

in This

## Life NETWORK

Volning Lize in This City for 37 years

Dear Friends.

The theme for our 37th Annual Life Network Gala is *Life in This City.* Your participation in this year's event will help ensure the lives of people in our city are valued. Lives like ...

... Tyler\*, a student who told one of our Education for a Lifetime trainers that his life often feels "broken, crazy, and unfixable." But our in-school training helped him see, and plan for, a healthier future.

... Mia, a woman we met early in the pandemic who had just lost her job. Facing an unexpected pregnancy, she believed abortion was her only option. The free ultrasound, care and compassion Mia received helped give her the strength to choose to parent her baby.

... Ella, who courageously chose life for her baby but began her parenting journey with little confidence in herself and even less in her ability to be a mom. Through our LifeSteps parenting program, she says she is "stronger, braver and more confident than I ever thought possible."

... Jimmy, a dad who is growing every month in his new journey as a father. "I appreciate your genuine compassion and care for me and others," he texted to his fatherhood coach. "You're one of the greatest men I've met."

... Morgan, a client who visited us during Holy Week believing she was pregnant. Her pregnancy test was negative, but conversations with her client advocate turned to matters of faith. Amid the height of the pandemic, when Morgan heard about Christ, she accepted an invitation to follow Jesus!

These are five of the more than 15,000 lives who were touched this year thanks to those who support Life Network. Your faithful partnership with us can save more babies ... support more students, parents, and post-abortive individuals ... and see more lives transformed in the year to come!

To God be the glory,



Rich Bennett President / CEO

\*Names changed

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Lize Network Stag

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#### LIFESTEPS

KIM JONES LifeSteps Director

TERRY BELCHER LifeSteps Assistant Director

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#### MEDICAL SERVICES

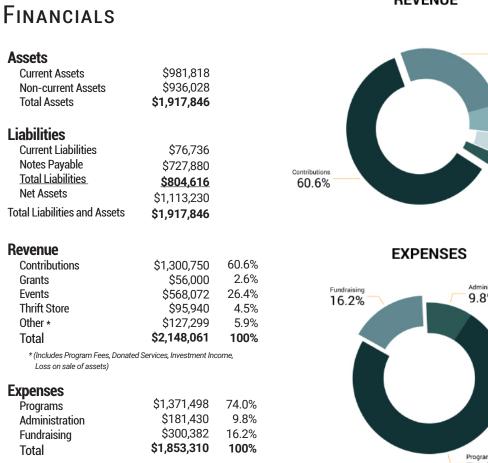
DR. SHELLY ASBEE, MD Medical Director

DENISE RICE, RN,BSN Nurse Manager

KELSEY RODRIQUEZ, RN, BSN Assistant Nurse Manager

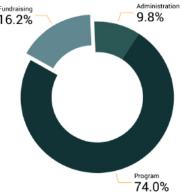
> CAROLYN BARAN, BSN Staff Nurse

LISA RUST, RN,BSN Staff Nurse Lize Network 2019 Annual Report



REVENUE





Source: 2019

In 2019, volunteers donated approximately 9,353 hours of time, valued at approximately \$140,295. In addition, 748 hours of professional services valued at \$52,360 were contributed.



To ensure accountability to donors like you, Life Network is a member of the Evangelical Council for Financial Accountability (ECFA) and is audited annually. Thank you for your trust and generosity.



# YOU ARE NEEDED, LOVED + VALUED

Education for a Lifetime leads the "Prevention" arm of our mission by educating local students on healthy relationships and mental health. The *Pursue* presentation teaches sexual risk avoidance and how to set healthy boundaries that reflect each student's value. *Who Can Relate* challenges students to consider who needs them, who loves them and where they find their value, working to release the stigma surrounding conversations on mental health and suicide. As students reflect on their value, their risk of suicide decreases and their opportunity for an optimal health outcome increases. Education for a Lifetime also works with the Colorado Springs faith community to promote youth mental health through Parent Talks at churches and Youth Mental Health First Aid trainings.

## 4,338 of students reached received additional encouragement on their value through suicide prevention.

This year, EFL presentations have been adapted in a variety of formats – webinars, video recordings and in-person presentations – to continue to serve students in COVID-restricted school environments.

Your presentations will help us make smart, educated choices so we can live our lives safely and make the right choices for our health and wellness.

I learned how valuable and important I actually am.





