

# 2026 WOMEN UNITED GRANT APPLICATION FORM

## Organization Information

### Organization Name

A Woman's Concern

### EIN

23-1978059

### Project Name

Foundations for Healthy Families: AWC Maternal Health & Safety Program

### Address

1102 Millersville Pike  
Lancaster, Pennsylvania 17603  
United States

### Contact Name

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## Eligibility Criteria

**Is your organization a registered nonprofit organization with an official letter of determination of 501c3 status from the Internal Revenue Service?**

Yes

**Has your organization operated in Lancaster County for at least one year (operating in Lancaster before July 1, 2025?)**

Yes

**Does your organization or program you are requesting funding for in this application serve primarily women and/ or teen girls?**

Yes

**Does your organization provide services to families at or below the ALICE threshold in Lancaster County?**

Yes

**Is your organization delinquent on any state or federal debt?**

No

**Does your organization share United Way's view of collaborative and inclusive service to the entire community, without excluding anyone on the basis of race, color, religion, gender, ethnicity, national origin, age, disability, sexual orientation, or any other factor not relevant to a person's eligibility for service or ability to contribute?**

Yes

## Has your organization update your listing with PA 211 in the last 12 months?

Yes

## Application Elements

### Executive Summary

Foundations for Healthy Families: AWC Maternal Health and Safety Program provides an eight-class series led by highly credentialed nurses and trained professionals, offered in both English and Spanish. This program covers pregnancy, postpartum recovery, breastfeeding, newborn care and CPR, and car seat safety, equipping women with practical skills and confidence to care for themselves and their babies. By offering accessible, evidence-informed education at no cost, A Woman's Concern directly strengthens maternal health, promotes infant safety, and reduces preventable emergencies. Funding will support nurse educators and program delivery, measurably improving maternal health outcomes for Lancaster County women and their families.

### Organization Description

AWC's vision is to build a community where families are strong and life is cherished. We work toward this goal by providing programs and services to women, men, and families in Lancaster County who are seeking pregnancy and parenting education, practical help, and emotional support—always at no cost, confidentially, and without judgment. Our mission is to provide an open door and inviting space to women in need of resources related to pregnancy, parenting, and sexual health, and to empower families with focused classes, dedicated support, and material assistance to uphold the value of every human life.

Founded in 1972 by volunteers passionate about helping women facing unexpected pregnancies, A Woman's Concern has grown significantly over the past five decades. While our name and location have changed, our commitment remains the same: today we offer medical services, education, and holistic support that equip families to make informed decisions, nurture healthy relationships, and provide safe, stable homes for their children.

### Commitment to Equity

A Woman's Concern serves women and families in Lancaster County who are facing pregnancy and early parenting decisions, with a particular focus on those experiencing financial strain, unstable housing, limited social support, or language barriers. Many of our clients are low- to moderate-income, include a high proportion of women of color and recent immigrants, and speak Spanish as a first language. We offer all services at no cost, without insurance requirements, and with bilingual staff and materials so that women can access care regardless of income, language, or immigration status. Our most recent client surveys indicate a 98% satisfaction rate with our services, underscoring both accessibility and quality of care.

As a faith-based organization, AWC prohibits discrimination against clients for any reason and does not deny services based on race, color, religious creed, lifestyle, disability, ancestry, national origin, age, sex, or sexual orientation. Our staff and volunteers increasingly reflect the diversity of the families we serve, including bilingual and bicultural team members who help shape programs, outreach, and materials. Client feedback, stories, and surveys directly inform our class offerings and support services, ensuring that community voice guides our work. By supporting women's health, safety, and family stability, we advance shared goals around equity, healthy birth outcomes, and long-term well-being for Lancaster County families.

## Proposal Details

### Main Priority Area

Women's and/ or Teen's Health

### Grant Dollar Amount Requested

\$13,000.00

**What percent of the overall project budget is covered by the Women United grant?**

40

**Will this program/project start or continue to operate if you do not receive 100% of the funding requested?**

Yes

**Project Description**

Foundations for Healthy Families: AWC Maternal Health and Safety Program is an expansion of an existing initiative that offers an eight-class series on pregnancy, childbirth, postpartum recovery, breastfeeding, newborn care and CPR, and car seat safety, all taught by credentialed nurses and trained professionals, with some classes available in Spanish. This project responds to a local landscape in which there is a shortage of OB/GYN providers and many Lancaster women do not see a physician until around 9–9.5 weeks of pregnancy, leaving a critical gap in early education, relationship-building, and safety preparation.

