

THE NOTE SHE STILL KEEPS

She didn't make a phone call. She sent a text. For a scared sixteen-year-old girl facing an unexpected pregnancy, sending a message felt safer than saying the words out loud.

Mue found Pregnancy Choices online and read the reviews. She was looking for a place where she could ask questions, find answers, and feel safe. She even chose a location farther from home because she was afraid and didn't know what to do.

When she arrived, Mue walked in alone. She came looking for confirmation of her pregnancy and guidance on what steps to take next. What she found was something she didn't expect. She found people who listened. She found kindness. She found a safe place where she never felt judged.

Her coach walked beside her through the uncertainty. She talked with her about her options, answered her questions, shared resources, and helped her prepare for motherhood one step at a time.

At first, she felt overwhelmed. She was young, and she had no idea what the future would look like. But with every conversation, Mue gained confidence. She began to believe she could do this.

When a small group from Pregnancy Choices hosted a baby shower for her, Mue wasn't sure what to expect. She was gifted a crib, baby supplies, and baby items she didn't even know she needed. The gifts weren't the thing she remembers most. It was the handwritten notes that reminded her that people believed in her, that she mattered and that she wasn't walking this journey by herself. To this day, she has saved every card.

Today, Mue is raising her son, working hard, and pursuing her dream of entering the medical field. She knows she would not be where she is today without the support she received from Pregnancy Choices and her coach.

She came to Pregnancy Choices scared and alone. She left knowing she was loved. Sometimes the greatest gift we can give someone is not just an answer.

It is the reminder that they never have to walk alone.

— Mue

