cities are: Los Angeles, Phoenix, Las Vegas, Denver, San Antonio, Houston, Miami, Atlanta, Raleigh, Washington, Chicago, Milwaukee, Cleveland, Pittsburgh, Newark, Baltimore, New York, and Boston. The text 'Where is ISA?' is in a dark red font on a white background.

**Where is ISA?**

Los Angeles

Las Vegas

Phoenix

Denver

San Antonio

Houston

Miami

Atlanta

Raleigh

Washington

Chicago

Milwaukee

Cleveland

Pittsburgh

Newark

Baltimore

New York

Boston

What am I going to do now?



GET RID OF IT.



Maya, we're late, what's taking so long?







## MY UNPLANNED PREGNANCY



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## MY BABY



## PROFESSIONAL COUNSELING



## COMMUNITY CONNECTIONS

- Resource Guide
- Adoption
- Housing
- Pregnancy Loss



## MATERIAL AID



## GRANTS



# ISA Counseling: Crisis Call



- Listen deeply
- Validate feelings
- Give clarity about ISA Services and support
- Explore creative problem-solving
- Sensitive Follow-Up

# ISA Counseling through First Birthday



- Regular follow-up calls on schedule that client requests
- Strengths-based approach developing:
  - Resilience
  - Self-care practices
  - Vision/plan for future



## MATERIAL AID



# ISA Material & Financial Aid Approach

- Custom, not “cookie cutter”
- Utilize donated goods/ volunteers
- Financial aid targeted to highest priority





## MATERIAL AID



# Most Common Requests

- Diaper grants for year
- Doula/ Post-partum doula
- Household help for moms
- Maternity/post-partum clothes
- Baby clothes/equipment

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# Special Cases



- Emergency Housing Grants
- Prenatal medical expenses (specialized cases\*\*)
- Childcare for specific purposes:
  - Education
  - Hyperemesis Gravidarum



## COMMUNITY CONNECTIONS

Resource Guide  
Adoption   
-----  
Housing   
-----  
Pregnancy Loss   
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# Community Connections

- [Menucha@jewishpregnancyhelp.org](mailto:Menucha@jewishpregnancyhelp.org) is Resource & Community Partnership Manager
- High priority on quality, personal referrals
- Require references for financial aid



## Eligibility

- Coping with a pregnancy crisis
  - Birth control failed, or
  - Major crisis during intended pregnancy
- Any trimester
- Typically are Jewish

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## Referrals

- To discuss a potential referral, call or text: 646-632-8547
- Acting as a reference helps qualify a client for financial aid

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# Got Questions?

Erica Pelman  
Founder & Executive Director  
Epelman@jewishpregnancyhelp.org



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