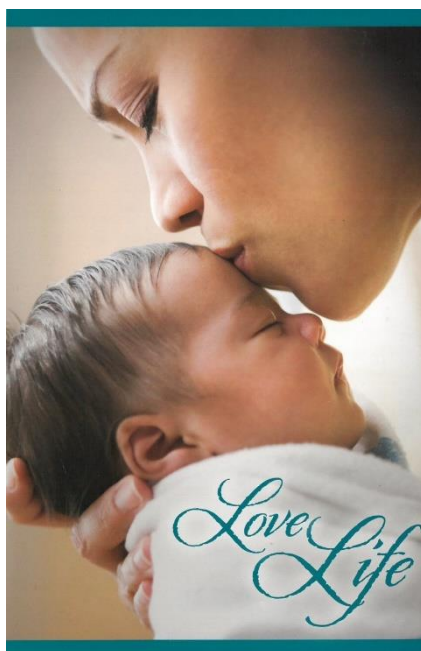




2023 Highlights and Annual Reports

Serving
Women and
families
in need since
1998



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Below: Another one of Next Step's beautiful 2023 Babies – Luis!



“What does love look like?

It has the hands to help others.

It has the feet to hasten to the poor and needy.

It has eyes to see the misery and want.

It has the ears to hear the sighs and sorrows of men.

That is what love looks like.”

“God loves each of us as if there were only one of us.”

– St. Augustine

A Word from our Director

In three words I can sum up everything I've learned about life: it goes on.

~ Robert Frost

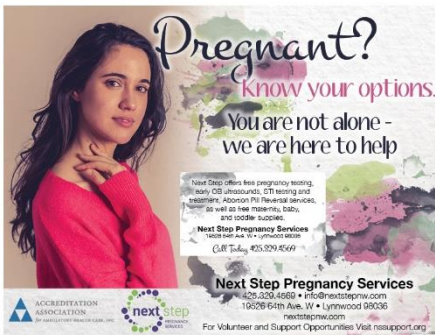
Life is sticky, loud, furious, tragic, exciting, passionate, raw, beautiful, and fleeting. Nothing about life is easy. Nor should it be. We were not put here to be nonchalant and detached. I witnessed our Next Step team out everything out on the line this year – allowing their hearts and spirits to be vulnerable and open.

We are similar to programs like “Prepares” and “Walking with Moms in Need” in that our goal is to ensure women and families that *1. They are not alone* and *2. That they can take on this sacred parenting role, and move forward taken care of and encouraged, and live a fulfilling and engaging life. And finally, 3. That every person is planned – you, me, that young and uncertain mom, and the child within her womb. Planned and cherished.*

Timing is everything. Where Next Step Pregnancy Services differs from those other wonderful ministries is that we are the first step. First of many yes, but the first.

We are there before a woman finds herself with child. Before perhaps some risky behavior lands her in a health crisis. Before

that young lady decides she is not worth it and that her value is only as high as the attention she may receive from others. We are there when a young woman needs a safe space to think. To accept. To ask questions. To be heard.



We are there when a young couple who are anxious and uncertain need to see that heartbeat and know their baby is thriving. We are there when perhaps the worst is suspected and there is no heartbeat, and that couple needs to grieve.

We are there for the woman whose partner has threatened to leave her and believes her only option is to abort. We are there for the young woman who does not believe she is of value. We are there for the woman who caved under pressure and obtained the abortion pill. We are there when she changes her mind and is desperate to go back. We are there for the post-abortive woman seeking forgiveness.

I cannot recount the number of times I have witnessed all the beauty and service, and compassionate care I see each day here. As some of you may know, my office has a large semi-transparent window facing out towards the waiting room and front desk area. I see so much as I sit at my desk typing away. Smiling faces and children's voices. The thud of little feet racing back and forth. The cry of a newborn. The curious little face peering just at the bottom of the window watching me. The young girl fixing her hair and reapplying lip-gloss unaware of my presence. Encouragement from the team and thank you after thank you to those stopping in with donated items. Thank you after thank you from clients with relief filling their words. Large families and small. Women alone waiting for a scan or those with family and partners. Some have pensive worried looks. Sometimes it's tense. I hear the gentle lead from the nurse as she greets them and takes them for their appointment. The silence of the ultrasound. Muffled words. Laughter. Sometimes tears.

