



Her Health

WOMEN'S CENTER

SUMMER 2025

At Her Health Women's Center, our desire is to be the first step for a woman facing an unintended pregnancy by offering her a free pregnancy test and ultrasound. But that's just the beginning – we also offer programming designed to walk with people in formal and informal educational settings, during pregnancy and while parenting!

Let's Talk is our outreach program where trained facilitators go into schools, churches and youth organizations to educate students to make healthy and informed choices. Topics range from online safety and bullying prevention to refusal skills, which help students set boundaries and be able to say "no" to physical interactions as well as drugs & alcohol.

- **'25 Spring Semester we were in 5 schools and 2 community organizations**
- **'25 Fall Semester we are already scheduled for 6 schools and 2 community organizations**

We would love to come share at your school, youth group, or other teen organization!

Client Services includes our trained staff and volunteer advocates who meet one-one with women who are coming in for a pregnancy test. We provide them with the information they need to make an informed and life-affirming decision, while offering them resources and support.

- **Despite several cold and snow days, as well as our LeMars center being closed during moving, we have seen 174 patients in January through May this year. That is a 3.6% increase from 2024 and a 9.2% increase from 2023!**

As we train more volunteer advocates, we will be able to offer more appointment times and continue reaching more women in Siouxland!

Support Services includes our BrightCourse parenting and birthing classes, Daddy Duty sessions, abortion recovery program and more! Through these support services, we can walk alongside both men and women, encouraging them in their parenting journey and pointing them towards Christ.

- **This year we have already had 73 active clients receiving lessons - including moms and dads! This is 2x as many as last year and 2 ½ x as many as in 2023!**
- **14 women graduated from BrightCourse in May - they qualified by completing 60+ lessons and meeting with their advocate at least 5 times.**
- **Ginny's Little Feet Boutique has been a popular place where 1,576 boutique items have been given out since January!**

This is a quick look at the first half of 2025 and just a glimpse into what's possible when we come together! Because of you – your prayers, gifts, and time – we are able to empower students, women, and families in our community while sharing the love of Christ.

Every day we see lives impacted through these programs and we believe there is much more ahead! Turn over to see how you can make an even greater impact with these programs and ways you can be specifically praying for our centers.



MAKE A GREATER IMPACT:

- Sponsor a boutique item – scan QR code to access registry lists
- Hosting a baby shower with your church, small group or family & friends
- Providing rewards for program participants
- Males – Become a volunteer to walk alongside dads in our Parenting Education Program



Boutique Registries

WAYS TO BE PRAYING:

- Favor to get into more schools & organizations with Let's Talk Program.
- Additional advocates to be added to our volunteer team to help meet the needs of our patients.
- Clients' family legacies to change based on what they have learned through our Support Services.
- God would continue to guide us through 2025 & what He has next for the ministry of Her Health.

Will you join us in continuing to offer life-affirming hope and empower every person who walks through our doors? Your support today helps change lives for eternity!



In This Together,

Christine

Christine Cappetta
Director of Program Services

P.S. Don't hesitate to reach out if you have questions or you'd like to learn more about how to get involved.