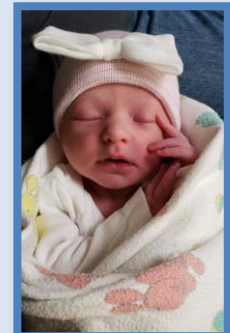




Serving Pulaski and surrounding Counties Since 2011



2018 Annual Report

Our Mission

The Free Women's Center of Pulaski County (FWC) empowers as many individuals as possible to make healthy life choices consistent with the intrinsic value of human life, and serves as a leader in the community at large for positive sexual values.



Our Vision

"It is not the will of your Father who is in heaven that one of these little ones should perish." – Matthew 18:14



Free & Confidential Services

Pregnancy Testing

STD Testing

Early Diagnostic Ultrasounds

Peer Counseling

Prenatal Education

Material & Financial Assistance

Maternity Home Referrals

Adoption Counseling & Referrals

Post-Abortive Counseling

Licensed Marital & Family Therapy

Men's Mentoring

Sexual Risk Avoidance Education

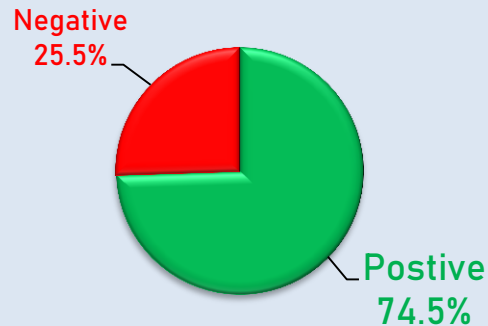


Health Services

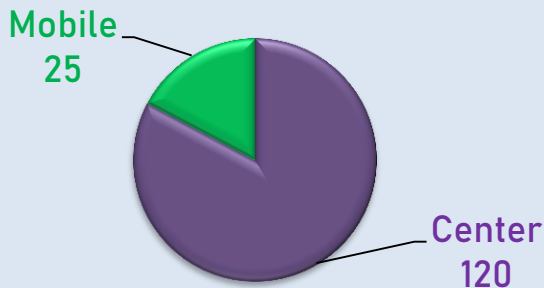
In 2018, we performed pregnancy tests on 188 clients, with 74.5% of them testing positive. In each case, our goal is to build an honest, candid relationship with each client, ensuring they are valued, that they have options, and that we care about them (and their unborn child).

We expanded and renovated our Center in 2018, adding a laboratory to conduct future testing. We have completed all the steps to begin STD testing in 2019.

Pregnancy Tests



Ultrasounds



For those clients with a positive test, we conduct ultrasounds in our Center and on our mobile unit, "Daisy". In 2018, we provided 145 free ultrasounds. Through these early diagnostic ultrasounds, we introduce new mothers to their baby. We then refer these clients for low costs or state-funded prenatal care.

In every case, clients are encouraged to consider God's plan for their life and their baby's life.

An Adoption Story

Reilynn came to see us for a free pregnancy test. When informed that her test was positive, she said, "I want to abort. I just don't want the kid." When Justice, Reilynn's boyfriend, was asked how he felt about her decision, he replied, "I mean, it's her decision, I'll support whatever she decides." Our client advocate's heart sank, as she prayed silently. The FWC team had just completed in-house training with Nightlight Adoptions. Unsure if Reilynn would be open to consider adoption, our client advocate presented Nightlights pamphlet and proceeded to share the concept of open adoption and how they will choose the family that best suits their own beliefs. Before the couple left, we set up an ultrasound appointment.

During her ultrasound Reilynn shared she was having nightmares about aborting her child. She had changed her mind to carry. Justice and Reilynn's baby was born last spring and placed into a loving home.

We're Mobile!

In Pulaski and surrounding counties, many clients cannot access our services. Fear of her family or the father of her baby and the distance between her and our Center, keep women from coming through our doors. In order to circumvent these obstacles, we began taking our basic services: pregnancy testing and



ultrasounds to our rural clients. In partnership with four affiliate centers of the Alliance for Life, we are able to meet the needs of our rural clients six months each year. We rented the Mobile Clinic, "Daisy", from the Pregnancy Help Center of Central Missouri (Jefferson City), offering mobile clinics throughout Pulaski and Phelps Counties one week a month (May – October).