I see and hear it all as I work tirelessly to ensure Next Step can continue to serve and serve gracefully and without constraint.



“Do not be so open-minded that your brains fall out.” ~ G.K Chesterton

2023 Highlights, Challenges and Growth

2023 started off with a whoop and a bang! Most notably the one-year anniversary of the historic overturning of Roe. You might ask what changed here at Next Step? A lot! But not for the reasons you may expect.

- Next Step Pregnancy Services saw an **incredible increase** in client families seeking assistance.
- We began our long awaited **STI** (sexually transmitted infection) Testing and Treatment Clinic.
- We began offering **APR** (Abortion Pill Reversal) under the supervision of our Medical Director.
- We finally saw our parking lot paved! That was an extreme exercise in patience....
- Oh, and last but not least we achieved **Accreditation** through the AAAHC (Accreditation Association of Ambulatory Health Care). A huge professional achievement we're extremely proud to have accomplished!

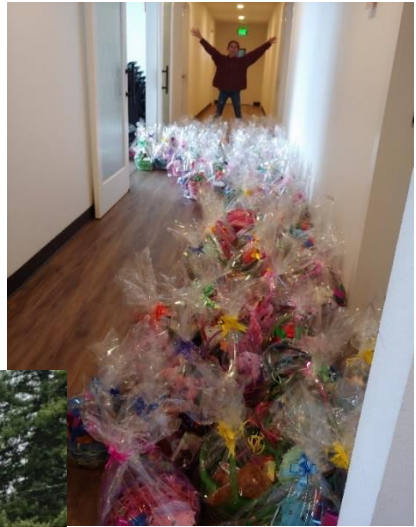


The team with
our AAAHC
certificate!

Top Right; Easter Baskets from Holy Rosary!

Below; completed parking lot.

Bottom Right; Next Step at the NW Pro-Life Conference put on by Human Life of WA!



This sleeping beauty is one of the many new lives welcomed into the world in 2023 – **Ash!**



Our Mission

Next Step Pregnancy Services is dedicated to serving with compassion and dignity the immediate and long-term needs of those facing unplanned pregnancies. We promote the sanctity of human life in a non-judgmental atmosphere filled with love and compassion. It is our goal to empower those we serve to make healthy lifestyle choices now and in the future.

Our Services

In order to promote the sanctity of human life and to respect the dignity of our clients, Next Step Pregnancy Services provides the following services free of charge:

- ❖ Medical Pregnancy Testing
- ❖ Early OB Diagnostic Ultrasound with licensed Nurses and Sonographers
- ❖ STI (sexually transmitted infection) Testing and Treatment
- ❖ Prenatal Care and Vitamins
- ❖ Abortion Pill Reversal (APR) with Progesterone Therapy
- ❖ Distribution of Maternity Clothes and Supplies
- ❖ Distribution of infant /toddler clothes and layettes
- ❖ Distribution of miscellaneous baby supplies (books, bouncers, playpens, toys, etc.)
- ❖ Reproductive Loss Grief Care (i.e miscarriage, abortion, stillbirth)
- ❖ Comprehensive community resource referrals
- ❖ Power of Prayer through a well-organized prayer chain
- Peer Counseling on the following:**
- ❖ Abortion procedures and associated risks
- ❖ Fetal development
- ❖ Adoption and associated benefits
- ❖ Parenting
- ❖ Chastity, relationships, and dating
- ❖ Sexually transmitted diseases (STD/STI)
- ❖ Contraception and associated consequences
- ❖ Natural Family Planning (NFP)
- ❖ Post abortive assistance

Nurse Reflection

One thing that strikes me is how everyone's journey is unique - and no matter what - everyone needs help of some kind along their way. It is a blessing to offer that. You never know what one woman has gone through or is going through when they walk through the doors of a Planned Parenthood or Next Step Pregnancy Services. One story that stands out is of a woman who found out she was pregnant while in an emotionally abusive relationship. She had a 5-year-old son she was trying to protect and had already experienced 1 abortion. She initially felt she could make things work with the father of the baby but by the time she returned for her ultrasound it had become clear this unborn baby was in danger (and likely herself and son as well). She felt totally trapped. She wanted to leave this man, and thought she might be able to make it, with just her son and herself. But how could she, as a single mother, raise 2 kids (1 an infant!) on her own? It seemed impossible. Perhaps aborting would be the best thing for her son, she thought, so she could at least provide a fresh start "for the child already here."

