



### CAPS patient stories I would like to share!

Stella\* came to CAPS after learning of her unexpected pregnancy during a hospital visit. Having recently escaped a human-trafficking situation, she needed an ultrasound and a confidential place to process her next steps.

Her pregnancy test was positive and she was uncertain about how she could care for a baby while still healing herself. The ultrasound changed everything for her and she decided to carry and raise her baby.

Stella received personalized referrals for trauma recovery and parenting support and was connected with CAPS' Social Worker. Later, Stella shared that she believed God had led her to CAPS and expressed gratitude for the compassion she experienced during one of the most vulnerable moments of her life.

As Stella's story continued, new challenges emerged. Unstable housing, a broken-down car, and the early birth of her baby left her overwhelmed and without support. Through CAPS' Social Services, her care continued through the Cultivate Program.

A Cultivate mentor walked alongside Stella during the postpartum season, offering encouragement, practical support and baby supplies. When Stella secured permanent housing, Cultivate and community partners helped transform an empty apartment into a home with beds and other basic household necessities.

Today, Stella has graduated from the Cultivate Program. She has a stable home, essential supplies for her child, and growing confidence as a mother. Most importantly, she has experienced what it means to be supported within a caring community.



Emma\* entered a CAPS clinic for her appointment with her 11-year-old son who "insisted on coming with her." Her paperwork revealed there had been a history of abortions. Heavy hearted and anxious she revealed they were about to lose their apartment and that she had been let go from her job due to the pregnancy.

While in the consultation room with a CAPS Patient Care Specialist (PCS), Emma's eyes began to tear as she recounted her past abortions. She shared that she did not want to do that this time but didn't know how she would be able to parent another child.

Her PCS first addressed the tears and shared that there is forgiveness in Jesus, and that she did not have to go through this alone. The PCS offered to go through a Gospel tract with her, then asked if she would like to pray. She was very agreeable and insisted that her son be in the room because she wanted him to be part of it.

She tearfully prayed and accepted a Bible that she later reported she keeps by her bed and reads every night. Her PCS also gave her a list of local churches where she could find a strong community for support.

She said her son knew of her past abortions and asked her to please keep this one. When it was time for the ultrasound, she wanted him in the room.

The baby was over 8-weeks and they could clearly see the little arms and legs with a strong heartbeat. Emma looked at her son who was wiping away tears and said, "Are you crying, baby?" He said, "Yes." When she asked him why, he said, "I just can't believe that is my little baby brother or sister." Emma was visibly moved by this and she became emotional also.

After the ultrasound Emma said she was now 100% sure she could not terminate this pregnancy. Emma accepted heart charms for each of her abortion losses which she took gratefully.

She came in for one more ultrasound and then was referred to an OB for further care. During a follow-up call, Emma reported that she had a healthy baby girl! She added that her son and the baby were "over the moon for each other!" She was so grateful to CAPS for our support, encouragement, and resources through that time of uncertainty and fear. Her life is now changed and she has hope for the future.

*\*Names changed*