



Pregnancy CHOICES

Taking Care of Families

"I've supported Pregnancy Choices for years and had no idea about the comprehensive support offered to the women and men who go there. It is so much more than a pregnancy decision. It's taking care of families in need."

~Mission Partner for Life since 2012

I heard this from many of our Mission Partners at our Gala Gatherings celebrated this fall.

Whether it is financial giving, volunteering, or spreading awareness, every effort counts in this mission. It can make the difference between life and death.

From *Tom* who wanted to be a better dad, to *Savannah* who didn't think she could have a baby at 16,

comprehensive care that addresses emotional and practical needs is vital.

The women and men served are given the time and space to consider parenting, adoption, and abortion. Their visits have life-changing implications and outcomes. **This is only possible because of YOU.**

Our record 800+ women and men served this year, is not enough. Dakota County continues to be the third highest for abortion, AND abortion is now accessible throughout the entire pregnancy. **We MUST reach more women and men at their decision point.**

Thank you for being a partner in this mission, and for creating a community where life-affirming choices are both available and fully supported.



LYNESHA CARON
EXECUTIVE DIRECTOR

55% CALL TO ACTION

of our clients want to have their baby, but many are in dire need of support. They need holistic care to navigate their pregnancy without feeling alone or overwhelmed and slipping into an abortion decision. Offering practical support like food assistance and parenting education can change lives.

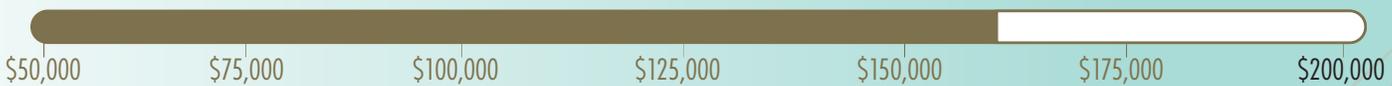
Gala Gatherings Goal: \$200,000 GIVE TODAY



mypregnancychoices.com/gala2024

YOU CAN HELP US REACH OUR GOAL - GIVE TODAY!

GOAL!



Supporting Young Mothers: Journeys of Hope

One scared and uncertain teenager saw her baby on ultrasound and decided against abortion. Through life coaching she found the courage to tell her parents, discovered her own mother's support, and joined our BAM (Baby & Me) program.

Another pregnant teenager arrived for her first BAM appointment with her mother, a former client, who came to support her daughter.

The two teenagers shared fears of isolation and judgment and instantly

bonded when we they met in a prenatal class. Their fears turned into excitement as they prepared for motherhood in their BAM sessions.

Our Mission Partners hosted a baby shower for them that was filled with love, community, and generosity. They received essential gifts in celebration and support and their confidence as new mothers grew.

These two kind-hearted young women touched everyone they met.



Their gratitude and hope, despite uncertainty, inspired all of us.

This support was possible because of YOU, our partners. You provided the space and support both women needed – **you made sure they had community.** THANK YOU for walking alongside them.

Minnesota Abortion Facts

33%

increase in Minnesota abortions since July 1, 2022.*

61%

of Minnesota abortions are medically prescribed (abortion pills), not including mailed pills with no medical oversight.**

3rd

highest abortion rate in Minnesota continues to be in Dakota County.*

*MN Abortion Data, **lozierinstitute.org



R.E.A.C.H. for More: Expanding Our Impact Together

MARTHA HUBBELL
EDUCATION OUTREACH MANAGER

Students avoided our Pregnancy Choices banner at a recent high school event we attended to promote *the REAL me*, our relationship education program.

Educators told us, "Your material is excellent, but the name may be a barrier." So, to better serve our young adult community, we are rebranding our relationship education program as *R.E.A.C.H.* (*Relationship Education And Community Hub*).

This is not just a name change; it's a commitment to reach more young people and equip them with skills essential to building healthy relationships and growing self-awareness.

Last year, over 270 young people were impacted with *the REAL me* program. *And there is potential to impact even more lives.*

"This is a great way to open up the conversation for topics that kids don't want to bring up."

~ High School Teacher

Our R.E.A.C.H. initiative aims to be a trusted community resource that promotes healthy relationships and proactive decision-making before life-changing choices arise.

In a time when abortion access is increasing in Minnesota, the need for this evidence-based curriculum is more urgent than ever.

Your support can help us expand our reach to provide more young people with the opportunity to learn and grow in a safe and supportive environment. **Together, we can create lasting change in our community.**

Pregnancy Choices continues to REACH for more for our young people – THANK YOU for making this possible!



Thank You For Your Support!

All of us at Pregnancy Choices wish you and yours a Happy Thanksgiving.

Make a Difference!



Provide Essentials Through Our Amazon Wishlist

Scan and save this code to buy a family the needed essentials on our *Amazon Wishlist*. Every item goes directly to the families we serve. We regularly update the list based on changing needs. Thank you for making wishes come true!

Share Your Time & Expertise! We Have These Volunteer Needs:

Spanish Translator for translation of written materials from English to Spanish. Contact Vicky for more information: vickyguerre-ro@mypregnancychoices.com

Last Minute Elves willing to shop for a family in need during the last week of Christmas.

Church Liaison between Pregnancy Choices and our church partners; share communications, information, etc.

Contact Becky for more information: bekyhanel@mypregnancychoices.com or call 612-812-9110.

Every Dollar Saved Is A Dollar That Supports Life!

Maximize Your Impact – Avoid Credit Card Fees With Your Giving
By making your recurring or one-time donation via an ACH bank transfer your dollars have greater impact. An ACH transfer eliminates credit card processing fees so your entire donation directly supports the mission.

Contact Becky for more information: bekyhanel@mypregnancychoices.com or call 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.

Beckham, Evelyn Bittner, Ted Biver, Mary Blair, Walter Blendermann, Parents of Deb Cretzmeyer, Harold & Joyce Englin, Paul Felsheim, John Foley, LuVerne Haberkorn, Ed & Marilyn Hessler, Megan K, Gregory Kayser, Family members of Catherine Olinger, Tom Pushcar, Mary & John Regan, Barbara Scholl, Luke Spehar, Ann VanVickle, Eileen Wagner, Dorothy Wanner, and George Wolney

To get this newsletter by email only, please email bekyhanel@mypregnancychoices.com and put E-Newsletter in the subject line.