The Nativity House

The Nativity House will provide a stable home environment for single, first-time mothers who lack one. Clients will stay throughout their pregnancy and up to their child's first birthday or 60 days after placing their child for adoption. In 2018, we met our savings goal and received five (5) acres on which to build from a generous donor.

In April 2018, we submitted a Neighborhood Assistance Program (NAP) application to the Missouri Department of Economic Development, asking the State to provide 70% income tax credits to businesses who donate the



funds needed to construct the finest Maternity Home in Missouri. In December 2018, the Missouri Department of Economic Development awarded the Free Women's Center \$316,485 (in 70% tax credits) as requested. We hope to complete our fundraising in 2019 and break ground in spring 2020.

Alternatives to Abortion (A2A)

The Free Women's Center participates in Missouri's A2A Program. The A2A Program helps women carry their unborn child to term instead of having an abortion, and assists them with caring for their child or placing their child for adoption if they choose. Services are available throughout their pregnancy and for one year following birth.

Through the A2A Program, the Free Women's Center helps pregnant women throughout Pulaski County decrease their use of tobacco, alcohol, and illegal drugs and have better nutrition. The program helps parents provide more responsible and competent care for their children to improve child health and development. The program helps parents continue their education, find a job and become independent for a better future.



Clients who qualify meet monthly with one of our A2A Case Managers for guidance and assistance. As a provider of last resort through the A2A Program, our lead case manager has sought out our communities existing resources and successfully made them known to our mothers. In this effort, many local education program managers have visited our Center. They spent time educating us about available grant programs. This clarity created a bridge. This bridge has provided an open door for our staff to seek out answers for clients. It also allows our case managers to inform our clients clearly of their opportunities. Without guidance, clients become frustrated and give up; however, our clients are now taking advantage of available educational options.

In 2018, our case manager mentored 25 clients along with the fathers of their babies into starting either the High School Equivalency Test (HiSET) program or college classes. She is often able to help them complete college with NO student loan debt. During our case



management appointments, our case managers set goals and work on everything from budgets, child care, counseling, and domestic issues to Free Application for Federal Student Aid or FASFA and college applications procedures.

The Alliance for Life of Missouri oversees this program for the State of Missouri. The Free Women's Center is a proud affiliate member of this Alliance of pregnancy help centers, maternity homes, and adoption agencies.

Sexual Risk Avoidance Education

In our continuing effort to serve Pulaski County as a leader for positive sexual values, we began presenting *Choosing the Best* to area 8th Grade Boys and Girls. Our instructor spends eight days (8 hours total) delivering the course material.

Choosing the Best offers a “sexual risk avoidance” approach that promotes sexual delay as the best and healthiest choice for teens, while also teaching about goal-setting, decision-making, healthy relationships, refusal skills, and character building. *Choosing the Best* educates students about the significant risks associated with teen sex, including pregnancy, STDs, and potential negative emotional consequences. *Choosing the Best* also emphasizes the benefits of waiting, empowering students to make an informed choice about their sexual behavior.



An independent evaluation of *Choosing the Best* of 7th, 8th and 9th grade students in a south metro Atlanta high school and its feeder middle school received either *Choosing the Best* or the health textbook abstinence education curriculum that complies with state guidelines.¹ The students were administered a 58-item survey prior to the study, immediately after receiving *Choosing the Best* or the health textbook material, and again twelve months later. Three hundred eighteen students were able to be tracked and matched at the pre-test and 12 month follow-up and had usable sexual activity status data. After one year, results among those students receiving *Choosing the Best* (treatment group) vs. those receiving the health textbook (comparison group) indicated a:

- Statistically significant decrease in the initiation of teen sex by 47%;
- Statistically significant improvements in five of the six intervening attitudinal variables associated with delaying sexual intercourse.