With this grant, AWC will strengthen and expand these classes by investing in a new medical hire who will allow us to broaden early pregnancy medical services and enhance postpartum follow-up, while continuing to use our already highly credentialed team as class instructors. We will continue to offer small-group classes that foster trust, peer support, and personalized coaching, integrated into our early pregnancy services so women can access education and support well before their first OB visit and again after delivery. Funding will support staff time, the new medical position, and ongoing training and certifications, enabling us to reach more women earlier in pregnancy, sustain postpartum contact, and measurably improve maternal and infant health and safety in Lancaster County.

**Collaboration**

Yes, A Woman's Concern plans to continue to collaborate with other organizations through the Foundations for Healthy Families program to enhance the quality and capacity of our maternal health and safety education.

We already partner successfully with our volunteer CPR instructor who trains both our internal team and expectant parents in highly attended newborn care and emergency response sessions. Weis Markets contributes by leading nutrition classes on healthy eating during pregnancy and postpartum.

We just recently launched our Post-Birth Connection Box, mailed within one week of delivery. Each box contains a food gift card, personal care items, a handwritten nurse's note encouraging postpartum checkups and return visits for parenting classes, and reminders about maternal recovery and available support. We actively encourage donations from community partners (local businesses, churches, women's groups) to sustain box contents cost-effectively.

With grant funding, we will deepen these partnerships by inviting experts such as midwives, lactation consultants, and labor and delivery RNs to provide targeted training and education directly to our credentialed nursing staff. These sessions will equip our nurses with advanced skills in early pregnancy support, postpartum follow-up, and infant safety—allowing us to keep our staff trained and credentialed while expanding Spanish-language offerings. Our core team will continue delivering the classes, now fortified by this specialized professional development.

This model builds internal capacity, sustains small-group relationship building with bilingual delivery, and amplifies our impact on maternal and infant health outcomes across Lancaster County.

**Implementation Plan**

Foundations for Healthy Families: AWC Maternal Health and Safety Program Implementation Plan  
(July 1, 2026 – June 30, 2027)

**Key Activities****1. Hire and Onboard New Medical Staff (July–August 2026)**

Recruit and onboard one credentialed RN or similar for growing early pregnancy services and postpartum follow-up,

integrating into the 8-class series delivery.

## 2. Staff Training with Partners (August–December 2026)

Schedule targeted training sessions from midwives, lactation consultants, labor/delivery RNs and other specialists to upskill our nurses on advanced maternal-child health topics, bilingual Spanish delivery, and evidence-based practices. Maintain ongoing certifications.

## 3. Update and Enhance Curriculum and Materials (September 2026)

Continue to update bilingual class materials (childbirth education, breastfeeding, car seat safety, newborn care/CPR, postpartum planning) for small-group format.

## 4. Launch Promotion and Enrollment (October 2026)

Promote via website, social media, community partners. Create referral program utilizing current participants who are raving fans.

## 5. Mid-Year Evaluation (January 2027)

Compile attendance, feedback, outcomes data; submit report per grant timeline.

## 6. Final Reporting (July 2027)

Document reach, maternal health impacts, and sustainability plan.

## **Outcomes & Evaluation**

Specific Outcomes:

### Attainable and Impactful Goals

Foundations for Healthy Families will equip 48–72 Lancaster County women with evidence-based maternal health skills, addressing OB/GYN shortages by providing early education (pre-9-week gap), pregnancy and parenting education and postpartum support to marginalized families.

### Tangible/Measurable Outcomes

- 6 full 8-week class cycles completed (48 classes total) - Offered Tuesday evening and Thursday afternoons
- 80% participant attendance rate across cohorts.
- 98% client satisfaction (maintained from baseline).
- 75% of participants report increased confidence in infant safety/breastfeeding skills (pre/post surveys).
- Expand Spanish classes to serve 25% of participants.

### Change for Individuals/Families

Women gain practical tools for safe childbirth, car seat installation, newborn CPR, breastfeeding, and postpartum recovery—directly reducing injury risks, emergency visits, and maternal stress. Families experience stronger starts through relationship-based small groups, earlier interventions, and sustained support, leading to healthier pregnancies, confident parenting, and reduced health disparities for low-income and diverse households.

### Evaluation Methods

#### i. Program Metrics

- Process: Enrollment (# women/cohort), attendance rates, staff training hours (target: 20+ from partners).
- Output: Classes delivered (48), materials distributed (bilingual), new hire onboarded.
- Outcome: Pre/post knowledge/confidence surveys (e.g., % able to demonstrate car seat install); 6- and 12-month follow-up calls (% reporting applied skills, health improvements).
- Impact: Track referrals to postpartum services; client testimonials. Data via SurveyMonkey, intake forms; mid-year (Jan 2027) and final (Jul 2027) reports analyze trends against baselines. Program tweaks based on 98% satisfaction feedback loops.

## Documents

### Required Documents

- [AWC-12.31.24-FINAL.pdf](#)
- [IRS-Determination-Letter.jpg](#)