



# Pregnancy CHOICES

## One Day At The Center

**THIS is why we are here.  
THIS is why we must  
continue to be here.**

Last Tuesday five women came in for pregnancy tests. Each had a unique story and none of them were simple.

1. Married for six years and at peace with believing they could not have biological children; this woman was unexpectedly pregnant and didn't know how to feel. When her life coach validated her emotions and assured her that was okay, she responded, "So you don't think I'm broken?"
2. The 16-year-old cried when she received the positive test result. She "would feel so bad" if she aborted the baby. Would "keeping it motivate me to do more and be stronger?" An upcoming ultrasound appointment will be another chance to wrap support around her.
3. In a committed relationship and wanting lots of kids, both partners were very excited to be pregnant. When the ultrasound did not show

the pregnancy as it should be, they left for the emergency room with heavy hearts.

4. A couple determined to have an abortion and uninterested in a conversation about ALL of their choices came for an ultrasound to learn how far along her pregnancy was. The couple thanked their life coach for the kind, compassionate care they received and left. They were cared for and a seed was planted.
5. A positive pregnancy test but too early for an ultrasound, this woman made an appointment to come back in two weeks to determine how her pregnancy was progressing. There would be another opportunity for conversation.

That same day there were **11** other appointments with clients who have chosen to parent. Each came to Pregnancy Choices for support to bring another child into their family.

**THANK YOU** for being partners and making this life changing support possible!



**LYNESHA CARON**  
EXECUTIVE DIRECTOR

**1** Day

**5** Pregnancy Decision Points

**& 11** Families Supported

## Partners *for* Life

Ongoing, monthly giving **provides sustainability and ensures we are always here** to support women and men at their pregnancy decision point.



**To become a Partner for Life:** scan this code, call Becky at 612-812-9110, or email her at [development@mypregnancychoices.com](mailto:development@mypregnancychoices.com)

**Thank You For Giving Monthly!**

*We believe in the gift of life and so we must support those who need help when choosing life. Pregnancy Choices provides that support, especially life coaching. We financially support them every month because we want to partner in this work and make sure women and men have this opportunity all year long.*

~ Carrie & Tim Cleary, Partners for Life since 2015

# the REAL me

 a relationship discovery series

## Necessary, Proactive Support



**MARTHA HUBBELL**  
EDUCATION OUTREACH MANAGER

A favor to my mom led to a calling at Pregnancy Choices that extends far beyond myself. In the past year, as Education Outreach Manager, I've seen many clients missing healthy relationship role models.

These women and men want to be the best parent they can be, but haven't seen this modeled. Pregnancy Choices recognized the necessity of responding **proactively** to this need.

**The REAL me** relationship education and skill-building program creates awareness around decisions made based on outside influences and pressures, explores every person's inherent worth and potential, and equips participants with relationship skills to make healthy decisions.

In just one year *the REAL me* program has supported **3** clients on-site and **270** young people in **6** different community locations. And there is so much more to be done!

**We must expand our services in support of our mission so there is impact BEFORE a life-changing decision must be made.**

**THANK YOU** for supporting all LIFE stages and walking with our young people. YOU make it possible to equip them with the strong foundations they need to make healthy life decisions.

**You shouldn't let your happiness depend on anyone else. You should be responsible for your own happiness.**

~ A the REAL me client, 18 years old

## Your Prayers Can Change Lives



One of the most impactful ways you can support our clients is with prayer. Scan this code to **join our Prayer Warriors** and receive specific client intentions or contact [beckyhanel@mypregnancychoices.com](mailto:beckyhanel@mypregnancychoices.com). **Thank you so much for covering our clients in prayer.**

## SEEING IS BELIEVING

\*Emma, 17 years old, checked the box for abortion on her intake form. She hadn't told anyone about her pregnancy, felt alone, and spoke about how her strong Christian parents would be so upset if she went through with an abortion.

At 16 weeks, her ultrasound showed so much of her baby; it changed everything for her. She said, "I can't kill this baby."

On June 26, **Archbishop Hebda led a blessing ceremony** at Pregnancy Choices that recognized the Knights of Columbus' generosity in funding our new, state-of-the-art ultrasound machine and its significance in our continued work for life.

**We celebrated** God's provision and the people who made this possible. Most importantly, we celebrate the lives that will come to be because of this technology – just like \*Emma's baby.

\*Not her real name



## UPCOMING EVENTS



**Coffee & Conversation**, 10–11am  
Thursday, July 18 at the Center. Come to meet our team and tour our facility.



**Family Fun Day**, 5–6:30pm, Thursday,  
July 18 at the Center. Music, hotdogs, children's activities, raffle, and center tours.



**August**, National Make A Will month.



**Galas**, September 22 – October 5 at various locations. Details coming soon.



**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.

**Geraldine Bartek, Dorothy Dirtzu, Papa Duane, Barry Gostchock, Connie Havrilla, Nick Knight, Lisa Meine, Lucille Olinger, Julie Orth, Betty Porter, Maryann Sexton, Tom Trepanier, Stella Walek, Lee Yanta, Our Parents, who were strong advocates for life.**

## LIFE Coaching



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

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.