



# Annual Report 2024





## Mission Statement

The Lethbridge Pregnancy Care Centre is a local Christian agency offering compassionate support and education to anyone experiencing unexpected pregnancy and pregnancy related losses, as well as programs encouraging healthy relationships.



## Supporting Thriving Through

### Options

Factual Information on:

- *Parenting*
- *Adoption*
- *Abortion*

### Practical Supports

Peer Advocacy:

- *Community Supports*
- *Pregnancy Tests*
- *Clothing Room*

### Programs & Classes

Group and Individual Support:

- *Healthy Relationships*
- *Reaching My Goals*
- *Post-Abortion*
- *Parenting*
- *Grief + Loss*
- *Post-Adoption*

# FROM THE EXECUTIVE DIRECTOR

**Dear Reader,**

It's hard to believe another year has come and gone. We stepped into 2024 with a clear focus: **strengthening our foundations and deepening our roots**. It was a year dedicated to refining our policies and procedures, making sure we're operating in top shape as we continue to bring compassionate support and education to individuals in our community facing unexpected pregnancy or pregnancy-related loss.

While our board and administrative team focused on this behind-the-scenes work, our Client Services team continued to pour into our clients and their families. We saw a **20% increase in client appointments** compared to the previous year, a reflection of both growing need and growing awareness of the supports available through the LPCC.

This past year also brought new opportunities to support our community through collaboration. We were privileged to provide space for Safe Families Lethbridge, a local Christian agency just beginning to put down roots. By sharing our classroom as their temporary office space, we not only supported their launch but were also able to connect our clients with another resource that brings stability in times of crisis.

In the pages of this report, you'll read stories of impact, learn about the growing needs in our region, and see the tangible results of what God is doing in and through the LPCC in Southern Alberta. **All of this is possible because of you**—our community.

Whether you give your time, financial support, or prayer, we are deeply grateful. Thank you for partnering with us to create an environment that supports families and shares hope.

With Gratitude,

**Danielle Koop**

*Executive Director*







## OPTIONS INFORMATION

The Lethbridge Pregnancy Care Centre provides support to individuals facing an unexpected pregnancy by offering information on all of their options. Our trained staff and volunteers provide compassionate care and education to help individuals make informed decisions based on their unique circumstances. We offer ongoing support and tools throughout the decision-making process and beyond. By offering these services, we aim to empower individuals to make informed decisions for themselves and their families.

**351** Unique Clients

**157** Options Information Appointments



## Options Client Quote

"I appreciated your support and took advantage of the journal and resources you provided."





# PRACTICAL SUPPORTS

The LPCC offers practical support to those who may need it, such as free pregnancy tests, community connections, and access to the clothing room.

**86** Babies Born

**76** Pregnancy Tests

**1,616** In-Person Appointments







**319** Referrals to additional community supports

**\$126,200** Worth of donated material items for income qualifying clients

## Client Story: A New Beginning with Support

At just 17, \*Emily found herself facing an unexpected pregnancy while in an unhealthy relationship. When she shared the news, her boyfriend left, and her parents asked her to leave the house—leaving her feeling alone and overwhelmed.

Emily found her way to the Lethbridge Pregnancy Care Centre, where she was met with compassion and a safe space to explore her options. After taking time to process, she chose to carry to term and made the decision to parent.

Throughout her pregnancy and now into her parenting journey, Emily continues to visit the Centre regularly for support, parenting resources, and encouragement. From maternity clothes to one-on-one advocate appointments, your generosity has helped ensure Emily doesn't walk this path alone.

**Because of you, she's building a new life with confidence, care, and hope.**

\*Client name changed to protect privacy





## PROGRAMS & CLASSES

The Lethbridge Pregnancy Care Centre offers a variety of programs and classes designed to support individuals and their families towards thriving. Our programs are offered in both individual and group formats. The programs cover topics such as healthy relationships, reaching personal goals, grief and loss for post-adoption or post-abortion experiences and pregnancy related losses. We offer Baby's First Year classes to assist individuals in navigating their new parenting journey, as well as workshops on topics like budgeting, self-care, and early brain development. It's your support that continues to offer these vital resources to our community.



