

# STORIES

True stories of women who have been faced with the challenges of today's world. ▼



## Jasmine

by JASMINE

Before I met with the counselors at Caris, I was skeptical about my abilities as a parent. I thought I had too many obstacles in front of me and that I couldn't possibly entertain the idea of keeping my baby no matter how much I may have wanted to. I came to Caris for a pregnancy test and found out that I was pregnant.



## Danielle

by KATIE, Caris Counselor

Danielle found out at seventeen that she was pregnant. When she told her ex-boyfriend and mother, both asked her to consider abortion. This was Danielle's second pregnancy. When Danielle came to Caris she shared her struggles with past depression and unresolved family issues, which were impacting her decision about her pregnancy. At Caris an ultrasound showed that Danielle was less than seven weeks along.



## Miriam

by RUTH, Caris Ultrasound Technician

Miriam called Caris after speaking with a pastor from a partner church where she had just started attending. Over the phone she told Caris staff that she had no support or insurance since she just lost her job. She didn't know what to do next. She didn't want an abortion but didn't know how she could make it work. Miriam agreed to come in and meet with a counselor. When she came to Caris, the pregnancy test was in fact positive.



## Karen

by BRITT, Caris Counselor

Karen and her boyfriend came to Caris fearful of the results they would receive: a positive pregnancy test. She told her counselor that she didn't know what she wanted to do with the pregnancy but knew her parents would be extremely upset. She shared that her mom had kicked her out before and that she would do it again if she told her about the pregnancy. Her counselor encouraged them both to take their time in making a decision and asked if Karen wanted an ultrasound at Caris.

# STORIES

Challenges to Opportunity:  
Continued ▶



## Jasmine

by JASMINE

After attending just two support group meetings, I realized that it didn't have to be as hard as I was making it out to be because women in my situation were making it work, and some of their situations were worse than mine. I appreciate the great lengths that the volunteers and counselors go to, to make sure that we as moms-to-be are prepared emotionally and physically for our new babies. I will never forget the feeling of joy and excitement I had as I opened the enormous amount of gifts I got from my Caris baby shower. After participating in two support groups especially designed for pregnant women, I am more confident now than ever that I will make a great mother.



## Danielle

by KATIE, Caris Counselor

Danielle said she "really wanted to parent" and just needed "one person to tell her that she was doing the right thing" by continuing with her pregnancy. After Danielle's ultrasound, her Counselor discussed some of the resources Caris had available to help women. One of these opportunities was the New Beginnings support group, which was meeting that same day. Danielle decided to come back that evening for group. She faithfully attended these group sessions throughout her pregnancy, excited because she "had never had girlfriends before". She got linked to a Christian volunteer, meeting regularly for additional emotional support and eventually gained the support of her own mother.



## Miriam

by RUTH, Caris Ultrasound Technician

At Caris, Miriam was able to receive support through a wide range of connections including referrals for jobs, housing, insurance, doctors, car care, Caris' New Beginnings support group and baby boutique. Miriam especially enjoyed looking through the baby boutique. She said she was "blown away" by the help that is available and she was glad she came to Caris.



## Karen

by BRITT, Caris Counselor

The counselor spoke with Karen a week after her ultrasound and she had decided to parent. When Karen and her boyfriend came back to Caris, they discussed how she could tell her parents and what their plan could be if she was asked to leave. Her counselor shared information regarding community resources – All Kids, WIC, Caris' baby boutique and New Beginnings support group. Karen mentioned her appreciation for the ongoing support from Caris because there was no one outside of her boyfriend that could talk her through the decision. Her boyfriend found the practical resources helpful and encouraging. After coming to Caris, both felt better equipped to share this news with their families and begin to plan for their new life as parents.