

# 2017 ANNUAL REPORT

LETHBRIDGE PREGNANCY CARE CENTRE



# A MESSAGE FROM THE EXECUTIVE DIRECTOR

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Executive Director

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*"I don't know that I can do this anymore - he's texting me every day, over and over, telling me to get an abortion." "What am I going to do, I can't have a baby! I have no job, I don't even have somewhere to live - I'm staying at the shelter." "My mom says that if I have my baby, she'll kick me out - what else can I do? I have to have an abortion."*

These are statements made by our clients - women feeling so stuck in their situation, just looking for a way out. Women who are under so much pressure that they see abortion as their only answer - being pressured by their partner, by their parents, and often by their circumstances.

Because of your faithful financial giving, these women can receive support and information from someone who is not pressuring her, but rather providing accurate information and encouragement on what her options are - all of her options.

As you page through this annual report, you will see numbers and statistics. There are reports on the things that have been going on over the past year. All of those are important, but can I encourage you to look for the stories? The stories of our clients' lives - that is the impact that you are making. When we look back on 2017, it's not just numbers - it's women. Women with lives and stories who were impacted by the Lethbridge Pregnancy Care Centre - impacted by you.

As a board, staff, and volunteers, we are looking forward to the future. We are excited for future partnerships with other community agencies, including the Lethbridge Correctional Centre. We are hopeful about possible expansion plans, and look forward to spreading the ministry of the LPCC across Southern Alberta. We are anticipating increased client numbers, both in options counseling and post-abortion support, spurred on by the availability of the abortion pill.

There is much work to be done and many hands are needed. For some, that will look like financial support. For others, it will be working on the front lines, walking alongside women and men in the decision-making process around their unplanned pregnancy and beyond. For yet others, it will be upholding in prayer the work of the Centre and the women.

Will you join us?

A handwritten signature in black ink that reads "Monica Loewen".

Monica Loewen, Executive Director

## MISSION

Offering compassionate support and education for women and men facing unplanned pregnancy, counsel for pregnancy related losses, and programs encouraging healthy sexual choices.

## CORE VALUES

### Christ - Centred



We acknowledge one God: Father, Son, and Holy Spirit. We seek to follow Jesus in his love for all people without discrimination or conditions. We hear his call to servanthood and to humility. We maintain our Christian identity while being sensitive to the diverse contexts in which we express that identity. (Matthew 22:36-39)

### Respect



We recognize that all people are equal before God, and hold infinite value in His eyes. We model this same unconditional love, creating an environment of safety for all, where each individual is valued and heard. We act in ways that respect the dignity, uniqueness and intrinsic worth of every person – the clients, the donors, our staff and their families, boards and volunteers. (Galatians 3:28)

### Integrity



We are professional and honest in our working relationships. We strive for equity and fairness in our decision making and in our treatment of one another. We honour our commitments. We hold ourselves accountable to the highest ethical and performance standards, seeking to show Christ to our community through our actions, as well as our words. (Matthew 5:16)

### Excellence



We seek to establish a work culture that promotes efficiency and effectiveness in all that we do. We continually seek to improve the skills and competence of our volunteers and staff and seek to create an environment that encourages optimal performance. We encourage the professional, personal, and spiritual development of our staff. (1 Peter 4:10-11)

### Stewardship & Accountability



We realize that everything we have here in the Centre has been donated in order to serve others. We strive to use these resources as wisely as possible, remembering that we are accountable not only to our donors, but to our Heavenly Father. We communicate openly, honestly, and accurately with our donors and supporters. (Luke 12:48b)

## INFORMATION & PEER COUNSELING



Thorough and accurate information about pregnancy, parenting, adoption, and abortion is available at the request of the client. Volunteers are trained to walk alongside clients facing an unplanned pregnancy and present this information. They journey with them and offer support as clients make their decision. They also continue caring for them as they work through the emotions surrounding their decision.

## PRACTICAL SUPPORTS



The clothing room (containing both baby and maternity clothes) is available to clients on a monthly basis. One-time emergency packages (which can include diapers, formula, bus passes, and grocery cards) are given to clients in extreme need. The LPCC also provides new mothers with layettes full of new baby items.

## BABY'S FIRST YEAR



The Baby's First Year class is a free, six-week course. It provides a comfortable and pressure free environment for clients to connect with others who are also learning to navigate the world of parenting. Through the duration of this course, clients gain practical advice and support. This program is designed to help them build confidence in their parenting skills.

