



Pregnancy CHOICES

It's Hope That Leads to Life

"I alone cannot change the world, but I can cast a stone across the waters to create many ripples." Mother Theresa

In moments of fear and uncertainty, hope is what opens the door.

At Pregnancy Choices, we meet women right where they are – in the middle of their hardest questions, biggest fears, and most vulnerable moments. These recent client stories reflect the power of compassionate care, clear information, and unwavering support. They remind us that **when hope is offered, life can flourish.**

Marguerite* was overwhelmed by her circumstances when she called us and thought abortion was her only choice. Our Spanish-speaking life coach gently explained that while Pregnancy Choices does not perform or refer for abortions, we could offer her a free ultrasound and the space to explore all of her options. Marguerite agreed to come in the next day.

As her story unfolded, it became clear that abortion went against her beliefs but her lack of insurance, being new to the country, and raising two other children left her feeling cornered. She simply didn't know help existed.



When the ultrasound showed Marguerite's baby growing as expected, she reflected with her coach, ***"The whole experience was really helpful. I got so many questions answered."***

With some new clarity and knowledge about available resources, including health

insurance for pregnant women, Marguerite's panic began to lift. She felt encouraged and empowered, "I thought I would leave with more sadness because I'd have to have an abortion. But now ***I see a way to do this, and I didn't have to choose abortion.***"

A week later, she had applied for health insurance and connected with a local pregnancy center for ongoing support. What began as a desperate phone call turned into a new path forward, all because of our offer of hope.

Gemma* had been part of our *Baby & Me 2* program for two years, building relationships and receiving support for her and her baby. Late one Friday night, she sent Julie, her life coach, an urgent email that was filled with fear.

Gemma's upstairs neighbor had become threatening, and she no longer felt safe in her own home. A recording she sent made it heartbreakingly clear: she and her baby were vulnerable and needed help.



JULIE JOHNSON
CERTIFIED LIFE COACH

Pregnancy Choices quickly responded. Over the next few days, Julie and Whitney, our Community Resource Manager, created a safety plan. Gemma's landlord was contacted and offered her a place in a different building. That one phone call from Whitney sparked something powerful in Gemma – hope.

Then, a trusted volunteer's Bible study group was mobilized. They came alongside Gemma, helping her pack, move, and settle into her new apartment. This was more than just physical help, it was the reassurance that she wasn't alone.

Gemma and her baby are now safe, supported, and surrounded by community. Hope arrived through the open hands and hearts of so many.

**Client names changed*

Two women. Two unique stories. One need that was the same: hope. At Pregnancy Choices, hope is the thread that runs through every conversation, every resource, every step forward. It's what allows a woman to take a deep breath, see new possibilities, and move from fear to flourishing. Hope was the common solution. Hope made choosing life not only possible, but sustainable.

Partners *for* Life

WE ARE SEEING A GROWING NEED FOR HOPE

As of June 1, we've served 10% more women and men than last year. With that growth comes a growing need.

Every day, more women and men walk through our doors looking for hope, support, and guidance.

Our holistic approach, combining certified life coaching with material resources and community referrals, is

transforming lives. It's helping clients not only choose life but build life.

As more lives are being reached, the resources needed to serve them well are stretching thin. We have a funding gap and are only halfway through the year.

We cannot do this alone. **YOU** offer **HOPE** to every parent by providing the support they need. Together we can make life possible and bring hope to every family.

\$67
Month

Ultrasound – one mom/dad "see" their baby

\$32
Month

Diapers, wipes, & baby clothes

\$14
Month

Pregnancy test & conversation about *ALL* options



390
Individual
Clients



944
Client
Visits



112
Ultrasound
Scans



139
Babies
Born



46% of women coming for a pregnancy test are considering abortion.



Join us today as a Partner for Life to give monthly for greater impact.



Share a one-time gift today to help close our current funding gap.

Because a Fresh Diaper Can Feel Like a Fresh Start

We Need Diapers

With a substantial state grant discontinued, we are relying on generous hearts like yours to help us meet one of our client's most basic (and urgent) needs: **diapers**.

When you (and your family, your book club, or your church friends) sponsor a monthly diaper drive, you're relieving a financial burden for parents and sending a clear message: **You're not alone.**

Your Support Changes More than Diapers! To learn more, contact: julie@mypregnancychoices.com

MAKE-A-WILL IN AUGUST

Your Legacy Can Make Life Possible

August is National Make-A-Will Month. It's the perfect time to consider how your values can live on through tax-smart, intentional giving.



Include Us in Your Will or Trust: A simple bequest ensures your commitment to life continues for generations, no matter your gift's size.

Make a Qualified Charitable Distribution (QCD): At 70½ or older, giving directly from your IRA can satisfy your required minimum distribution and reduce taxable income.

Donate Appreciated Stock: Skip capital gains tax and allow your investment to go further in helping families.

Recommend a Grant from Your Donor-Advised Fund (DAF): Quick, convenient, and impactful – DAFs are an excellent tool for supporting causes close to your heart.

Want to learn more? We'd love to talk. Reach out to Becky at development@mypregnancychoices.com

UPCOMING EVENTS



A Walk in Their Shoes

Monday, June 30, 6:30-7:30pm, Pregnancy Choices LifeCare Center. Register today.



A Day With The Saints

Sunday, July 27, 2:07pm at CHS Field, St. Paul. Register today.



August is National *Make A Will* month.



Galas, Sept 21 – Oct 2 at various locations. Details soon.

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.

Paul Decker, Jeri Bartek, Baby Dahlia, Terry & Nancy McCall, Dennis Peterson, Jeanne Bauer, Jim Zimmer, Fran Fignar, Kenneth Offord, Sonja Anderson, Lorna Smith, Patty Pink