

Partners *in the* MISSION

# IMPACT REPORT



2023



Pregnancy CHOICES



# STEADFAST AN UNWAVERING COURSE OF LOVE

In 2023, laws drastically changed, funding streams were discontinued, and clients' needs were more complex than ever. **Amidst these challenges, YOU stepped in the gaps with an abundance of generosity.**

Not only that; you acted! You lived out your commitment to life - baby showers were organized, the boutique was restocked with baby clothes, diapers and wipes multiplied, **and so much more.** Because of your faithful support, families' needs were met.

Your generosity and partnership served 631 individual clients across 2,081 client visits. LIFE was celebrated as **243 babies were born** into the Pregnancy Choices' community.

YOU were the living example of unwavering love. ***Your steadfast commitment was a beacon of light in the darkness.***

**Lynasha Caron**  
Executive Director





# THE CHANGED LANDSCAPE

**ABORTION HAS ESSENTIALLY  
BECOME UNRESTRICTED IN  
MINNESOTA.** A WOMAN CAN  
HAVE AN ABORTION AT ANY  
STAGE THROUGHOUT HER  
PREGNANCY.

**IN 2023**

**1 in 4**

**WOMEN IN THE US WILL HAVE  
AN ABORTION BY THE AGE OF 45**

**12,175**

**SURGICAL ABORTIONS WERE  
PERFORMED IN MN (A 20% INCREASE)**

**54%**

**OF ALL US ABORTIONS ARE NOW  
MEDICATION ABORTIONS,  
WHICH DOESN'T ACCOUNT FOR  
MAIL-ORDERED ABORTION PILLS**

# STEAD IN A NEW

Life Coaching

# 69%

of clients stated an intention to parent

Fatima needed material support like diapers and a crib. She joined the Baby and Me (BAM) program. As her pregnancy progressed, **her decision to parent became more fragile.**

After several visits, Fatima told her coach, "I don't know if I can do this." Through coaching, she was reminded of her values and desire to be a mom. She recaptured her inner strength.







# OF FAST REALITY

g - LIFE Saving

Because of laws in MN, women can choose abortion at any time throughout their pregnancy. **It has never been more important for Pregnancy Choices to be present for women like Fatima so they have the support needed to stand firm in their decision to parent.**

# 100%

of clients have life circumstances that make them vulnerable to an abortion decision



# A FATHER FIGHTING

Mark found Pregnancy Choices online when he and his girlfriend were unexpectedly pregnant. Despite living in Hudson, WI, they made the 40 minute drive for a session with a certified life coach. His girlfriend was considering an abortion and Mark said he would support whatever decision she made.

**The life coaching session prompted Mark to reconsider his perspective on the pregnancy.**

Seeing their baby's heartbeat during the ultrasound was a pivotal moment for Mark. It was the first time he thought about his role as a father.

Pregnancy Choices is committed to supporting the important role of a father in the pregnancy decision and far beyond. When a father is engaged in the family, the entire family is healthier.

**FATHERHOOD  
CONVERSATIONS 68**

**47 GFP PARTICIPANTS ACROSS  
ALL FATHERHOOD PROGRAMS**

**INCREASE IN GFP  
ENROLLMENT ALONE 20%**





# A PROACTIVE APPROACH

**YOUR RELATIONSHIPS CAN  
ONLY BE AS HEALTHY AS  
YOU ARE.**

**-NEIL CLARK WARREN**

As the number of abortions in MN continues to rise, with no sign of slowing down, Pregnancy Choices has been challenged to consider an additional path.

**How can we support women and men proactively so they never have to face an abortion decision?**

REAL Essentials uncovers self-worth and builds confidence. It equips individuals with the tools necessary to cultivate healthy relationships and strengthen positive decision making.

This year 57 individuals participated in REAL Essentials healthy relationship coaching.

**HEALTHY RELATIONSHIPS  
=  
HEALTHIER LIVES**



# STEADFAST IN EXCELLENCE

## IMPLEMENTING THE HIGHEST STANDARDS OF MEDICAL CARE

The Accreditation Association for Ambulatory Health Care (AAAHC) sets the highest standards for medical services performed on an outpatient basis (ambulatory healthcare).

Great strides were made on the accreditation journey at Pregnancy Choices. This highest standard of care is imperative for our clients and opens doors for greater collaboration with local medical providers.

**Pregnancy Choices** is 1 of 3 pregnancy clinics in MN pursuing this certification and **will be fully accredited in 2024.**

PREGNANCY TESTS **230**

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**174** ULTRASOUNDS

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STI TESTS **57**





# UNWAVERING SUPPORT

**YOU ASKED, "HOW CAN WE SUPPORT MOMS AND DADS?"**  
AND THEN YOU EMBRACED THEM WITH KINDNESS AND GENEROSITY.

**Because of YOU**

**92** FAMILIES RECEIVED  
HOLIDAY MEALS,  
PRESENTS & GIFT CARDS

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**180** VOLUNTEER  
HOURS  
COMPLETED

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**1,000 +**

**DIAPERS, WIPES, AND CLOTHING  
OVERFILLED THE BOUTIQUE**

# GENEROSITY REPORT

**"I've always said I was for life. Now I need to DO something!"**

**Words fail to capture the impact YOU made in our clients' lives this past year.** When faced with great adversity and challenge, you were hope and inspiration. Your actions and prayers let clients know they were not alone.

Significant funding was cut, and your generosity ensured that clients continued receiving the wrap-around care they needed. Your generosity guaranteed we did not have to tap into our reserves.

Because of you, we step into the funding challenges of 2024 with a firm foundation.

