

PREGNANCY CHOICES
NEWSLETTER

Where Stories Live and Change Happens



Good Father Support

Building a Future They Never Imagined

FERDINAND UY, *Fatherhood Coach*



Referred by other clients after moving from Africa, Amari*, a first-time father, began the Fatherhood Program not knowing how much he needed it. Through coaching, he clarified his values and, for the first time, envisioned the kind of father and family he wanted to become.

Amari and his wife built a shared “family floor plan,” choosing what to carry forward and what to leave behind. Today, with their first baby and a stable job, they are intentionally creating a home centered on connection and belonging, something he didn't experience growing up.

Because of you, fathers discover support they didn't know they needed, and families begin to have futures they never imagined.

**Name changed for client confidentiality*

YES to Fatherhood

LUKE SPEHAR, *Fatherhood Program Manager*



Ten years ago, Luke Spehar walked through the doors of Pregnancy Choices and asked one simple question: “**How can I help?**” That question sparked the Good Father Program.

What began in 2016 with a single graduate has grown into over 900 hours of certified life coaching, 112 men graduating from the eight-session *Good Father Program* from Pregnancy Choices alone, and countless families transformed by fathers embracing their pivotal role.

Seeing this impact inspired a bigger vision: taking this support beyond our walls. Today, we celebrate with Luke the launch of **Always Intentional Man (AIM)** as its own non-profit, committed to supporting as many fathers as possible.

Thank you, Luke, for faithfully answering a call that has grown far beyond its beginnings here. We look forward to partnering with AIM. For more information about AIM, visit their website: www.aimprograms.org.



LYNESHA CARON, *Executive Director*

For 20 years, we've said **YES** to walking alongside women, men, and families so no one faces an unexpected pregnancy or relational poverty alone.

We've grown and adapted as families' challenges became more complex. What began as a **simple YES** has become a comprehensive approach that surrounds families and walks with them toward stability and hope.

Today, our YES shows up in our five cornerstones which work together so families don't just get by, but grow stronger.

Twenty years ago, we said YES. **Today, we're still saying YES** – to mothers, fathers, families, and futures.

Watch your inbox for a new story of YES each month. Because one YES can change everything, and **your YES** is what makes every one of these stories possible.

Save the Date

**20 YEARS OF YES
Anniversary Gala**

OCTOBER 1, 2026

See our [2025 Impact Report](#), because of YOUR YES lives were changed: donors.mypregnancychoices.com/donor-updates/

Meet the New Faces Helping Families Say YES

We are blessed to have a full team in place and serve more families than ever, offering the care and resources needed to thrive

Thanks to your support, we now offer ultrasound Monday–Friday and have a Fatherhood Coach available during all open hours.



KATIE, *Administrative Assistant*, "I am excited to work here because I love to serve and I stand with this mission".



BRENDAN, *Life Coach*, "I am excited to walk with men as they articulate their own thoughts, beliefs, and values to become the person they want to be."



MARIANA, *Bilingual Life Coach*, "This gives me the opportunity to truly make a difference and provide support to women and families in ways they cannot easily access elsewhere."



JACOB, *Life Coach*, "Empowering families through life-coaching is an exciting mission I am grateful to advance with Pregnancy Choices."



HEIDI, *Nurse Sonographer*, "I had been hoping to work in pro-life nursing for many years, and am excited to be hired at Pregnancy Choices!"



Hope That Shows Up At The Door

VICKY GUERRERO,
Bilingual Life Coach

In December, things changed. Fear quietly settled into the lives of many of the Spanish-speaking moms I serve, and suddenly our waiting room felt empty.

Women who had been faithfully coming for support were afraid to leave their homes, even those who are documented, pursuing citizenship, or U.S. citizens themselves. The risk of being separated from their children felt too great.

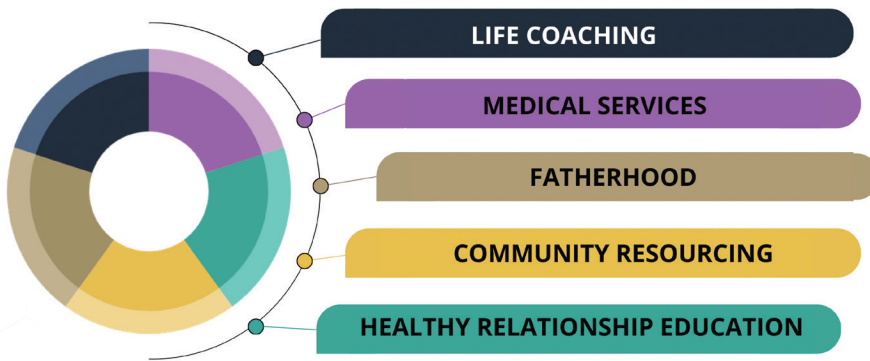
We adapted. We met online and mailed diapers, wipes, and baby clothes. When food became urgent, we sent groceries straight to their doors. We reminded them: **you are not forgotten.**

Fourteen women joined our first online Latina Moms Group which is the largest moms group we've ever had. For one hour, they shared honestly. Three themes echoed: faith that carried them, resilience they didn't know they had, and hope that refused to disappear.

One mom said that hour reminded her she wasn't alone. **These are the lives in front of us, and caring for them is where hope lives.**

One Mission - Five Cornerstones of Care

Our circle-shaped logo represents wraparound care and the belief that no one walks alone—reflecting our commitment to walk with women and men through unexpected pregnancy and relational poverty. The layered design symbolizes the ripple effect of new possibilities and transformation that comes through our programs, while the five colors represent our cornerstones working together to create sustainable change for families.



KEEP GETTING OUR NEWS!

To save costs we are moving to an all electronic newsletter. To keep getting our news, contact development@mypregnancychoices.com if you:

- Do not already receive our digital communications, or
- Need to continue to receive a hard copy of our newsletter.

We Celebrate, We Honor, We Remember

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

All aborted babies, Dennis Anderson, Jeri Bartek, Katie, John & Mary Bocek, Marcie Bordelon, Joe Boyd, Autumn Crevoiserat, John Dvorak, Patricia Ekrem, Dolores & Paul Felsheim, Nancy Finnegan, Jim Flynn, Mikee Froats, Joy Gostchock, Marlys Johnson, Gregory Kayser, Louis Lintereur, Whitney & Bev Mayer, Richard Morton, Perry Muelken, Neale, Addie Nash, Dennis Peterson, Fr. Bobby Pish, Peter Regan, Emily Rose, Barb Scholl, Thomas Trepanier, Mary Venditte, Phyllis Wermus, Ann & Alan Yetzer

UPCOMING EVENTS



A Walk In Their Shoes

Wed., April 8, 5:30–6:30pm
at Pregnancy Choices.



World's Largest Diaper Drive

Fri., May 1, 8am–5pm
at Pregnancy Choices.



Motherhood Brunch

Sat, May 2, 9:30–11:30am
Brackett's Crossing, Lakeville.