- 2,480 clients reached

Colorado Springs Pregnancy Centers meet women and men facing unplanned pregnancies in their time of need. Through providing free medical services in conjunction with compassionate, nonjudgmental options counseling and the promise of future support, we empower our clients to make life-affirming choices for their family. We have two locations, one on Galley Road across from the Citadel Mall, and one on the Westside on Centennial, just a short distance from Planned Parenthood.

Because of your generosity, our centers now offer both testing and treatment of the most common STIs – while not missing the opportunity to share about Christ.

Thanks to your support and our courageous staff members, our pregnancy centers remained open and serving clients throughout the COVID-19 pandemic with appropriate precautions. Our clients have needed our support now more than ever!

Colorado Springs Pregnancy Centers offer

- Pregnancy Testing
- Ultrasounds
- STI Testing & Treatment
- Pregnancy Options Education
- **Community and Medical Referrals**
- **Emergency Material Needs**

### Lifenetwork LifeSteps

### Lifenetwork Men's Services

LifeSteps, our parenting education program, enables moms and dads to confidently enter parenthood knowing that they have people walking beside them for support, encouragement and resources. Our curriculum provides education on topics such as pregnancy, infant care, nutrition and childbirth. As they participate, clients earn credits – called "baby bucks" – to be used toward items in the LifeSteps Baby Boutique. Items earned include infant and toddler clothing, bedding, formula, and diapers, as well as bigger items such as a car seat or crib. Parents participate in LifeSteps until their child turns two. We also host a women's LifeSteps Bible Study that moms can participate in indefinitely for community and support.

Decisions for Christ

Our **Men's Services Fatherhood program** specifically equips dads through mentorship and education in a one-on-one mentorship relationship. The structure of the program complements LifeSteps, and encourages healthy families through helping men to become involved, committed and responsible fathers.

> Our parenting education appointments went virtual during COVID restrictions. Over 200 appointments with moms and dads were held through telecoaching!

**1,897** APPOINTMENTS WITH MOMS **827** APPOINTMENTS WITH DADS

### Lifenetwork Bridges of Hope

women and men received healing through post - abortion recovery

Bridges of Hope is our program for women and men who are processing and grieving past abortions. Our group for women is a nine-week healing and support class that uses Biblical principles as tools for healing, addressing topics including grief, anger, guilt, depression and forgiveness. This past year, we also had 3 men receive post-abortive support through partnership with Men's Services.

Our partnerships with Mayfield Counseling, Solas Counseling and Deanna Shrewbury Counseling have also enabled us to provide professional mental health care to our clients needing deeper support within the safe space of our centers.





Client Stories

Rachel\* arrived at our Westside pregnancy center with her boyfriend Travis after visiting the abortion clinic down the road. Despite their teenage years, they were facing one of the hardest decisions of their young lives. Rachel had sought out an abortion but was told she couldn't schedule one until a week later. Desperate for help immediately, Rachel and Travis found their way to our center.

Travis was excited at the idea of becoming a father. Rachel, on the other hand, was terrified of telling her family. Abortion seemed like the easiest option to her. But, Rachel shared her one caveat – if she saw the baby's heartbeat, she couldn't go through with it.

Rachel and Travis came back to the center a few days later and met their baby through ultrasound – the heartbeat was clear and visible! Still, Rachel's fear was overwhelming. She left that day still leaning towards abortion.

\*Names Changed

Our staff often loses contact with clients like Rachel who leave their appointments leaning toward abortion. Many clients understandably won't want to follow up with the news that they succumbed to the fears we attempted to ease in their appointments. We hoped that the situation would be different with Rachel and Travis. Thankfully, we connected with them a few weeks later and learned that they were planning to parent their child! Rachel was seeing an OB for prenatal care and planned to tell her family the news on Father's Day. We praise God for His provision of peace and hope to Rachel and Travis and His protection over their child!

Ava\* visited our center strongly considering an abortion. Although her family said they would support her decision to parent, even with their support she couldn't imagine being a single mom. Still unsure but in need of further support, Ava joined LifeSteps. She bonded with her parenting coach who, knowing Ava was still considering an abortion, made a point to always cover her in prayer. Ava also bonded with several other women in the LifeSteps Bible Study who were in a similar situation. They quickly became close friends and stayed in touch throughout their pregnancies. The Bible Study leader also developed a relationship with Ava and was aware that she was still considering an abortion, even into her third trimester. Knowing her situation, the Bible Study leader also prayed fervently for Ava throughout the pregnancy.