The truth is, though, that other child WAS here. The fact we can't readily see them does not mean the unborn do not exist.



“continued’

Of course, Mom already knew this. As we talked about her prior abortion, she stated that the most haunting words she ever heard were right after the procedure: "Ok sweetie, you're not pregnant anymore." I am guessing these words were offered as reassurance, intended to provide comfort. Instead, they pointed out the obvious: the life that had been there, was no longer there.

When she left our office after a long time together and with a packet full of resources plus a couple pictures of her (new) tiny baby I had no idea what she would decide to do. The first few attempts I made to reach out to her went unanswered. So, I continued to pray; so much of our jobs here involve praying for these women and children!

Months later, on a busy and hectic day, I answered the phone. It was a woman requesting a "baby girl layette." We give out bundles full of newborn and early infant baby clothes, receiving blankets, socks, sleepers, towels, hats, and newborn baby gifts to our expecting mothers. My heart skipped a beat when this client gave me her name - it was Rachelle! She had broken things off with the abuser, had gotten a place of her own, and was going to be welcoming home a little baby girl in the coming days. We were able to provide her with a baby swing and a few other resources as well. I am so thankful she chose life. The journey will not always be easy - but I am hopeful with love and prayers we can all continue the path home toward our Lord and Savior Jesus Christ. Glory to God for all things!

~ Barb Millett, Nurse Manager



Reflections from our Medical Director



Greetings!

As I pause to reflect on my first year with Next Step, I am truly humbled and

grateful to be a part of the Next Step community. It is not just an organization...a clinic...a safe space...but a haven for women providing life affirming care. The word "haven" is similar to "sanctuary"

and "refuge." These words have a holiness to them; a protective element that indicates love and security. This is what women find at Next Step - hearts that are open and welcome all.

As we proceeded to grow this past year, we were able to successfully begin our STI (Sexually Transmitted Infections) and APR (Abortion Pill Reversal) programs within months of each other. This required detailed planning and coordination from our dedicated staff and volunteers to launch these programs. We have treated several clients through both programs already and are continuing to look at ways to spread the word that we now have even more resources available to assist women and couples.

Without your donation, this expansion would not have been possible! Thank you from the bottom of my heart for aiding Next Step with your monetary gifts and persistent prayers. We plan to continue improving these programs in 2024 with the goal of reaching out to even more women. Please feel free to come by and visit! We would enjoy sharing our daily activities with you. Blessings in 2024,

~ Stephanie Stoke MD., Medical Director



Our 2023 Gala!

On September 23rd Next Step held our annual fundraising Gala and Silent Auction. This year's event had even more special meaning as it was the 25th Anniversary of the founding of Next Step Pregnancy Services.

< The team! (L-R Kim, Barb, Marta, Heather, Nancy, and Dr. Stoke)

Our lovely Friday volunteer Rebekah!

Our lovely American Heritage Girls! Silent Auction was a huge hit!



Raise the Paddle!



The scrumptious desserts! >



Marta and Eudis sell raffle tickets



Beautiful cake!



**Nurse
Barb
shares
our
mission.**

**Father
O'Leary
says
grace.**



**2023
was a
record
year for
Baby**

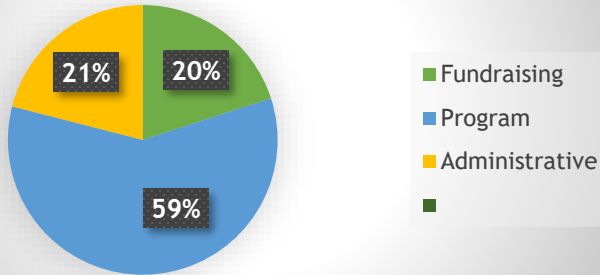


**Bottle Campaigns, Drives, and Giving Tree Goodies!
Thank you to the following churches and organizations that
made 2023 such a blessing and enabled Next Step to serve
and serve well! Between all the gifts and giving, Next Step
took in \$ 50,000 in monetary and tangible gifts!**

