



MARCH 2025 ISSUE

Newsletter



DIRECTOR'S CORNER

BY MARA SORENSON

Dear Supporters of Life,

2025 is in full swing at First Choice Clinic as we have welcomed two babies already! It's such a pleasure for us as staff to welcome these new lives and support their parents on their new journey. Thank you for your prayers and financial support that have made it possible for us to continue to serve local families in this way.

As we look forward to the rest of 2025, the staff, board and I have adopted Esther 4:14b as our theme verse. We are encouraged that we are here "for such a time as this" and that each of us have been placed in our unique positions, with our unique abilities, for a reason. We are called to stand up for the preborn, and to advocate for the sanctity of life..

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WAYS YOU CAN HELP

- Diapers - sizes 6 & 7
- Unscented wipes
- Boys clothing 2T-5T
- Baby hygiene products
- Printer support
- Casual Light Maintenance help
- Church partners
- Board of Director members

Your generosity is greatly appreciated. All contributions are 100% tax deductible. New items will be accepted and can be dropped off at the clinic during normal business hours: Tuesday 9AM-7PM, Wednesday 9AM-5PM, Thursday 9AM-7PM. Contact us at info@firstchoiceclinic.org or at 651-267-4357.

for
Such a
time
AS THIS.
ESTHER 4:14

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In today's society, we face numerous challenges and adversities. The culture of death, which manifests in the form of abortion, euthanasia, and other threats to human dignity, is pervasive. There is a constant push to devalue life, to see it as disposable or inconvenient. But we must remember that our role is not to succumb to these pressures, but to rise above them and to be a beacon of hope and truth.

Our work is not easy, and there are many times when we feel discouraged or defeated. But we take heart in the story of Esther, who, despite her fears and uncertainties, chose to act with courage and faith. She understood that her position was not a coincidence, but a divine appointment. Similarly, we must recognize that our efforts at First Choice Clinic are not in vain. Every life we save, every mother and father we support, and every heart we touch is a testament to our unwavering commitment to this cause.

Thank you for your continued support and dedication to our mission. We are grateful for each and every one of you. For such a time as this, we stand united.

With hope and gratitude,

Mara Zorenson
Executive Director



DONATE TO FIRST CHOICE CLINIC

www.friendsoffirstchoice.org

CLINIC HOURS

- Tuesday 9 AM - 7 PM
- Wednesday 9 AM - 5 PM
- Thursday 9 AM - 7 PM

IN MEMORIAM

Recent gifts to First Choice Clinic have been given in memory of: Linne and Marilyn Youngmark, Jan Erickson, Marvis Birkenmayer and Jenny Wiederholt-Pine.

Please contact us at info@firstchoiceclinic.org if you are interested in giving in memory of a family member or loved one.

Did you know?

First Choice Clinic is a member of the Elevate Life network of pregnancy care centers that are located in Minnesota, western Wisconsin and North Dakota. Elevate Life is a nonprofit affiliation organization that provides training, education, best practices, legal and regulatory information, and many other resources to assist both the staff and the Board of Directors of First Choice Clinic and over 50 pregnancy centers in the region.

Please pray for Elevate Life as they welcome Anna Schmidt as the new Executive Director this month.

For more info: elevatelifeusa.org



2024 IMPACT - Your Support Made a Difference!

Our Mission

To educate and empower our community to make healthy, life-affirming choices.

We achieve our mission through the various programs and services we offer.

Ways to Support First Choice Clinic:



Financial/Material Donations



Volunteer



Tell Others About Us

Our Affiliations:

Elevate Life
(www.elevatelifeusa.org)

Heartbeat International
(www.heartbeatinternational.org)

BrightCourse
(www.brightcourse.com)

NIFLA
(www.nifla.org)



Our Impact in 2024

- ✓ 55% increase in ultrasounds compared to 2023
- ✓ 93 Distinct Clients (increase of +9% compared to 2023)
- ✓ Over 1,000 Client Visits
- ✓ 527 Spiritual Discussions (Increase of 24% compared to 2023)
- ✓ 18,505 Diapers Earned
- ✓ 1,817 Other Material Goods Earned (clothing, car seats, strollers, cribs, crib mattresses, highchairs, formula, etc.)