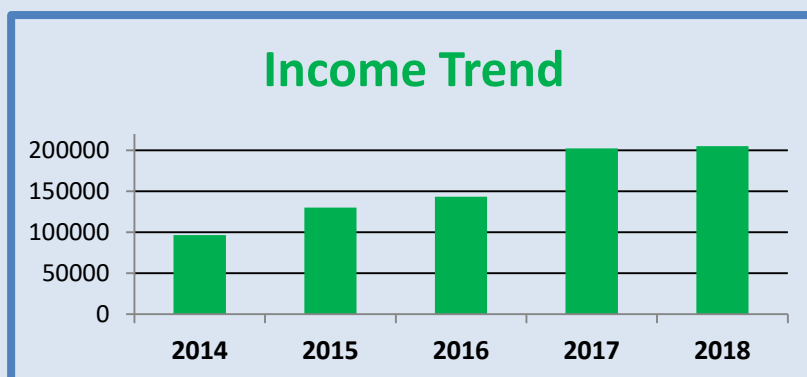
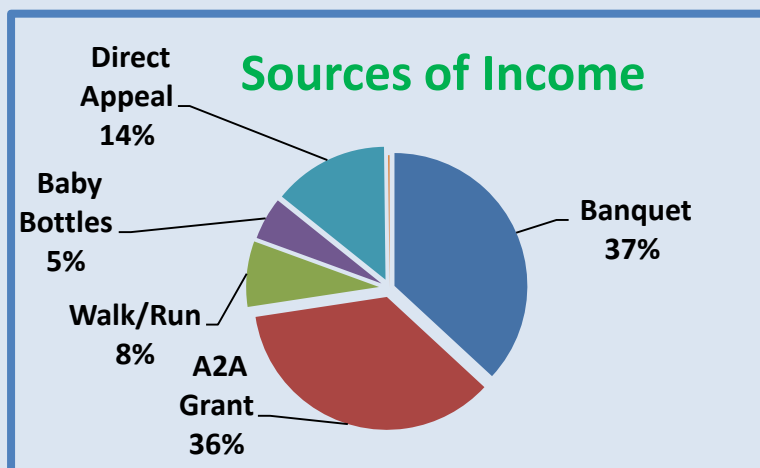
Choosing the Best involves parents. Each evening students must interview and discuss the topics covered that day in school with their parents, obtaining their parents signature on the take home sheet.



¹ <http://choosingthebest.com/research-results>

2018 Financials

The Free Women's Center total revenues for 2018 were \$205,231. As shown in the graph, half of our income is from our three fundraising events (Spring Banquet, Fall Walk/Run, Baby Bottle Drives), followed by our A2A Grant and general donations. Not shown are many in-kind donations we received (Baby Supplies, Clothing, furniture, professional services, real estate, etc.).



As shown on the chart to the left, the Free Women's Center has been blessed with an upward income trend, thanks to the faithful generosity of our donors. Our 2018 expenses totaled \$206,132, our highest ever, as we

doubled our floor space, adding capacity and new services. We also added mobile services for the first time.

Ways to Support Our Mission



- Monetary Donations – one-time gifts and monthly pledges at www.supportmyfwc.com
- Attend FWC Fundraising Events
- Donate Material Goods
- Volunteer in the Center
- Sign up to be a Church Ambassador
- Shop through Amazon Smile <https://smile.amazon.com/>



FWC Board

Robert Kirsch, President

Rachel Jones, Vice-President

John Perling, Secretary

Sherry Campise, Treasurer

Michael Cassidy

Beth Gillette

Amy Hassett

Mary Kent

Jacqueline Loveall



704 Historic 66 West, Suite 106
Waynesville, MO 65583

(573) 774-4992

www.supportmyfwc.com



FWC Staff

George Heib, Executive Director

Wendy McMurtrey, Client Services Director

Suzanna Embry, A2A Case Manager

Isaiah Gillette, Marital & Family Therapist

Amanda Boberg, Ultrasound Technician

Danielle Fowers, Ultrasound Technician

Kay York, Ultrasound Technician

Morgan Scarborough, Lactation Counselor

Audrey Lein, Child Passenger Safety

Dr. Robert A. Grover, Medical Director



@Free-Womens-Center-of-Pulaski-County

The Free Women's Center is affiliated with...



International Life Services