**Blessed Sacrament Parish Bottle Campaign ~
St. Brendan Parish Bottle Campaign and Pancake Breakfasts ~
St. Alphonsus Parish Tea, Bottle Campaign and Giving Tree Gifts ~
Biella Foundation Christmas Grants ~ Seven Weeks Coffee ~
St. Mark Parish Giving Tree and Bottle Campaign ~
St. Elizabeth Ann Seton Parish Giving Tree ~ St. Pius X KOC ~
St. Thomas More Parish Bottle Campaign ~
North Sound Church Bottle Campaign ~ Costco Giving Campaign ~
Holy Rosary Bottle Campaign, KOC Pancake Breakfast and Gala!
MapleWood Foundation Diaper Bags and Gifts ~ Little Bipsy Gifts ~
North American Martyrs Church Giving Tree ~
Edmonds Calvary Diaper and Wipe Drive ~
Knights of Columbus Council 676 Gifts and Support ~
Glimmer Glass Photography ~ Westgate Chapel Events ~
Cross and Crown Church Bottle Campaign ~
St. Paul Orthodox Church Giving Tree ~ Heritage Baptist Church Gift
Binky Patrol beautiful homemade quilts ~
Catholic Daughter of America ~ Abundant Life Ministries**

2023 Income Statistics

Cost Breakdown



*Please note payroll is not included in this expense breakdown.

In 2023, thanks to your generosity and fierce defense of life, Next Step raised a total of **\$503,556**



Baby Luis with mom and dad!

Here are some numbers ~

Baby Bottle

Campaigns: \$31,758

Commitment Donors: \$32,810

Corporate Matching: \$18,716

Corporate

Donations: \$5,338

Annual Gala: \$138,000

Individual Donors and Organizations: \$159,515

Angel of the Day Program: \$5,521

Grants: \$116,980

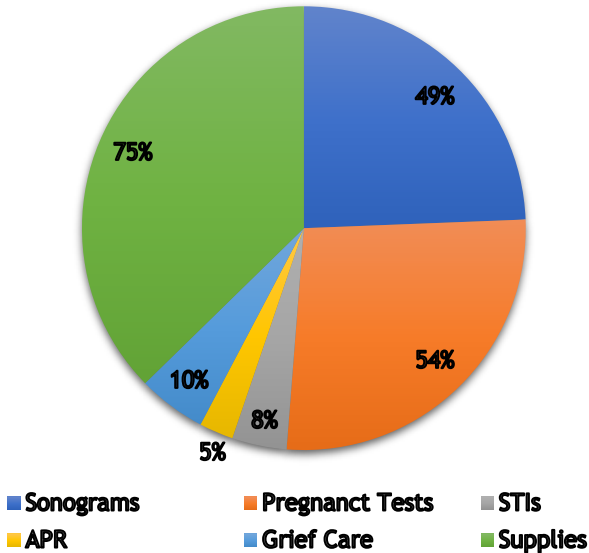
Public and Church Support: \$19,974

128 First Time Donors and 5 new Commitment Donors!

We had 4 new church communities reach out to us!

2023 Client Statistics

Services



13% of Next Step clients were abortion vulnerable at 1st assessment.

91% intended to carry by the last assessment.

20% of Clients are considered “at risk” for an unplanned pregnancy.

70% of clients need low cost/free services because they are unemployed, uninsured, or low-income.

➤ **5,277 Families and Clients Served**

➤ **705 total Medical Appointments**

A whopping 28% of our pregnant clients are under the age of 24 and 5% of those are under the age of 18.

Our Team

The beauty of Next Step Pregnancy Services is our **TEAM**, hands down. Their compassion, determination, and willingness to serve shone more than ever this year. **(L-R Nancy, Kim, Marta, Barb) * Heather took the photo!**

Thanks to our Volunteers -- Deborah, Beth, Kristie, Sherri, Rebekah, Tori, Jennifer and Lizzy -- who come in consistently and always with smiles and open hearts to all that can happen here!

Huge thanks to our Nurse Volunteer – **Elizabeth!**



Thanks to our 2023 Board of Directors ---

Marilyn Thornton, President
Denise Mullins, Vice President
Julianna D'Angelo, Treasurer
Keleigh Muzaffar, Secretary

~ Josh Cummins, Board Member
~ Kim Cummins, Board Member
~ Nicole Forman, Board Member



***For you created my
inmost being; you knit me
together in my mother's
womb. ~ Psalm 139:13***