

SPRING 2019



I am so grateful and thankful for Pregnancy Choices. The Mommy lunches are a blessing. Being home with Josiah is wonderful but I need time to talk and just "be" with other moms. I love seeing Josiah grow and make friends at Pregnancy Choices. much love

# PARTNERS

IN THE

## mission

PregnancyCHOICES



# BECOMING AND BELONGING

by Becky Hanel

I had the great joy of sitting with a client last week and asking her about her plan for the upcoming birth of her son. This client had come to us looking for an abortion, but on this day talked about how she was no longer the same person as she had been on the day we met her. She told me that she was a different person because of Pregnancy Choices, and that she had no idea that this kind of place was out there.

I've thought about this conversation so much in the days since, because all we did was welcome her with open arms and walk with her as she began this part of her journey, a part that would continue to be very challenging. All we did was to let her know that she was not alone, and we would be alongside her. It resonated so much with me because I had recently heard a talk about the "epidemic of loneliness" in America.

*There is a growing consensus that loneliness-not obesity, heart disease or cancer-is the number one health crisis in America. When we talk about this loneliness, it is not isolation or being physically alone. We're talking about feeling disconnected, feeling as though we are not fully known, feeling as if the people around us are not really "with us." We can be surrounded by all sorts of people, and still feel a profound sense of loneliness.*

-Pastor Jeff Marian

("What You Need to Know About the Loneliness Epidemic," Shainna Ali, Ph.D., Psychology Today, 7/12/18)



At Pregnancy Choices, we believe that each person who comes through our door should know and feel that they belong. They are not alone in this part of their journey, and they can lean on us as they navigate their next steps forward. **YOU** allow us to do this. **YOU** make it possible for us to welcome them and create a place where they belong. **YOUR SUPPORT** provides an opportunity to choose life. **THANK YOU.**

## MEET OUR NEW STAFF

**Karen Savageau** has been married to her husband, Tim, for 34 years. Together, they have 3 boys, 2 married and one engaged. They will be grandparents for the first time in May. Karen taught music and art in private schools for over 25 years and worked as an administrative assistant for the past 10 years. When asked by an acquaintance, who is strongly committed to Pregnancy Choices' mission, to consider applying for a staff position, she felt called. She has longed for some time to work for an organization, like Pregnancy Choices, where her gifts and efforts would positively impact lives on a personal level. Karen truly believes that this job is a gift from God.



**Rodrigo Flores** has joined our Fatherhood Program as a Life Coach for our men. Rodrigo enjoys helping the men who come to the center recognize and meet their goals as fathers. He is originally from Los Angeles and has also lived in Texas and New Jersey. He and his family made Minnesota their home 4 years ago. Rodrigo has a B.A. in Sociology, a M.A. in Psychology, and has post-graduate courses and experience in family counseling. When Rodrigo is not at the center, he is spending time with his wife and three children. As a family, they enjoy spending time outdoors.



## DID YOU KNOW...

- We launched the *Discovery Series* this fall which provides topic-based conversation and education for parents, as we care for their children.
- The Lakers 4 Life, a pro-life club at Prior Lake High School, has been providing child enrichment for our new *Discovery Series*.
- Three volunteers stepped forward to support us with IT needs.
- We have become a partnering agency with Bridging, whose mission is to "furnish homes with hope".
- We have a handyman that comes when we call, to fix whatever is needed.
- Over 6500 pounds of food were distributed to 89 households with a collaboration with the Open Door Pantry.
- We now have a fatherhood coach in the center two days a week.

## CENTER NEEDS

- **Bridging Liaison-** We are looking for a volunteer willing to help coordinate our new partnership with Bridging Agency. Bridging provides home furnishings and hope for those in need. The time commitment is very minimal. Call the Center for more information.
- **Size 5 and 6 Diapers**
- **Volunteer Social Worker-** We are in need of a volunteer social worker able to provide support and information to our team and our clients.

## MOMS GROUP by Margaret Stutzman

*"Friendship is born at that moment when one person says to another: 'What! You too? I thought I was the only one'"*

-C.S. Lewis

Mutual trust and friendship has been the fruit of our twice-a-month Moms Group that started two and a half years ago. Moms Group began as a response to our client's needs for connection and community. We are very fortunate to have Maima Fant as our group facilitator. She is a clinical social worker and works as an assistant professor at St Scholastica. Her experience as a mother of two daughters helps her relate to the ups and downs of motherhood. The group is very diverse in age, culture and ethnicities with an average attendance in each group of about a dozen moms. Maima starts each group with a welcoming song for the children, and then she begins a group conversation on one of many parenting topics. We also have a wonderful team of volunteers that

bring lunch for our women and their children. Sharing a meal together further fosters community and fellowship. At one of the groups just before Christmas, one of our moms exclaimed, "I have been in this country 14 years and finally have a group that I feel comfortable with. Plus I met 2 people here from my country, Ecuador, and now we are friends!" Many of the women chimed in with similar gratitude. Moms Group has become a place of *becoming and belonging* for all.



**"We can't help everyone, but everyone can help someone."** -Ronald Reagan

This year, our Mission Partners gave with an incredible spirit of generosity, increasing our annual donations by 32%. This generosity allowed our team to help so many, in both big and small ways. Most importantly, these gifts allowed us to create a place of *Becoming and Belonging* for our clients, something often missing in their daily lives. Thank you for continuing to partner with us.

**Did you know Pregnancy Choices has a monthly giving program?  
Our Monthly Mission Partners play a vital role, allowing us to serve more effectively!**

Sign up to become a monthly mission partner or offer a one time gift at [donors.mypregnancychoices.com](https://donors.mypregnancychoices.com)

## 2019 CENTER GOALS

*"I did not know a place like this existed. I am a different person today than I was because of Pregnancy Choices."*

-Current Client (formerly considering abortion)

*In 2018, 159 babies were born through Pregnancy Choices, an increase of 59%.*

*"The benefits for children of a present father: 75% less likely to have a teen birth, 80% less likely to spend time in jail, half as likely to experience multiple depression symptoms."*

-National Fatherhood Initiative

*"This group has become very important to me."*

-Moms Group Member

*"We truly feel that the opportunity we've gotten to financially partner in the mission at Pregnancy Choices is one of God's greatest blessings in our lives."*

-Mission Partner since 2011

• **Increase our percentage of clients considering abortion to 50% through targeted digital marketing campaigns.**

• **Add a second full day of ultrasound, to serve the current need.**

• **Grow our Fatherhood Program by a 30% increase in clients.**

• **Offer Moms Group for our Spanish speaking clients.**

• **Increase the number of Monthly Mission Partners to serve our expanding client numbers and needs.**



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Nonprofit Org.  
US Postage PAID  
Twin Cities, MN  
Permit No. 30681

558

TOTAL CLIENTS

340

PREGNANCY TESTS

214

ULTRASOUNDS

159

BABIES BORN

*you're invited*  
for some

COFFEE & CONVERSATION

9:00 AM, April 17

Please RSVP to [info@mypregnancychoices.com](mailto:info@mypregnancychoices.com) by April 15

**PregnancyCHOICES**