



Winter 2017



A New Year brings new beginnings; a new life is the most precious of all beginnings. It is the start of a journey that for some is exciting and anticipated. For others, it may impart fear and anguish. When our clients walk through Birthline's door, our goal is to help them through overwhelming circumstances, provide love and support, and no matter how great the challenge, show them personally what it is to be touched by the hands and feet of Jesus.

**Your support allows us to do that.**

*"I drive by that billboard every day to and from work, and never thought I would need it. I'm so glad someone answered the phone."*

A donor-gifted Birthline billboard (Waite Park), initiated a phone call from a woman facing a much unplanned, unexpected pregnancy. This pregnancy is the result of choices she carries a lot of shame for. She was relieved when staff answered her call and offered her grace. Birthline staff invited her to come in; providing a safe place to talk through her circumstances. She shared she had an abortion in her past. Because of that choice, and the circumstances of this pregnancy, she knew it would bring a lot of pain to those involved. She shared her feelings of shame and guilt; often paralyzing, causing uncertainty of the decision to keep or terminate her pregnancy. She hasn't been able to conceive since her abortion and feels she may be running out of time to have children. Amongst all these feelings, she feels this baby is a blessing, but her circumstances make her feel it's a curse. We were able to schedule her an appointment to talk more - through the challenges she is faced with and the resources available to her - but mostly, to show her we genuinely care about her life, as well as her baby's.

We work together to bring hope where there is none. Birthline's services and education are essential to the success of ending abortion. WE do our part to rebuild what has been torn down, and bring **value** back to Life. Our clients need to know that we not only see their face, but we see their heart. They see this not only through Birthline staff, but through YOU. Our clients know there are people who care for them from your prayers, financial gifts, donation of baby items, and volunteer involvement. Together we are the hands and feet of Jesus; showing our clients that they can be healed, transformed, and given purpose, peace, joy and happiness. Together we are a team making a difference. **THANK YOU!**

**Tammy Lindell**  
Executive Director



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# New Initiatives

## Birthline Becomes Real Essentials Certified

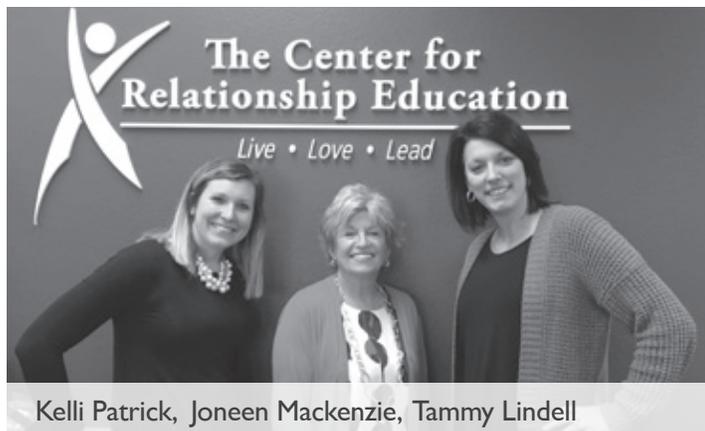
Birthline is now a certified educator in the REAL Essentials curriculum through *The Center for Relationship Education*. Last October, staff from Birthline's H.E.A.R.T. Project (sexual risk avoidance program), and Stepping Stones (incentive program) became certified educators in the REAL Essentials curriculum. *The Center for Relationship Education* (CRE) curriculum, trainings, workshops, and direct services has achieved recognized success and support throughout their community in Denver, Colorado. Because of their success, CRE was awarded five federal grants in 2006 to serve young adults, parents, educators, and leaders in Colorado and throughout the nation. CRE partners with organizations and programs across 44 states and 7 countries; collaborating with youth development programs, local and state health departments, school districts, churches, health clinics and many other youth serving organizations.

***“The data speaks for itself. Relationship education that focuses on Sexual Risk Avoidance rather than sexual risk reduction is actually helpful, resulting in a positive trend of adolescents delaying sexual debut and wanting more from their relationships.”***

***- Joneen Mackenzie, President and Founder  
The Center for Relationship Education***

In June, the CDC released the 2015 data from the most recent Youth Risk Behavior Survey (YRBS). On a national level, 58.8% of teens were choosing not to have sex. While in Colorado in particular, 64.6% of teens were choosing not to be involved in sexual activity.