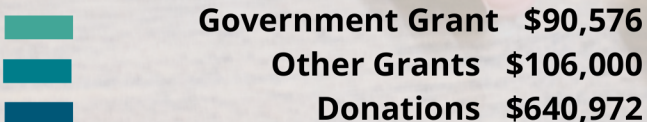
**THANK YOU for supporting the women, men, and families we serve with your steadfast, unwavering love.**

Together, we are better.

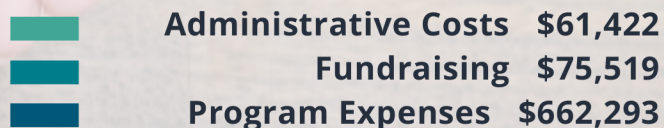
With a grateful heart,

**Becky Hanel**  
Development Director

## GENEROSITY RECEIVED



## GENEROSITY DISPERSED







MY EXPERIENCE  
AT PREGNANCY  
CHOICES WAS  
LIFE CHANGING.

-SHANQUITA,  
ASHLEY ROSE AWARD

## ASHLEY ROSE AWARD

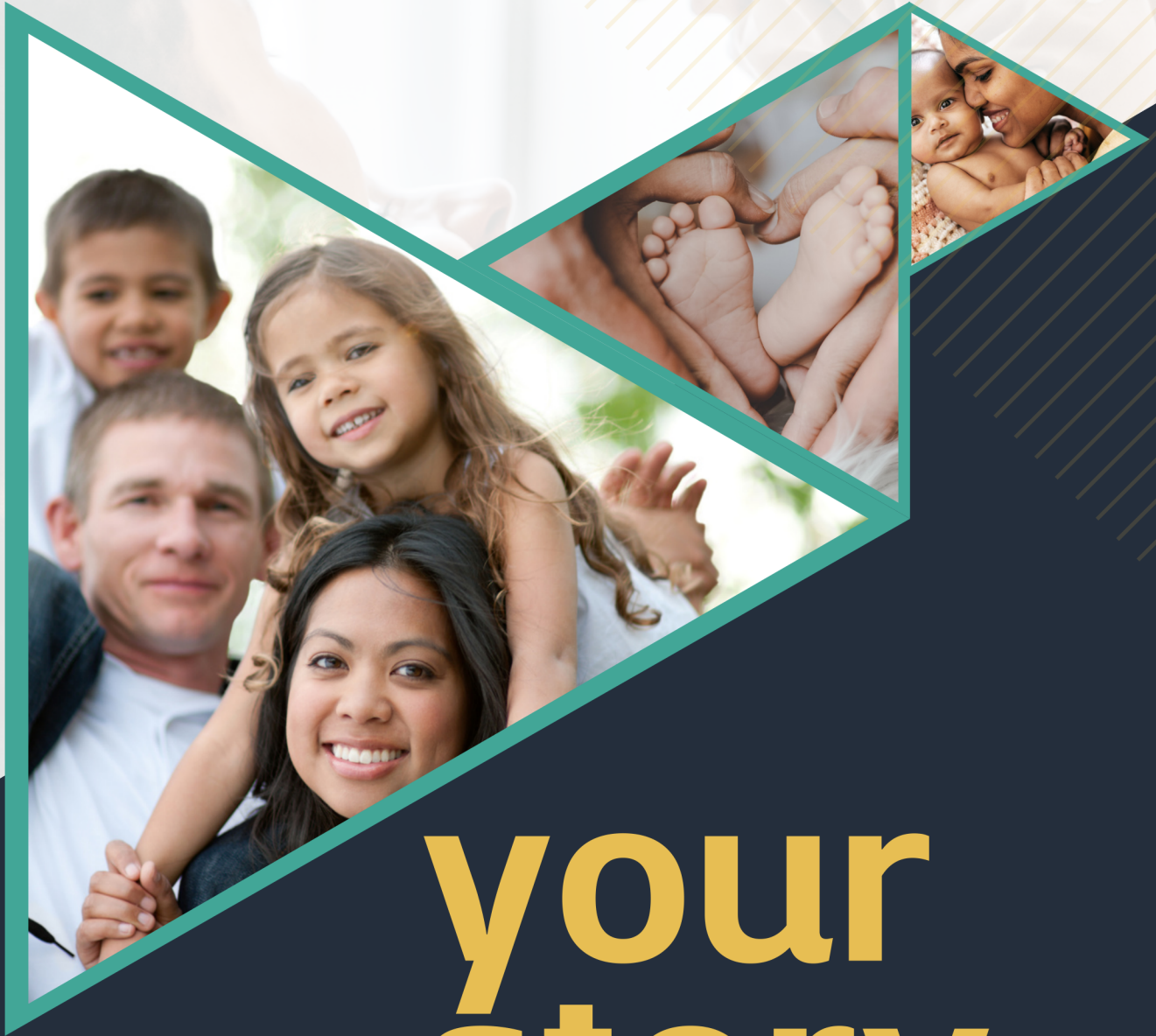
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When Shanquita suspected she was pregnant, she felt so much shame and embarrassment. She truly felt she was on her own and wasn't sure what to do.

*"I knew I needed someone to talk to. I needed something I knew I couldn't get from family, friends, or the father of my unborn child. I learned a lot about myself in my life coaching sessions and burdens were lifted. I didn't feel so stressed, and I could think straight. My experience at Pregnancy Choices was life changing."*

Shanquita faced a pregnancy decision that was both challenging and complex, and dug deep within to choose life for her child. She embodies the courage and resiliency celebrated each year with the Ashley Rose Award.

Partners *in the* MISSION



**your  
story  
matters**



Pregnancy CHOICES