## POST-ABORTION SUPPORT



Whether clients have made the decision to have an abortion recently or many years ago, this decision may leave them with unresolved feelings. Living in Color is a post abortion recovery program for women of all ages looking for hope and healing. This program can be offered as a group session or one-on-one.



## FREE PREGNANCY TESTS



Free, self-administered pregnancy tests are offered to any client who suspects they may be pregnant.

## ADOPTION REFERRALS & SUPPORT



Open or closed adoption referrals are provided based on the specific desires of the client.

## COMMUNITY RECOMMENDATIONS



There are many resources in the community available to meet the specific needs of clients. The LPCC often serves as a connection point to these services.

## COMMUNITY SEXUAL HEALTH EDUCATION



The two main ways the LPCC provides sexual health education are through speaking to youth groups and teaching parents how to talk to their children about sex.

# IMPACT

## CARLY'S CHANGE

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Carly\* was in a tough place. She was using hard street drugs and had purposely tried to overdose on Christmas Eve. Carly had already lost her five children to the guardianship of the government, and she had suspicions that she might be pregnant again.

The first time Carly came into the Centre, she was high. She talked with a counselor, took a free pregnancy test (which was positive), and later confirmed with a doctor that she was pregnant. Unfortunately, she lost her child to a miscarriage.

Awhile later, she came into the Centre again. She took another pregnancy test, and again it was positive. Upon hearing this news, Carly decided she had, had enough. She became determined to get clean. The Centre provided her with support and resources to help her through her battle with addiction. Due to her determination to keep and raise her child, she was successful. Because Carly was proactive in seeking out the supports she needed, she and her boyfriend are both now clean.

The resources at the Centre became a gateway to emotional support and friendship with a client advocate she trusted. Carly had her baby and is now actively working to get the rest of her children into her care.

## JADE'S RECOVERY

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Jade\* had, by her standards, a pretty great life. She was dating an amazing guy, she was secure in her Mormon faith, and she had surrounded herself with great friends. Then Jade's world met a big change – she found out she was pregnant. Deciding that abortion was not a decision that she wanted to make, she was left with two options: place her baby for adoption or decide to take up the challenge of parenting.

Deep down, Jade knew what she really wanted was to parent but she felt that nobody was on her side. Her parents were firm with their opinion that putting her baby up for adoption was the only right choice. They told her that if she decided to parent, she wouldn't be getting any help from them. Her friends sided with her parents, letting her know that they thought she was not ready to parent. Even her boyfriend said that if she decided to parent, he was not going to be involved.

Ultimately, she made the decision to place for adoption. After placing the child for adoption, she broke up with her boyfriend. Jade began drinking every weekend, and then almost every day. She started doing drugs, smoking pot all the time, and having sex with whomever she wanted. Her life was spiraling out of control. Jade began feeling worse and worse. She felt absolutely worthless. This girl, who ultimately wanted a family, was devastated that she couldn't find someone to share her life with. That is when her friend, Megan\*, who had been talking with a client advocate at the Centre about relationships, recommended that she stop in and talk to someone.

In her time at the Centre, Jade worked through a lot of the grief that came post-adoption. She knew that she was okay with her decision to place, but she had never done the work of healing. Now at the Centre, she was free to begin pursuing this healing journey.

After she completed the post-adoption program, she continued visiting the Centre regularly to talk with her client advocate about relationships. During this time, she learned how to truly value herself. Jade learned how to tell if a guy wanted her for who she was rather than what she looked like or could offer them. She learned how to build intimate, stable relationships without having sex. Jade is now recovered and independent. She is married to a great guy and has a child that she thinks the world of.

## SAMANTHA'S FORGIVENESS



Samantha\* found out she was pregnant and wanted to come to the Centre to talk about her options. At the university, however, everyone was discouraging her from making the visit. They told Samantha that the Centre wouldn't tell her all her choices and that she would just be told that abortion was the wrong decision for her to make.

Samantha was terrified of her dad and didn't feel as though she could turn to him for support either. He was angry and emotionally abusive. She knew how disappointed her mom would be, so she couldn't bear to tell her either. With nowhere else to turn, her boyfriend and his parents talked her into having an abortion.

After she had the abortion, she became angry, started drinking, and was very sexually active. She had tried many things to overcome her anger. She knew she was unhappy because of her abortion but people kept telling her that her anger was not related to her abortion. After seeking help from a variety of places, her university counselor referred her to the Centre. At the Centre, she was introduced to the Living in Color program. She came faithfully every week and was determined to finish the program.

At the end of her program, she felt truly forgiven and was overflowing with forgiveness for others as well. She was much less angry and used the coping mechanisms she learned in the program to help manage her emotions better. The transformation was astounding, and Samantha was grateful for this opportunity to begin her healing journey.