**8** Agency Collaborations

**159** Programming Visits

**800+** Community Youth Engagements

# Client Testimonial

I started going to the Lethbridge Pregnancy Care Centre just over 5 years ago when I had left a toxic relationship and was very pregnant. I was vulnerable, scared and alone. The Centre provided a safe and supportive place for me while I was in a difficult transition.

I am extremely grateful for everyone there! From the volunteers, programs, donors and all those who made it possible! I am also grateful for the workshops that were held there. I had found those to be extremely helpful to gain that bit of knowledge and independence. Once I was in a more settled state I started the *Reaching My Goals* program. I highly recommend this to all women, even if they feel "I am not motivated enough or I don't know if I will ever be thriving". I was in that mind space too. The thing is, you may never feel completely ready. Take a leap into governing your own happiness. Take a chance into becoming more self reliant and accomplished. You don't really see how far you have come until you have something to look back on. I learned this from the program. I got to see how far I have come and how much I have grown. Despite my busy, chaotic life, I still got to feel the accomplishment of achieving my realistic goals. I was able to learn what is realistic for me. That making goals do not have to be far fetched and huge. You may never have the motivation otherwise. I got to experience that feeling of constantly moving forward, no matter how small of steps you take. And the best part, I didn't have to do it alone!

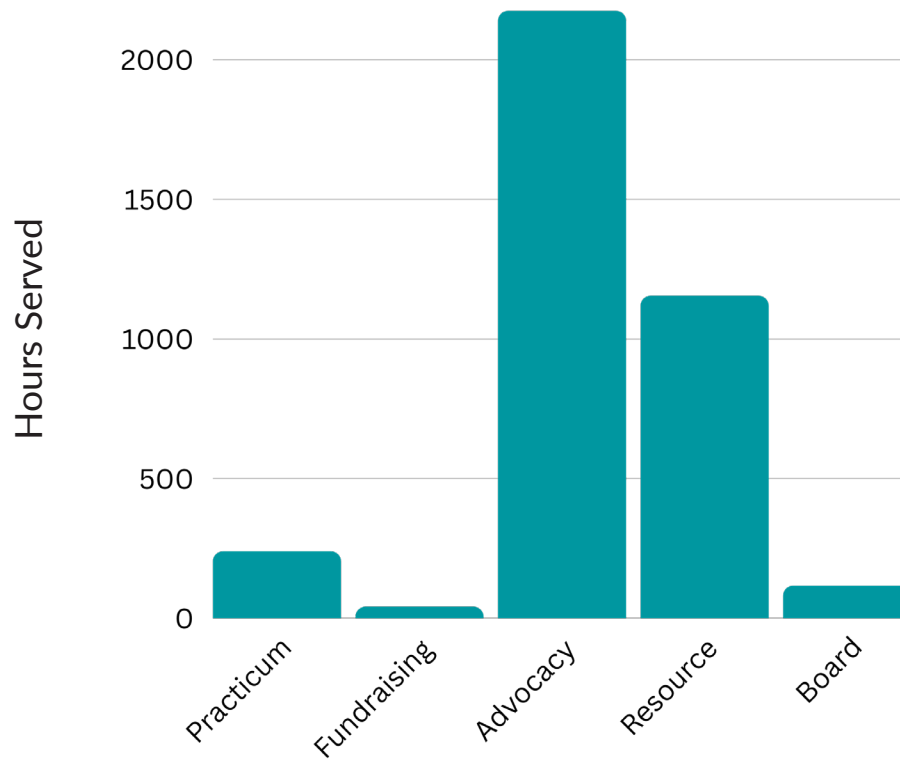
I loved the program and am grateful for all of the time Bernita put into it to help guide me through it. I had someone there that helped keep me accountable. Not having to do it all on my own and having that person to meet with each time, was a good motivator for me to help me create the mindset I needed so I could build up the confidence in doing it by myself for the future.

*LPCC Client*

*"The Centre provided a safe and supportive place for me while I was in a difficult transition. "*



# VOLUNTEERS



My name is Jayna, and I was placed at the Lethbridge Pregnancy Care Centre for my school practicum. On my first day, I was able to help give a presentation to an organization called Quest Support. This was such an amazing experience as I got to step outside of my comfort zone and help the LPCC with sharing what they're all about. I have also been able to work on some of the layettes they give out to newborns. I got to do this with all the incredible volunteers I met who are in and out of the Centre every day. All the staff here at the LPCC are very kind, have no judgment, are very welcoming, and are always willing to make a new relationship. I have connected with multiple different advocates/employees during this time. I know I have made a lot of relationships here at the LPCC. This shows me how I can grow with all my relationships and bonds with different people, and to learn how to continue to do that in my field. Everyone here is always willing to give a helping hand. I will really miss my time here, as I felt as if this was my home.

