



MAY 2025 ISSUE

Newsletter



DIRECTOR'S CORNER

BY MARA SORENSON

This spring has been a very busy one at First Choice Clinic. We are seeing an increased number of client visits, both for our medical and non-medical services. The parents who participate in our Earn While You Learn program have been utilizing our Baby Boutique and we have seen an increased need for donations. Many churches and individuals have stepped forward to hold baby bottle campaigns or material drives for the clinic, and we are so grateful for each and every one of them.

My speaking schedule has also been very full. I finished the last of my speaking engagements at two local high schools for the current school year and have also had the opportunity to speak to multiple church congregations as well as church and social groups over the last few months.

Even with the busyness that comes during these months, spring is my favorite time of the year. After the cold, dreary and dark weather of winter, the longer days, warmer sunshine and signs of new life everywhere brings a fresh perspective. As the first shoots of flowers start to push through the cold earth, I am reminded that even in the bleakest of times, the promise of life is always waiting to push through.

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Springtime is such a great metaphor for what God does spiritually for each and every one of us through the challenging times of life. It's during those periods of struggle that God wants to shine the light of His Son to bring a newness, a freshness into our very spirit. I am so grateful that at First Choice Clinic, God is using us to bring hope and healing to the men and women who walk through our doors. These clients are sometimes facing the most uncertain times of their lives and we have the privilege to walk alongside them every step of the way.

I am forever grateful for all of the prayer and financial support that you have given to First Choice Clinic over the last 19 years. May we have many more years of partnership as we fight for life.

With Continued Gratitude,

Mara Sorenson

Executive Director

IN MEMORIAM

Recent gifts given in memory of:
Bev & Less Sander
Marvis Birkenmayer
Please contact us at info@firstchoiceclinic.org if you are interested in giving in memory of a family member or loved one.

JOIN US FOR 2025 EVENTS!

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

Date	Event & Location	Sponsorship Opportunities
June 15th	5K Run/Walk, Red Wing	Event & Food sponsors
August 4th	Open House	Event & Food sponsors
October 2nd	Annual Banquet & Silent Auction	Silent Auction donations Event & Food sponsors

Did you know?

First Choice Clinic's Nurse Manager is trained and able to support breastfeeding moms as a lactation counselor. Breastfeeding may be the best option for your child, but it doesn't always come naturally.

That's where we can be a calming voice to help you understand:

- the benefits for mom and baby,
- how to have baby latch-on properly,
- common issues/solutions & growth spurt changes,
- pumping options (e.g. return to work),
- healthy nutrition & safe environment,
- and so much more!

Call or stop by the clinic for more information.



FATHER/DAUGHTER DANCE “HOPPING”



“We had a live DJ again at this year’s Father Daughter Dance, and he kept everyone dancing for two hours,” said First Choice Clinic Director Mara Sorenson. Over 200 dads and daughters participated at the special dance on April 12th that was held at First Covenant Church in Red Wing. Other activities that were popular included a selfie station, friendship bracelet making and a popcorn bar with pink lemonade. “Special thanks to First Covenant Church for hosting and Heather Lange for her planning and decorating. A huge thank you to all the many volunteers who helped to make this event a success,” Sorenson added.

MOTHER’S DAY WEEKEND WALK FOR LIFE

Almost two dozen supporters of First Choice Clinic joined together to witness at a Walk for Life held in Cannon Falls on Saturday, May 10th. This annual tradition on Mother’s Day weekend was blessed by a beautiful sunny morning with the opportunity for participants to learn more about First Choice Clinic and to donate items as part of a Baby Shower. Having the location at the Cannon Valley Trailhead also helped with out-of-town guests learning about the clinic and it’s services.



CONSIDERING HELPING OUT?

First Choice Clinic’s activities to serve families and children in our community come together through a committed staff and a set of committed volunteers. I’m honored to volunteer on the Clinic’s Board of Directors and to receive an update at least monthly at our meetings on all the great work the clinic is doing. As Board members, we have a commitment to pray for the Clinic and staff and its success. We also serve as the oversight of the Executive Director and to partner with her and each other on fundraising opportunities.

We are eagerly seeking new Board members. Please prayerfully consider taking this volunteer opportunity or encouraging someone else to reach out and to learn more. We invite all prospective Board members to learn as much as they can about the organization and how the Board functions before turning in an application. Please contact Mara at mara@firstchoiceclinic.org or Board President Sylvia Belford at sylvia@firstchoiceclinic.org, or call the clinic at 651-267-4357



We appreciate your assistance in finding qualified Board members.

Want to help in other ways? We also can use assistance with casual light maintenance, newsletter preparations, prayer groups, and event volunteers. Every helping hand is appreciated!
~Sylvia

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Return Service Requested



first choice CLINIC
19TH ANNUAL

5K **KIDS FUN RUN 9:30 AM**

RUN & WALK

5K | \$35 | 8:30 AM

SATURDAY, JUNE 14, 2025
BAYPOINT PARK RED WING MN

Register at firstchoiceclinic.org/events, scan QR code, or call 651-267-4357.
Register by May 31st to receive a t-shirt. Same day registrations welcome!
Bring the family! Kids activities planned.

Rockland FLOORING **FORWARD BANK**

ORTHOG. DAUGHTERS OF THE AMERICAN

MAZEPPA BELLECHESTER COURT #1864

OUR NEEDS



- Diapers - sizes 5-7
- Unscented wipes
- Boys/Girls Socks - NB to 5T
- Diaper Rash Cream
- Boys Clothes - 24 mos to 5T
- Toddler Shoes - all sizes
- Gift Cards (Walmart, Target, Amazon)
- Volunteers - see page 3

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.



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