Birthline is excited to be certified educators of this curriculum and to be collaborating with CRE in our efforts of rebuilding healthy families. CRE's proven curriculum is in direct alignment with Birthline's mission; strengthening families, preventing unplanned pregnancies and helping individuals make life-affirming decisions.



## New Learning Environments

The buzz of a saw and the hammering of nails have been the sounds of some exciting things happening at Birthline recently! Last fall was the start of a newly constructed classroom space for our clients.

Not only is the new location more favorable because it is located directly across the hall, but the 1200 square foot classroom space increased our current size by 500 square feet. The new area also houses 350 square feet of storage space, a full sized kitchen sink with running water, and larger classrooms.

Birthline is excited about the location of the new classrooms and the opportunity we have to provide an optimal learning environment for our clients.

We are grateful for the many individuals and businesses that assisted in the completion of the new space; Patrick Renovations, Mathew Hall Lumber; Diamond Painting, Tuomi Flooring, and Electrical Installers.

If you were unable to make it to our Holiday Social and would like to personally see the new space, give us a call. We'd be happy to show you around!



## Life Coaching

So often, an unplanned pregnancy is just one of many obstacles our clients face. To meet the needs of their whole self—through guiding them to an improved version of themselves—two program staff are becoming certified in Life Coaching through Learning Journeys International Center of Coaching. Recognizing barriers, shifting behavior and holding people accountable are just a few methods that staff will use to help clients create positive changes in their lives.

Healthy Self = Healthy Children = Healthy Families.

# Stories of *Life*

A woman, pregnant with her second child, came to Birthline overwhelmed and contemplating abortion as a solution to this unexpected pregnancy.

Struggling financially and lacking support from family and the father of the baby, she moved to Minnesota to live with a friend. After going over the abortion education and our services with her, I reassured her that the reason we exist is for women much like herself who are feeling alone and confused. She began tearing up as she expressed her gratitude and surprise that complete strangers would be willing to help her along the way.

***“It is moments like this which make me so happy to be a part of the work done at Birthline.”***

***- Nicolette, Birthline Client Advocate***



“One thing I will take away from Birthline is the knowledge, education, and experiences to raise my twins into happy and healthy children. With the opportunities I received from Birthline, I was able to stay healthy throughout my twins’ pregnancy and carry my girls to full term. Because of the education I received about infant and maternal postpartum care, I recovered with ease.

In addition, being able to attend classes such as Connecting with Baby Through Play, Infant CPR, and Safe Sleep will help ensure my girls are raised properly. Birthline has provided us with an amazing support system during a very critical time in our lives. Lastly, earning money to spend in the Birthline store has helped our family afford essential baby items that we would not be able to afford on our own.”

***- Birthline Client***

**Have you ever asked God, “Why is this happening? There cannot be a reason for this!”**

Hi! I’m Jolene, Birthline’s Stepping Stones Program Coordinator, and THIS is MY reason...

Daily, I would meet with clients who share their struggles with anxiety and depression (in addition to their less than ideal timing of a pregnancy) and my response was typically “That must be hard”. I simply could not relate to what they were going through.

A few years ago, I found myself experiencing severe anxiety. My daily life became very difficult and simple things became almost impossible. At my lowest point, I found myself asking God, “Why is this happening to me and why do I have to feel so much pain?”

Thankfully, I had a loving husband, my faith, and doctors to help me. Fast forward 6 months: I’m feeling like myself again, my life is back on track, and I now understand God’s reasoning behind all I experienced. He wanted me to share my own story as a way to help the women we serve feel understood and supported. Out of my darkest hours, I was given an amazing gift from God; the gift to show compassion and love for individuals dealing with anxiety, depression, or any mental health issue. This is one gift that I truly did not expect and would never give back!



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**BIRTHLINE MISSION**  
Birthline is a Christian-based organization providing education, mentoring, support services and referrals to anyone affected by an unintended or crisis pregnancy.

[www.birthlinefriends.org](http://www.birthlinefriends.org)  
*Serving Families Since 1971*



# Save the Date



**power of  
the purse**

*Where changing purses  
changes lives.*

**Thursday, May 11, 2017 5:30 pm — 8:30 pm**  
**Kelly Inn, Grand Ballroom — St. Cloud**  
Purchase Tickets at: [www.birthlinefriends.org](http://www.birthlinefriends.org)

