



PREGNANCY CHOICES
LIFECARE CENTER

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FOR IMMEDIATE RELEASE

Pregnancy Choices Celebrates 20 Years of Service and Launches “20 Years of YES” Vision for the Future

APPLE VALLEY, Minn. — Pregnancy Choices is celebrating 20 years of serving women, men, and families in the South Metro community while launching a bold new initiative, “**20 Years of YES**,” a vision focused on expanding support, education, and life-affirming resources for the next generation.

Since opening its doors in 2006, Pregnancy Choices has walked alongside thousands of individuals facing unexpected pregnancies, relational poverty, and challenging life circumstances. What began as a local response to community needs has grown into a comprehensive support organization providing defined medical services, certified life coaching, fatherhood programming, healthy relationship education, community resource connections, and practical assistance—all at no cost to clients.

“Twenty years ago, we said yes to meeting women and men where they were,” said Lynesha Caron, Executive Director of Pregnancy Choices. “Today, we celebrate the lives impacted, the families strengthened, and the community partnerships that made this work possible. As we look ahead, we are saying yes once again to innovation, growth, and reaching more people with hope than ever before.”

In 2025 alone, Pregnancy Choices served **739 individual clients**, provided more than **2,400 client visits**, and welcomed **331 babies born** to families connected through the organization’s programs and services.

The anniversary celebration comes during a milestone year for the organization. In 2025, Pregnancy Choices became only the second center in Minnesota to earn accreditation from the **Accreditation Association for Ambulatory Health Care (AAAHC)**, a nationally recognized symbol of quality, safety, and operational excellence in healthcare.

The organization’s new “20 Years of YES” vision recognizes that the needs of families continue to evolve. With more individuals seeking information and making pregnancy decisions earlier and online, Pregnancy Choices is expanding its reach through some exciting initiatives, increased healthy relationship education programming, and broader community engagement efforts.



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“Over the last decade our mission has been to uncover new possibilities and create sustainable change for families,” said Caron. “The next 20 years are about reaching people sooner, supporting them more effectively, and ensuring that no one has to face uncertainty alone.”

Pregnancy Choices partners with around **15 local agencies and 10 churches**, creating a wraparound support network that addresses housing instability, food security, employment, parenting resources, healthcare navigation, and other critical needs facing families in the community.

As part of the 20-year celebration, Pregnancy Choices will honor the volunteers, donors, community partners, staff members, and client families whose support has helped transform lives across Dakota County and beyond. The organization invites community members to join in shaping the next chapter of impact and hope.

About Pregnancy Choices

Pregnancy Choices partners with women and men experiencing an unexpected pregnancy or relational poverty, and through life coaching uncover new possibilities and sustainable change for families.

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