



LEGACY OF SUPPORT



HOPE
CLINIC
for women

At Hope Clinic, it's our aim to provide a safe and judgment-free place for families to find

SUPPORT AND GUIDANCE.



In the summer of 2021, my family and I were vacationing in Las Vegas, Nevada, when I received a message from my future boyfriend, Carson. We hit it off immediately. For the rest of my two-week trip, I constantly texted and talked with him about anything and everything. We had set up a first date as soon as I got back. He picked me up from the airport, and we watched *The Breakfast Club* and shared our first kiss. After a week, he said, "I love you." It was a fantastic summer.

At the time, Carson was set to play junior hockey in Wisconsin in the fall. We had to make the decision on whether we should do long distance for eight months. We ended up deciding to stay together. It was incredibly hard. He was under so much stress about performing well and working hard, and I did not know how to help him. Carson ultimately shut down, leading us to break up in February of 2022. I was heartbroken, and he was, too. Consumed in my own issues, I lost many friendships based on petty silence. Carson and I got back together three weeks after the breakup. We mended ourselves, and our relationship became stronger.



Three months later, we found out we

WERE PREGNANT.

It was terrifying when I saw those double pink lines. I tried to call Carson many times, but he was working and could not take my call. So, I called my best friend, Ona, and she supported me in whatever decision I made. Ona was the one who helped me find Hope Clinic. We were looking for a place to do an ultrasound for free or very cheap. I didn't even know there was a religious background until we got there. At our first appointment, they gave me a pregnancy test to confirm the pregnancy, and prenatal vitamins. We sat down with a counselor to discuss our options, what we were going through, and what our family dynamic was like. We talked about many things you don't even think about at first. It's hard being young and not thinking about only yourself – to step outside of yourself and figure out what's best for your family now. After a very thorough discussion, we had tentatively decided to keep her. Still, we had a termination scheduled, just in case. We had also discussed adoption – we weren't sure what to do.



We had the ultrasound at our second appointment at Hope Clinic. It was scary and calming at the same time. The sonographer did the cutest thing when she put "Hi, Mom!! Hi, Dad!!" on the picture of our daughter. The moment we saw her, we were in love with her. After that ultrasound, we knew we needed to tell our parents. When I told my mom, I broke down crying, but she was so supportive of me – and so was my dad. Carson took a while to tell his parents. They were in shock at first, but when they saw the ultrasound picture, they fell in love with her, too. We had so much love and support from our families.



We also signed up for the Bridge program, where I watched many educational parenting videos. I took almost all of the pregnancy classes, including labor and delivery (which our hospital required), classes on the second trimester, and emotional health. I also took a budgeting class at one point and did counseling through the program. Carson took the courses for fathers, and they were very helpful to him. There aren't many classes like that online. We racked up a lot of points, and we went to the Bridge store a couple of times to get stuff.



Hope Clinic has helped us a lot -

SUPPORTING US

through the unknown early days, advice on how to be great parents for Molly, and guiding us as we build our family life together.

The people at Hope Clinic are amazing. During my whole pregnancy, I remained pretty isolated. I switched to an online school and didn't tell anyone. I didn't really hang out with people much because I felt like I would be judged. It felt nice to go to the clinic, where they listened to us, and I didn't feel like I was being judged by anyone. On December 19th, 2022, we welcomed our sweet baby, Molly. Carson and I have been together for almost two years, and our amazing, beautiful daughter is four months old now. She sleeps in her crib alone and through the night, and smiles at you when you've had a rough day. She's the cutest thing ever, and she's so funny. We want to keep creating the best environment for our family, so I'm looking to go to college for architecture design, and Carson will pursue sports management.

Because of our supporters at Hope Clinic, we've been able to care for countless women across Middle Tennessee. Many have given financially, donated resources, or volunteered their time serving at the clinic. One of our amazing supporters is Charlotte's grandmother, Evelyn. She's been an advocate of Hope Clinic for over 30 years and has faithfully championed our mission! She shares,



"I always thought there needed to be a place for expectant moms who were in crisis to go for help. However, I never dreamed that someday one of our own granddaughters would need to go there. Luckily a friend found out about Hope Clinic when Charlotte told her of her situation. Charlotte visited there two

times before she and Carson told their parents that she was pregnant. I shudder to think what could have happened had they not had a safe place to go for help. Throughout her pregnancy, Charlotte visited the clinic to receive the emotional and physical support she needed. I am extremely grateful to now be a great grandmother to little Molly! I just don't know what we would do without Hope Clinic!"



LEGACY OF SUPPORT

Join with us and continue the Legacy of Support!

Scan the QR Code to Give Today.





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. Our services include:

Pregnancy

- Initial consultation: pregnancy tests, options counseling*
- Follow up care: 1st prenatal ultrasound, education, resources
- Bridge program: case management, material assistance, mentorship, counseling, education

Prevention

- Well-woman exam and related problem visits (STI, etc)
- Relationship Education for youth, parents, educators, youth leaders
- Adolescent medical consult

Counseling

- Post-abortion support group
- Pregnancy loss (miscarriage, stillbirth, infant death)
- Postpartum depression (PMADs)
- Healthy relationships

*We do not perform or refer for abortions.



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