

BLESSINGS

BLESSINGS IN OUR BROKENNESS



The world hears the word "broken" and equates it with terms like "failed" or "finished." The world also praises those who appear flawless, independent and in need of no one. How many times have we all failed to live up to these impossible and unrealistic standards? Despite our best efforts, we all make mistakes; we all miss the mark sometimes or long for more than we have. Since all of us are broken, how are we to view ourselves in a world that calls us worthless?

Henri Nouwen views brokenness from a different perspective. In his book, *Life of the Beloved*, Nouwen describes brokenness as the cornerstone of community. He writes, **"Just as bread needs to be broken in order to be given, so, too, do our lives."** Instead of ruining us, our brokenness draws us tightly together. Our brokenness forces us to admit we need love and help from each other—just as we need love and help from God.

Hope Clinic is where we discover the blessings in our brokenness. Our rooms are filled with broken people—counselors, mentors and clients alike. But because we recognize our brokenness, we lean on each other and we lean on God, and this is when our true healing begins.





BREANNA'S STORY

When I found out I was pregnant I was young, living in another country and following my dreams. I was teaching 1st grade, learning about a new culture, going on vacations and building a community of amazing people. I am lucky to have an incredible family who supports me as much as possible. But when I moved back to the U.S., no one really understood the pain I was feeling.

I was angry at myself, sad I was missing out on a life I loved and terrified of this tiny human growing inside of me.

My sister introduced me to Hope Clinic; it truly saved me from my own emotions. I met with a counselor who helped me sort through the biggest feelings I've ever experienced. He taught me about mindfulness, gave me

breathing techniques and reminded me that it was okay to feel what I was feeling.

I also worked through the Pregnancy Bridge Program. I attended classes, met with a mentor and even made some friends! All while earning points to get diapers, wipes, clothes, blankets and so many other things—such a blessing for a single mom.

I am blessed every day to wake up to the sweetest smile and a "Hi momma!" from my most precious daughter Harper. I

constantly wonder how I became so lucky to be her mom. Today, I am teaching again and get to take Harper to the daycare at my school.

I am so thankful for the positivity, love and kindness I found at Hope Clinic during one of the most difficult times in my life.

MY SISTER INTRODUCED ME TO HOPE CLINIC

JENNIFER'S STORY

I first came to Hope Clinic a few days after I learned I was pregnant. When I arrived, I had no idea I would be spending so much time with all the friendly faces there. At my first visit, I had an ultrasound and felt completely lost and hopeless. Everyone there helped support me, and told me about the Pregnancy Bridge Program. They had many classes I took advantage of, such as the New Mom's Group. I began going to counseling once a week, whenever I wasn't working. During my pregnancy, I saw Cathy and she helped me realize my self-worth while helping me better myself for my daughter. She helped me develop healthy ways of coping with negative situations by finding hobbies I could do when I felt stressed. She also made me realize how important time to myself is.

After I had my daughter, Brooklynn, I started seeing a new counselor named Kelsey. She helped me overcome my fears of loneliness since Brooklynn's father chose not to be involved. A few months after Brooklynn was born, I found out she was profoundly deaf in both ears, had brain damage and she was diagnosed with Cerebral Palsy due to a virus known as CMV. Kelsey helped me through all the tough times, especially after tough doctors' appointments. It was super helpful having those counseling sessions every week so I didn't have to be alone and so I could find new ways to cope. Now, Brooklynn has a cochlear implant in her left ear so she





can hear. She's also progressing so much better since she goes to therapy 4 times a week. We still go to the Hope Clinic to see familiar faces and to take advantage of the shop they have for clothes, diapers and many other items. We will eternally be grateful for Hope Clinic!



List of services:

Hope Clinic offers a range of comprehensive services to serve clients dealing with a variety of issues including physical, clinical, emotional, practical and spiritual needs.

Services Include:

- Pregnancy tests
- Limited ultrasounds
- Women's well visits/adolescent visits
- STD testing/paps
- 1st Prenatal visit ultrasound/blood work
- Pregnancy options counseling*
- Prenatal and parenting classes
- Material assistance for pregnant/new moms
- Prevention education for youth, young adults, parents, youth leaders
- Pregnancy loss counseling
- Postpartum depression counseling
- Counseling for women, men, couples and family members

*we do not perform nor refer for abortions

HOPE
CLINIC
for women

1810 Hayes Street
Nashville, TN 37203

615.321.0005
hopeclinicforwomen.org

Design / Photography by IndieBling.com