Jayna T.  
*Practicum Student 2024*



# Volunteer Reflections

About fifteen years ago, even before the doors of the Lethbridge Pregnancy Care Centre first opened, I had the privilege of being part of the initial steering committee. From those early days until now, volunteering here has been an incredible blessing. I have continually been in awe of how God has provided for the LPCC and how he uses this ministry in the lives of so many women and families.

Serving at the Centre has shaped and grown me personally as well. I believe I have become a better listener and am far more aware of and empathetic toward those who are experiencing brokenness, trauma and pain in their lives. There are days when the stories we hear feel impossible to carry, and I've learned to lean into the presence and grace of God, praying for the guidance of the Holy Spirit and for wisdom and patience. I've watched clients move from despair to hope to thriving ... feeling thankful to be even a small part of that journey. It is humbling when a client learns to trust me with their deepest fears and knows that they have a safe place to share their anxiety and pain. So many of our clients feel completely alone, and volunteering has made me more grateful for my own family, friends and church community. It is such a blessing to share the many resources (both here at the Centre and in our community) that can help them move forward with hope.

Over the years, I've also been blessed with lasting friendships through LPCC — with staff, volunteers, and clients. These relationships are such good reminder of the importance of community, faith and shared compassion. This place is more than a Centre; it's a community of love, grace, and growth ... and I am thankful to be a part of it!

**Bernita Van Heirden**

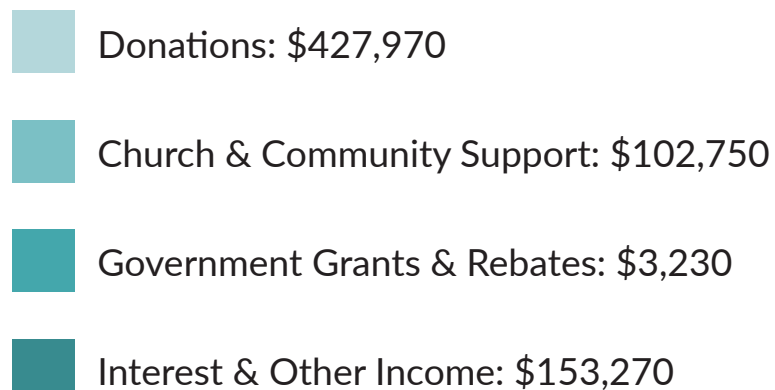
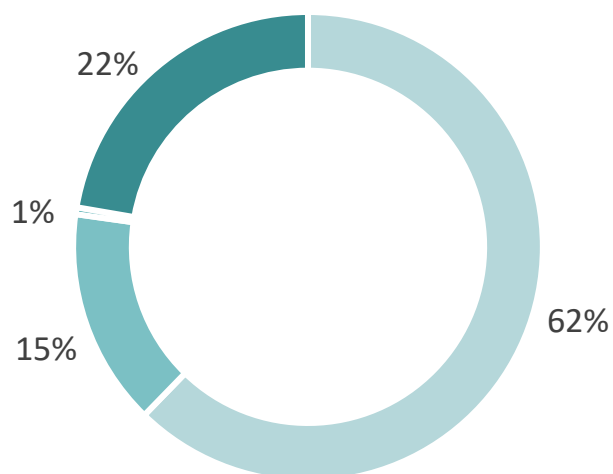
*LPCC Volunteer*



# SUMMARIZED FINANCIAL INFORMATION

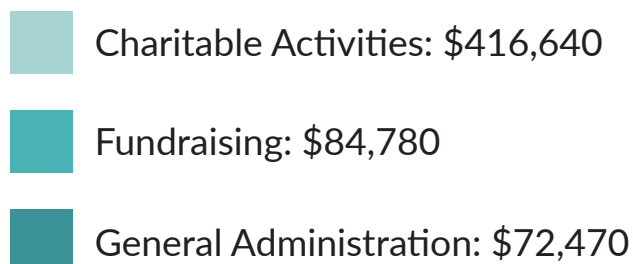
For complete audited financial statements,  
please visit [www.lethbridgepregcentre.com/donors](http://www.lethbridgepregcentre.com/donors)