\*Name have been changed to protect the identities of our clients. The corresponding photos are stock images and not actual client photos.

### A COUPLE WORDS FROM OUR VOLUNTEERS

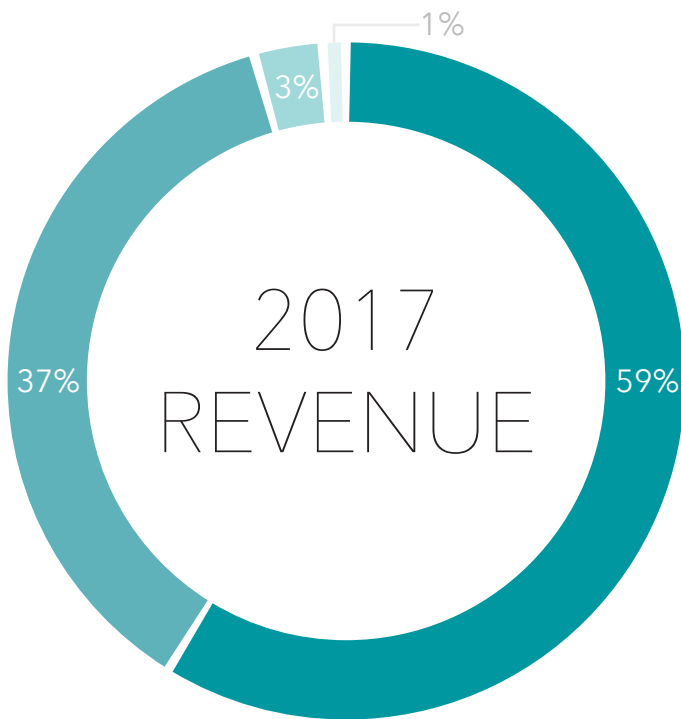
*"The moments I love the most are the moments when I'm able to tell a woman or girl that she's valuable. And that they - even for the slightest moment - believe it. It's amazing how many women say, 'Nobody's ever told me that.'"*

- Christine Light, Volunteer

*"Volunteering at the LPCC has given me new insights into caring for others. I have always been aware of how blessed my life is and how others have such difficulties in their lives. Being here gives me a chance to reach out, to help, to make a difference."*

- Nellie Hiemstra, Volunteer

# FINANCIALS



REVENUE	2017	2016
Donations	248,798	199,261
Event Proceeds	156,246	141,424
Grants	13,794	12,848
Other Income	4,697	1,529
<b>Total Revenue</b>	<b>\$423,535</b>	<b>\$355,062</b>

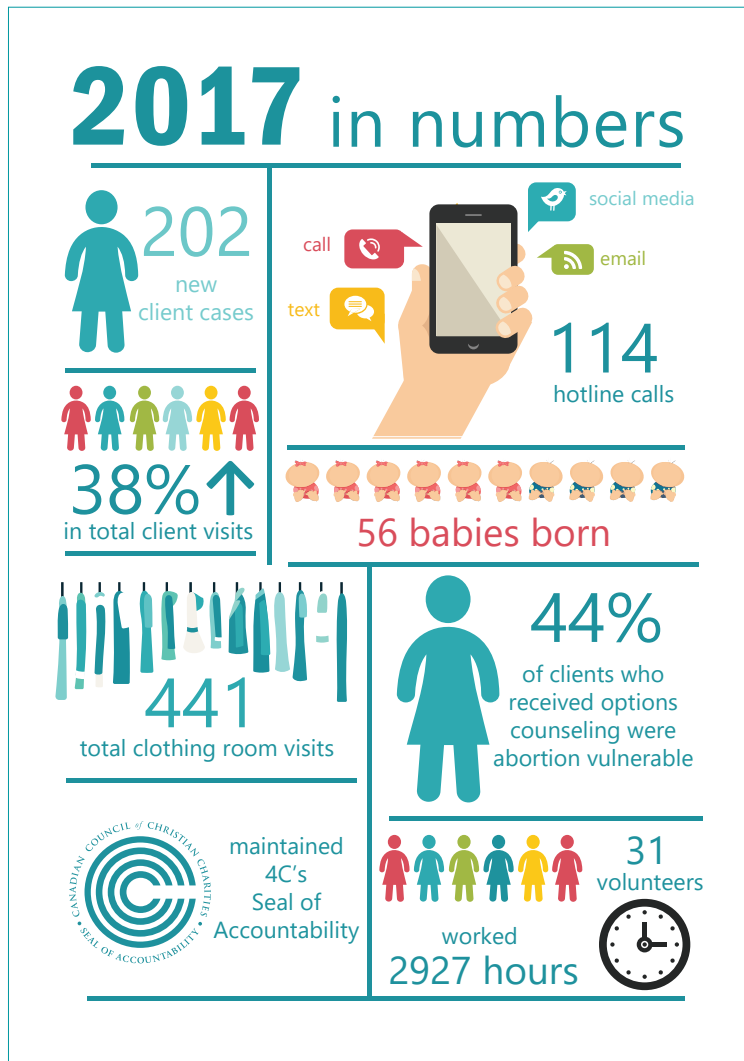
EXPENSES	2017	2016
Charitable Activities	186,494	180,936
Fundraising	51,558	46,008
General & Administration	45,732	42,918
<b>Total Expenses</b>	<b>\$283,784</b>	<b>\$269,862</b>

