



Pregnancy CHOICES

A New Path For Us



LYNESHA CARON
EXECUTIVE DIRECTOR

Jayne was 19, uncertain and anxious about her pregnancy. She came to us with her mom and met with one of our life coaches. She knew that she wanted to go to college and wasn't sure how everything could all work out. A week later when her life coach checked in with her, Jayme's anxiety had escalated and she was paralyzed with indecision.

What if Jayme had been offered support **proactively** so that she never had to face an unexpected pregnancy or an abortion decision? **What if Pregnancy Choices could provide this support, expanding on our mission for ALL lives?**

Many of our clients, like Jayme, experience relational poverty (a lack of healthy relationships) and hunger for more. This common theme prompted us to began offering *REAL Essentials*, a healthy relationship skills training program.

We ALL need healthy relationships to thrive.


The impact this skills training is making in our clients' lives compels us to expand this offering; to reach out into the community to provide this support.

The Lakeville Alternative Learning School has 12 students, all of whom are pursuing their high school diplomas. Most of these students have come from difficult home situations and need a different learning model. When Pregnancy Choices offered the *REAL Essentials* healthy relationship curriculum, the administration was quick to respond. "Every one of our students will benefit."

In January, the first *REAL Me* healthy relationship training was offered as

a health credit at the school. These students first discover who they are as they increase self-awareness, set healthy boundaries, and engage in a positive decision-making process. They will then explore taking their new understanding into other relationships in their lives.

To learn more, contact Lynesha: lynesha@mypregnancychoices.com or 952-997-2229.



Healthy Relationship Skills

The *REAL Me* program's goal is to equip young women and men with confidence, belief in self, and an understanding of healthy relationships that will support them in positive life decisions moving forward.

"I'd never heard anyone explain everything that happens at Pregnancy Choices. Now that I know, I have to support the work."

~Partner in the Mission, 1/2024



Did you know that Pregnancy Choices has **109 Partners for Life who give quarterly, monthly, and even weekly!** This recurring

funding provides a foundation that guarantees support for moms, dads, and families every day we are open!

Become a Partner for Life today! Call Becky at 612-812-9110 or scan this code.

Thank YOU!



The Highest Standard of Care

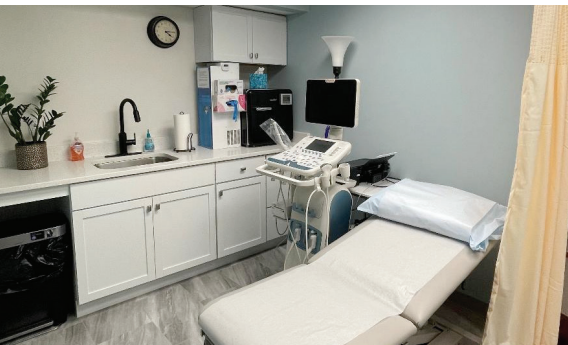
"We'd like to make sure you get a new ultrasound machine."

During a year of financial challenges, this call felt like holy provision considering our current, outdated machine. The Knights of Columbus' generosity and commitment to life have supported Pregnancy Choices since it began in 2006.

In 2024 Pregnancy Choices will be certified with AAAHC accreditation, the highest standard of medical care. The required ultrasound room updates were completed in January and the new machine should be in place by May 1st.

This is a dream realized.

Thank you to the Knights of Columbus! Thank you to ALL of our Partners, for your support. **YOU are the reason we can deliver the highest standards of medical care to our clients.**



Certified life coaching **IS NOT** giving advice, therapy, or judgment. **IT IS** a partnership, client-led, and asking powerful questions. Life coaching raises an individual's dignity and self-worth as they come to believe that they are the expert of their own life.

*"I was waiting for you to tell me what to do, but you never did."
~ So many of our clients*


Reversing A Downward Spiral

Enari was 7½ months pregnant when she came to Pregnancy Choices. Her overtime was cut and she couldn't keep up with her bills at her 40 hours/week pay. Then her car blew a tire and she missed three days of work and had to pay for repairs.

Her downward spiral was fast but it could all be reversed. Enari and her family were eligible for affordable housing if she could just figure out this critical financial crisis.

Thanks to many of our individual and community partners, Enari got the help she needed. She and her family are now living in their new home and welcomed her baby girl with joy instead of sadness. Not only is Enari able to live within her budget, she is saving money and making a new future for her family. All she needed was someone to walk alongside her for just a little while.

"I don't know how I can express my appreciation to you. To give me your

LIFE Coaching 
Corner
Certified life coaching is a client-led, question-based approach that moves individuals toward their goals, while connecting them with their values.



ears, your time and all the energy to keep a roof over our heads. The work you do is not only helping but is life changing for me and my family as well in our community. Thank you. Thank you to you and all the people who organized to help me.

I hope one day me or my babies will make a difference in someone's life as you did in ours."

~Enari, Pregnancy Choices client

UPCOMING EVENTS



Coffee & Conversation, 10–11:30am
Wine & Cheese, 5–6:30pm



Thursday, April 18 at the Center
Come to meet our team, tour our facility, and learn how you're making an impact!



A Day With The Saints, 2pm
Sunday, April 28 at CHS Field, St. Paul.



A Celebration of Motherhood Spring Luncheon, 11:30am–2pm
Saturday, May 4 at Brackett's Crossing, Lakeville. Brunch, Speaker, Silent Auction



Grillin' for Good Fathers
June 11, 5pm at the Center



To register scan this code or call Becky at 612-812-9110.

We Celebrate, We Honor, We Remember

We are grateful for the generosity that our *Partners in the Mission* share to celebrate, honor, and remember these lives and their impact in the world.

Barbara Scholl, Karol & Richard Morton, Jill Earp, Ted Biver, Emily Buser, and Dee Ricci

ELIMINATE PRINT: Email beckyhanel@mypregnancychoices.com and put E-Newsletter in the subject line to get this newsletter by email only.