First Choice Clinic suffered a flood in June of 2024 which resulted in a 7-week closure of the clinic. Even through this challenge, we persevered and have continued to thrive and prosper.

Our Services



Medical

Pregnancy Testing
Limited OB Ultrasound
STD/STI Testing & Treatment



Education

Pregnancy & Parenting Education
Life Skills Education
Sexual Integrity/Sexual Health



Peer Support

Options Education
Pregnancy Loss Support
Sexual Abuse/Trauma Support
Peer-to-peer mentoring



Material Support

Diapers, wipes, infant/toddler clothing, baby equipment, Cradle of Hope pack 'n plays, and so much more!

Additional Services

- ✓ Community Referrals
- ✓ Teen/Youth Speaking
- ✓ Lactation Consulting

Have you experienced a loss from an abortion or miscarriage?

Regardless if your abortion or miscarriage was weeks or years ago, it may still be affecting you.

1 in 4 pregnancies end in a loss and 1 in 4 women have an abortion before age 45.

You don't have to suffer in silence. At First Choice Clinic we offer a safe place to work through your experience.



We offer groups, one on one mentoring and an online option. Call us at 651-267-4357 or email

"Even though my loss was many years ago, it was the support at First Choice Clinic that helped me heal," stated one client. "I didn't have to suffer in silence anymore. It felt so healing to be able to talk about it with someone who understood."

LARGEST DIAPER DRIVE IN FIRST CHOICE CLINIC HISTORY

The diaper and baby bottle coin drive organized by Catholic Daughters of America Court Mazeppa Bellchester#1864 has become the largest diaper drive in the 19 year history of First Choice Clinic. Representatives from the organization delivered 8,279 diapers and 20 packages of wipes, along with blankets, clothing, and baby bottles full of change. "To say we were shocked, overwhelmed, and incredibly blessed is an understatement," said Sorenson. "Thank you to all!"



Churches that participated were:

St. Mary's Catholic Church, Bellechester, St. Columbkills Catholic Church, Belle Creek, Holy Trinity Catholic Church, Goodhue, St. Joseph's Catholic Church, Red Wing, St. Peter & Paul's Catholic Church, Mazeppa, and St. Paul's Catholic Church – Zumbrota

NON-PROFIT
ORG.
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RED WING MN
Permit #133

Return Service Requested

1614 W 3RD ST
RED WING MN 55066



**Father
Daughter
Dance**

**SATURDAY APRIL 12
1:00-3:00PM**

**FIRST COVENANT CHURCH
(ENTER THROUGH GYMNASIUM)
2302 TWIN BLUFF RD
RED WING, MN 55066**

Ways to register and pay:
firstchoiceclinic.org or
call/step in to clinic
651-267-4357

\$25 for Dad and Daughter
\$15 for additional daughters

MARK YOUR CALENDARS FOR 2025 EVENTS!

Let us know if you or your organization are interested in sponsoring.

Date	Event & Location	Sponsorship Opportunities
March 8th	Pickleball Tournament, Goodhue Schools	Thank you to all participants & sponsors!
April 12th	Father/Daughter Dance, Covenant Church Red Wing	Event & Food sponsors
May 10th	Walk for Life, Cannon Falls	Event & Food sponsors
June 15th	5K Run/Walk, Red Wing	Event & Food sponsors
July	Christmas in July donations, local area	Host a Donation Bin
August 4th	Open House	Event & Food sponsors
October 2nd	Annual Banquet & Silent Auction	Silent Auction donations Event & Food sponsors

**DONATE TO FIRST
CHOICE CLINIC**

www.friendsoffirstchoice.org