Thanks to the consistent prayer and support, Ava's consideration of abortion faded. The Bible Study moms stayed in close contact with Ava while she was in the hospital and after baby Hannah's arrival. After the birth, Ava met regularly with her parenting coach and slowly opened up about some trauma in her past. Thankfully, on her coach's recommendation, Ava had the opportunity to begin counseling with a professional counselor at the pregnancy center.

Ava faithfully attended her parenting education and counseling appointments, continued investing in Bible study and remained close friends with several Bible study moms. Shortly after her daughter turned two years old, Ava graduated from LifeSteps. Her graduation was joyful and full of tears. Ava brought a handwritten thank you to her LifeSteps graduation. Her coach cried when she read the part of her letter shared below ...

"LifeSteps and the Bible Study moms have helped me grow, learn and become a strong, independent single mom. I have a special bond with my daughter that I never imagined possible. When I started LifeSteps I felt bad about myself. I didn't know much about life or parenting and didn't believe in myself. Now I am stronger, braver, and more confident than I ever thought possible. And I love being a mom! If it weren't for LifeSteps, I probably wouldn't have my daughter and my life would be so much different. Thank you for everything you did for me and my daughter."

## **THANK YOU CHURCHES!**

Life Network was started in 1983 by a local church and is grateful for the ongoing faithful support of churches and faith-based organizations throughout this community. Our special thanks to those churches who gave financially to Life Network this year:

ACADEMY CHRISTIAN CHURCH ANTIOCH CHURCH AUSTIN BLUFFS EVANGELICAL FREE BLACK FOREST CHAPEL BOULDER STREET CHURCH **CALVARY WORSHIP CENTER** CENTER FOR STRATEGIC MINISTRY **CHEVENNE MOUNTAIN PRESBYTERIAN/** CHRIST COVENANT CHURCH CHURCH FOR ALL NATIONS CHURCH ON THE RANCH CROSSROADS CHAPEL FAITH EVANGELICAL FREE FAMILY OF CHRIST LUTHERAN CHURCH FELLOWSHIP OF THE ROCKIES FIRST EVANGELICAL FREE FIRST PRESBYTERIAN CHURCH FIRST SOUTHERN BAPTIST CHURCH FORESTGATE PRESBYTERIAN CHURCH FRIENDSHIP ASSEMBLY OF GOD FRONT RANGE ALLIANCE CHURCH GETHSEMANE CHRISTIAN FELLOWSHIP GRACE BIBLE CHURCH HEART OF WORSHIP MINISTRIES HOLY APOSTLES CHURCH - the HOLY CROSS LUTHERAN CHURCH HOLY TRINITY ANGLICAN CHURCH HOPE COLORADO SPRINGS KNIGHTS OF COLUMBUS #11730 KNIGHTS OF COLUMBUS COUNCIL 4636

LITTLE LOG CHURCH LIVING HOPE CHURCH MERIDIAN POINT CHURCH MESA HILLS BIBLE CHURCH NORTHEAST BIBLE CHAPEL NOR'WOOD BIBLE CHURCH **OUR LADY OF THE PINES** RISE CHURCH **RIVER ROCK CHURCH ROCK FAMILY CHURCH** ROCKY MOUNTAIN CALVARY SAGECREEK BIBLE CHURCH SOS CHURCH THE SPRINGS JOURNEY CHURCH SPRINGS OF GOSPEL KOREAN CHURCH ST GEORGE'S ANGLICAN CHURCH ST. FRANCIS OF ASSISI - COLORADO SPRINGS ST. GABRIEL CATHOLIC CHURCH ST. MICHAEL'S CHURCH ST. PATRICK CATHOLIC CHURCH ST. PATRICK KNIGHTS OF COLUMBUS ASSEMBLY 3049 SUNNYSIDE CHRISTIAN CHURCH THE SANCTUARY CHURCH TRI-LAKES REFORMED CHURCH TRI-LAKES UNITED METHODIST CHURCH VANGUARD CHURCH VILLAGE SEVEN PRESBYTERIAN CHURCH VISTA GRANDE BAPTIST CHURCH WOODMEN VALLEY CHAPEL





## *Life* network



Education FOR A Lifetime

COLORADO SPRINGS Pregnancy Center Family Thrift Store

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