

WELLNESS

journey



Pregnancy Testing
& Ultrasound

Early Pregnancy
Consultation

Birth Mapping

Breastfeeding
Education

Early Infant Care

Fourth Trimester
Visit

Bible Study

Childbirth Class

PIT STOPS

these additional visits are offered
to help you along the way!

BREATHE
After Abortion Care

Network
of Life 

Stops Along the Way!



Pregnancy Testing & Ultrasound

During this initial visit, our team will verify your pregnancy test results, test for STIs, and answer your questions in a calm, respectful space. If indicated, our medical staff will provide an ultrasound, provide prenatal vitamins, and review your pregnancy options. You'll view your ultrasound that provides vital information to help you make decisions about your next steps, your health, and your future. Ultrasound verifies viability, placement, and gestational age while detecting ectopic pregnancy or impending miscarriage.



Early Pregnancy Consultation

As you prepare for pre-natal care, you'll want to focus on your health during the early weeks of pregnancy. You'll learn about self-care and healthy lifestyle choices, nutrition, exercise, and common concerns that arise in the first trimester. The medical team will also provide blood pressure screening and make any needed referrals. Plan on 30 to 60 minutes.



Birth Mapping

Birth Mapping helps you and your partner prepare for labor, delivery, and postpartum. You'll walk through various options and think about your preferences and values. Birth Mapping will help reduce anxiety so you can look forward to the process with confidence. The class is 60 to 90 minutes.



Early Infant Care

As your family prepares to welcome your baby, the Infant Care class will focus on the basics of newborn care. Moms and dads learn about swaddling, feeding, sleep, diapering, and soothing techniques. You'll feel more confident and prepared for the early days at home with your newborn. Plan to join us for this 60 to 90 minute class.



Breastfeeding Education

You may be considering the benefits of breastfeeding your baby. This class provides practical tools and clear guidance so you'll feel more prepared to make breastfeeding a reality for your baby. Medical and advocacy staff discuss topics including latching, milk supply, infant hunger cues, and common challenges that may arise in the early weeks. Expect the class to be 60 to 90 minutes.



Childbirth Class

This 5 hour comprehensive class equips you for labor and delivery, including pain-coping techniques, partner support strategies, and informed decision-making. Couples gain a better understanding of what to expect during birth, helping replace fear and uncertainty with confidence and peace. The relaxed group dynamic builds relationships that continue to foster support and friendships.



Fourth Trimester Visit

This 30 minute postpartum visit provides support as you recover from birth and adjust to life with a new baby. Staff will ask about symptoms of postpartum depression and stress. You'll have space to reflect on your birth experience, discuss emotional and physical changes, and receive education on postpartum and early infant care.



Bible Study

Whether you have known God your whole life or are just starting to explore what a relationship with Him looks like, this is for you. Our Bible study is offered regularly in our various locations and explores key topics including What is the Bible? Who is Jesus? and What is the Gospel? Not only will you grow in your relationship with Jesus but you will also connect with other women and grow in your ability to navigate the Bible.



BREATHE

After Abortion Care

BREATHE is an after-abortion care program that offers emotional healing to those who have experienced abortion. Whether having an abortion was a decision made alone or was the result of being pressured by someone else, the emotional aftermath deserves tender attention. We offer groups that meet once a month or we have a 6-week program. Wherever you are in your healing journey, there is a space for you.