## 2024 Income

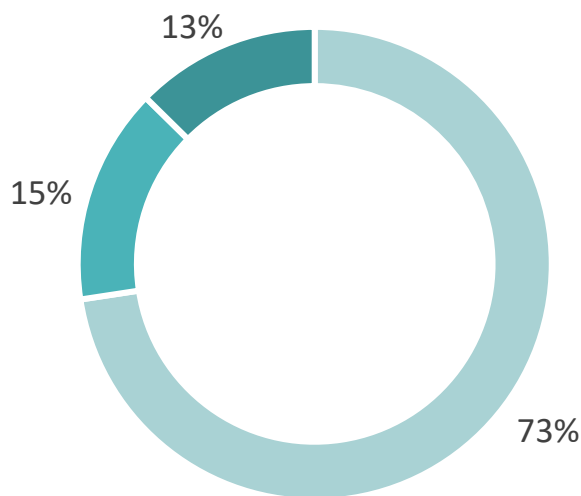


Total: \$687,220

## 2024 Expenses



Total: \$576,890



\$110,330 For future sustainability  
and program development

"The staff were kind and supportive. I felt heard and respected during my visit. The Centre provided useful resources and helped me feel more confident about my next steps."

Client Quote

## Meet the Board of Directors



Matthew Van Dyk  
2019-Present



Sheila Friesen  
2023-Present



Cynthia Holtrop  
2020-Present



Joni Sawatsky  
2021-Present



Chris Schalk  
2022-Present

## From the Board Chair

In the spring of 2024, I was privileged to attend the Pregnancy Care Canada National Conference with the staff and a few volunteers of the LPCC. Not only did it **provide insight into the diversity, strengths**, and solutions to challenges currently playing out in pregnancy care centres across Canada, it gave me the opportunity to **experience firsthand the uniqueness of our Centre**.

Whether watching our Executive Director network, our Client Services Director seek out her team of volunteers to debrief their most recent session, or sitting in our condo around a meal chatting about ways to better serve our clients and one another, these people embody our mission.

**Care** and **compassion** are the heartbeat of our team and the **culture that defines us**.

We are **grace-based** and **client-focused** in our mission to provide support and education for anyone experiencing unexpected pregnancy and pregnancy-related losses.

As a board, we have been exploring what the next chapter will look like for the LPCC. In the fall of 2024, we embarked on an accreditation process with PCC to shore up our foundations. This process, combined with the strength and generosity of our exceptional donor base, and the knowledge that God goes before us, gives us the confidence that we are well positioned for the coming season we anticipate will be marked by growth.

Please pray with us as we discern what God has for the LPCC in the coming years.

Each of us has a **crucial role to play in achieving the mission of the LPCC**. Whether you're a client, referring partner, part of a supporting church, a donor, volunteer, or simply speak up as an advocate for LPCC in your sphere of influence, **we are grateful for you!**

With appreciation on behalf of the LPCC Board,

Christy Jansma  
LPCC Board Chair



2022-Present





### **Prayer Support**

As a Christian agency, we believe in the power of prayer as we work to share grace and love with each of our clients. Ultimately we hope to see each woman and man that comes through our doors reach their God-given potential. Your prayers are valuable!

### **Financial Support**

Because of generous donors, we can continue being a safe place for anyone experiencing an unexpected pregnancy. There are many ways for you to get involved financially. Whether you support the LPCC with a one-time donation, monthly support, gifts of shares, mutual funds, or bonds, your support will make a difference.

### **Material Support**

A practical way for you to get involved with the Centre is to help provide material supports to our clients. Items we always seem to need are formula, wipes, and diapers. We also accept donations of gently used items such as maternity and baby clothes. If you would like a complete list of our current needs and what we can and cannot accept, visit our website at: [www.lethbridgepregcentre.com/donors/donating-new-or-used-items](http://www.lethbridgepregcentre.com/donors/donating-new-or-used-items)

If you want more information on any of these opportunities, please contact us today!  
Email [office@lethbridgepregcentre.com](mailto:office@lethbridgepregcentre.com) or phone (403) 942-1819.





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