

Your support helps so many young women from our community **choose life for their babies.**

Eriah (shown) made **29 visits** to our center learning about baby basics, breastfeeding, nutrition, budgeting and creating a more nurturing family. Along the way, she earned a car seat and other baby necessities.



Women's Care Center?
Helping women choose life!

103 E. 1st Street, Duluth, MN 55802
supportwomenscarecenter.org

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CARELINE

WOMEN'S CARE CENTER, 103 E. 1st Street, Duluth, MN 55802

SEPTEMBER 2016

"MY BABY HAS THE HICCUPS!"

Patricia saw her baby hiccup on the ultrasound screen and felt a tug on her heart. She cried and said, "How do I not feel that?"

Patricia wanted to be the first in her family to graduate high school. When she found out she was pregnant, she remembers thinking "my life is over." On the honor roll, Patricia was missing a lot of school with severe morning sickness.

She met with our counselor for over 3 hours saying, "I told her everything!" **Patricia chose life for her baby.** Our counselor helped Patricia get a prescription for anti-nausea medication so she could return to school. Patricia worked hard and graduated on time. She now loves being a mom and still plans to go to college.

YOU
helped us perform
165
life-saving ultrasounds
over the last year.



Patricia's baby

LOVING THROUGH CYBERSPACE

You may not realize that when women search the Internet for "abortion" or "free pregnancy testing," they find us. And behind the scenes via email, nurse Christa Brown counsels with the hundreds of pregnant women who find us this way. She also schedules pregnancy tests and ultrasounds. An unsung hero, Christa rarely meets her clients in person, but **her impact is utterly life-saving.**

Did you know?
1 in 6
women find us
online.

To the right is an email of gratitude from Fanny, a married mom who did not see how her family could afford a third child. However, after counseling and an ultrasound, Fanny found the confidence to choose life. Fanny reached back out to Christa a year later to say "thank you!"

On Jul 10, 2016, at 8:18 PM, Fanny Rivera Acuna wrote:

Dear counselor, I wish I had the right words to express my feelings in English since my native language is Spanish. Anyway, I really want to thank you so much for helping me out a year ago...

Today, I have my baby in my arms and I can feel how much love he has brought into my life. Even when financially talking this has been so tough, the blessing of having another child in my family is priceless.

I will never regret to have come to you in that time when I was so scared about being pregnant. You helped me so much with your words and showing me my baby in that ultrasound. Thomas is here and he is a happy, smart and easy going baby (he is handsome too 😊)

Thank you again
God bless all you.

Fanny's family enjoys baby Thomas



...and would you believe?

A college student Googled:
"Oh my God I think I'm pregnant what do I do?"

Women's Care Center came up at the **top of her search.**

She said, "After reading the great Google reviews, I felt comfortable to come in for help." Although originally planning on abortion, after counseling and three ultrasounds, the young woman chose to carry her baby to term.



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WHEN A DONOR THANKS US!

We received a very generous donation, and sent a note of thanks.

We never expected the note we received in reply:

“Don’t thank me, I THANK YOU!!!

When my daughter became pregnant she knew this was going to be hard on her mother and me because of our strong Christian faith, so she looked for a place to turn. I cannot tell you how grateful I am for your organization to be there in her time of need and the assistance you provided until she was able to confront us with the news.

We have taken this in God’s eyes and moved forward each day trying to do what we believe He would want us to with the **results being nothing short of amazing.**

Thanks to the early support of your organization and the continued support of her family and boyfriend’s family, my daughter has grown into a woman I never believed her to become.

As a cross-country truck driver I am not per se a rich man, but **consider myself far more blessed than I deserve** which is why this contribution is what I was able to save over the first three months of this year.”



SUMMER FUN – STRAW BALE GARDENING

If you live in an apartment or have a small yard and have despaired of finding enough space to grow even a tomato plant, “building” a garden with straw bales creates new possibilities. Looking for something different and more interactive, this summer we offered a class in straw bale gardening. Clients learned how to garden, the benefits of gardening, how to use a variety of herbs, how to harvest, cook, and clean vegetables, and how to eat healthy on a budget.

Class comments:

“I have an apartment, this gives me the opportunity to grow stuff at home!”



“This has been the best group class you’ve offered!”

“Can we do this next year?!”

“I love how hands-on this class was!”



SUCCESSFUL WOMEN’S RETREAT

Our 2nd Annual Women’s Retreat was held at **St. Mary Star of the Sea.**

Clients had a chance to relax and be pampered, but there was a serious purpose as well. Special thanks to Willie, from **Illusions Hair**, for giving free haircuts to all attendees. Thanks also to **Jennifer Woodall** (sister-in-law to our director) for donating JamBerry Nail Art.

We had great prizes and giveaways, provided lunch, and conducted a workshop about recognizing a healthy relationship and steps to building a better relationship.



Martha and baby “then”

REMEMBER MARTHA? THEN AND NOW

Her baby is now two and she works as a medical assistant. She says,

“Becoming a mother has caused many sleepless nights and dirty shirts, but **I wouldn’t change any decisions I made.** Most blessings are not planned or expected. As a mother, I now have motivation and goals. Pregnancy is very scary. I want young women to know that so much can come from growing up and having a child. Being a mother will not stop you from working or going to school, if anything it should encourage you more. I am 21 and I have a 2-year-old daughter, and **I couldn’t imagine my life being any different.**

Thank you for all you do for women!”