<b>FUNDS FOR FUTURE MINISTRIES</b>	<b>\$139,751</b>	<b>\$85,200</b>
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For complete audited financial statements, please visit [www.lethbridgepregcentre.com/donors](http://www.lethbridgepregcentre.com/donors).



# STATISTICS



## A COUPLE WORDS FROM OUR SUMMER STUDENTS

*"The LPCC positively impacts the lives of others by making people feel supported... They know there is someone/somewhere to go to even if they don't have anywhere else."*

- Brenna Henderson, Inter-Agency Coordinator

*"Working at the LPCC has taught me that unplanned pregnancy affects every ethnicity, every religion, and every economic class. There is no "one face" of unplanned pregnancy. Everyone who faces this challenge has a different story. This diverse group of men and women must be met with the utmost compassion. We have to love them and meet them where they are, just as Jesus does for us."*

- Jessica Tams, Communications Assistant

*"The LPCC gives people a place to think about what's best for their own well-being. Here, their thoughts are not drowned out by what everyone else is saying. The LPCC gives people a voice for themselves."*

- Réanne Bouvier, Inter-Agency Coordinator

# WHAT WE'VE DONE

## COMMUNITY INVOLVEMENT

In 2017, the LPCC had a voice within many other helping agencies. The Centre was a major sponsor of **Project Connect**, a one-day event contributing to a larger movement in Lethbridge and across the province to help end homelessness. The LPCC table gave away baby clothes and diapers to people in need of these items. Monica was also invited to sit on the steering committee of **Better Beginnings**. This allowed for active participation in one of the

LPCC's greatest resources. The LPCC was once again involved with the **South Alberta FASD Christmas Carnival** in order to increase the Centre's recognition among this group of agencies. The Centre continues to be involved as a member of this organization in order to network and retain supports for clients.

## SUMMER STUDENTS

The Centre hired three government-funded summer students for a nine week period. Two were hired as inter-agency coordinators (Brenna Henderson and Réanne Bouvier), and one was hired as a communications assistant (Jessica Tams). Brenna and Réanne worked to collect resources and information that would be useful to clients. Jessica assisted Katrina Neil, the communications director in creating awareness and developing branding for the Centre.



# WHERE WE'RE GOING

## CORRECTIONAL CENTRE

In the upcoming year, client advocates will be visiting with women in the Correctional Centre. The Centre volunteers will work with the women to make parenting plans as well as adoption plans for imminent apprehensions. Volunteers will also help connect them with resources on release. The women will also be offered post-adoption and post-abortion grief support.

## 24/7 DAD PROGRAM

This program will be available in the coming year. It speaks on the importance of being an involved father. This course teaches the dads how to implement a lifestyle that recognizes the importance of being active in their children's lives.

## ALTERNATE LOCATIONS

The LPCC is currently investigating the possibility of expanding through the use of satellite centres. By doing this, we will be able to offer other communities outside of Lethbridge the same peer counseling and support without the increased cost of hiring new administration. The potential satellite centre will be a branch office of the main office in Lethbridge and be located in Southern Alberta.



# THANK YOU

## Board of Directors (At December 31, 2017)

Marjorie Miller  
Chairperson

Terry Friesen  
Vice-Chair

Rick Friesen  
Treasurer

Amber Oostlander  
Secretary

Meagan Slingerland  
Director

Ed Stromsmoe  
Director

## Full-Time Staff

Monica Loewen  
Executive Director

Kathy Oord  
Client Services Director

## Part-Time Staff

Katrina Neil  
Communications Director

## Photography

The Loveful Project  
Front Cover Image & Where We're Going Photo

Jessica Rose Photography  
Back Cover Image





## CONTACT

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