

FINDING HER WAY

Maya was just beginning to feel settled. She had recently moved to Minnesota with her six children and was working as a school bus driver. She was building a new life, finding her way in a new place, and beginning to believe that things were settling down.

Then she missed her period.

Suddenly, everything felt uncertain again.

She needed to know if she was pregnant, so she turned to the one place she knew to look for answers. She Googled, “Where can I find out if I am pregnant?” That search led her to Pregnancy Choices, where she called and was able to get an appointment that same day.

When Maya walked through the doors, she was confused, scared, and overwhelmed. She was not ready for another child, and the possibility of another pregnancy left her in shock. Then she heard the words: the test was positive. She had no idea what to do.

She had little support, no clear plan, and no idea what the next step should be. “I felt like I was in the middle of nowhere.”

But she wasn't.

At her first coaching appointment, Becky, her coach, gave her something she desperately needed: someone who would listen. She didn't tell her what decision to make, but helped Maya slow down, ask questions, and work through the fear and confusion.

Together, they began to see possibilities she hadn't been able to see before. And slowly, something changed. Maya began to believe in herself and believe that maybe she could do this.

Today, she is the mother of a five-month-old baby. And every time she looks at her child, she thinks of Becky. **“She would not be here if it were not for her.”**

But the story didn't end with the birth of her baby.

Maya continued in the Pregnancy Choices coaching program, and along the way, she discovered that she was growing, too. She became a stronger mother, gained a deeper understanding of her children's needs, and discovered new ways to provide for them. After her coaching sessions, she says she comes home feeling lighter. She is learning to communicate more deeply with her children and, perhaps most importantly, learning to believe in herself not only as a mother, but as a woman who can face difficult circumstances and keep moving forward.

Pregnancy Choices didn't simply help Maya through an unexpected pregnancy. It helped her see a future she couldn't see when she first walked through the door.

Now, she has a message for the Pregnancy Choices community: “You are saving lives. Not only the lives of the babies, but the lives of the mothers, too.”

Because sometimes saving a life means more than changing an outcome. Sometimes it means sitting beside a mother when she feels completely alone, asking the right questions until she can see possibilities again, and reminding her that she is stronger than she thinks.

And sometimes, it means helping a mother who feels like she is in the middle of nowhere find her way forward.



Name and photo changed to protect client's privacy.