

Hope Found in Disbelief.



When we go searching for answers and help, we almost never find everything we need in one place. Individual voices from all around us give us half-answers, hand us mismatched puzzle pieces, or paint a flat picture from one perspective.

Even if we believe we know what is right and true, we still feel there's something more we could know, some side of the story we're missing.

Our situations are rarely simple enough to be satisfied by one explanation. There's always more to it than what's on the surface, always more than the intimidating next step. There's always more than one thing that brings clients to us.

At Hope Clinic, we know every three-dimensional circumstance needs more than a one-dimensional solution. From educational to physical, practical to emotional, and clinical to spiritual, we address the unique factors surrounding each woman who walks through our doors. Most importantly, we remind her to listen to the voice inside.

We are right here with everything she needs.



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 by IndieBling.com | Client Photos by AbbeyDeerest.com



EVERYTHING
YOU
NEED

More than what's on the surface

CRYSTAL'S STORY



This is a story I never dreamed I'd write.

Not me - 30, single, spending too much money on impractical shoes and dirty martinis. After a couple failed relationships, a couple cross country moves and a couple career changes, I found myself living in Nashville. A bit aimless perhaps, but still hoping my "real life" would start soon. Not that I was taking any steps towards that goal, as I wasted away my evenings in a blurry haze with a male colleague I wasn't even particularly interested in.

This is where I was when I found out I was pregnant.

In total disbelief, I told the father and quickly assured him I'd get an abortion. In the back of my mind, however, I



wasn't so sure. "Don't rush into a decision," my sister said, "take some time to think about it." She told me about a place she read about online: Hope Clinic for Women.



I made an appointment to speak with a counselor and take an official pregnancy test. I adamantly told both the counselor and nurse that I did not want this baby, and to my surprise, neither of them batted an eye or said a single word that made me feel pressured. "We believe in the

sanctity of life; and that means yours, too," nurse Lisa Holzapfel told me. Although we only spoke a few minutes, I felt instantly at ease and was surprised when she gave me her personal cell phone number and told me to call her any time.

Growing up in a Christian home, I also believed in the sanctity of life. But when you're the one staring down at the little blue + sign and not some girl on TV, it's a whole new ballgame. I was terrified. I didn't want a baby. I could NEVER tell my parents. Their disappointment would be more than I could bear. Not to mention, I'd abruptly quit my job recently and was in no financial situation to have a child. But something was nagging



at me. I kept putting off the abortion (even though the father all but demanded that I have it) and after a couple weeks, I called Lisa. I went into her office and heard words I could hardly believe I was saying come out of my mouth: "I think I'm going to have this baby." We talked for a long time and before I left, she said to me, "If financial and material things are what's keeping you from having the baby, don't even worry about that - **we have everything you need right here.**" That sentence changed everything.

Over the next few months, I took advantage of all the things Hope Clinic has to offer – counseling sessions, educational classes, ultrasounds, the clothing store – and was continually amazed at the caring and non-judgmental attitude of every person who worked there, as well as the sense of true hope that I felt every time I walked through their door.

Fast forward and I'm fighting to keep my eyes open, typing this after I've put my five-month-old son to bed... in his nursery that does indeed have every material thing he needs. When he wakes up tomorrow, he'll break into a huge smile when he sees me and bury his little face in my shoulder when I pick him up. And my once-cynical heart will nearly explode with love. And I wouldn't have any of this if it wasn't for Hope Clinic.

