

Our Services

Free Pregnancy Tests

Earn While You Learn
Education Program

Next Step Boutique

Post-Abortion Healing
Groups

Memorial Garden

First Step: Youth
Relationship Program

We Are Open

Tues - Wed - Thurs

11:00 - 5:00 pm

Walk-ins Welcome!

Contact Us

Address:
902 D Avenue,
La Grande, OR 97850

Office Phone:
(541) 963-6918

24-Hour Hotline:
1(800) 712-4357

Email:
nextsteppic@outlook.com

Website:
NextStepPRC.org

Directors

Vonda Billman

Kylee Torrico

Amber Jackson

NextSTEP

Pregnancy and Relationship Center

we'll walk with you

A Time to Remember

Pregnancy & Infant Loss Awareness

October is Pregnancy and Infant Loss Awareness month and includes (but is not limited to) loss as a result of miscarriage, stillbirth, newborn death, or SIDS (sudden infant death syndrome). The American College of Obstetricians and Gynecologists estimates that up to 25% of clinically recognized pregnancies end in loss. Stillbirths, which are infant loss after the 20th week of pregnancy, occur in approximately 1 in 160 pregnancies. Each year around one million pregnancies end in loss in the US alone. In addition, current trends show that approximately 22,000 infants pass away each year due to causes including SIDS, birth defects, and complications after preterm birth.

Pregnancy and infant loss is all around us, yet most of us are unaware until we experience it personally. We live in a culture where individuals and families grieve through these losses alone and in silence. In this newsletter, Next Step PRC hopes to raise awareness and highlight the services we have available for individuals who have experienced this crippling form of loss.



Light a Candle with Us

Participate in the Global Wave of Light Event

On October 15th at 7:00 PM local time, individuals around the world light a candle to remember babies who have been lost, leaving that candle lit for 1 hour. This creates a global wave of light for 24 hours. This annual event is known as the Wave of Light event and is recognized by most 1st world nations. Next Step PRC is honored to host its first Wave of Light event. Whether you're a parent, grandparent, sibling, aunt, uncle, cousin, friend - if you've experienced reproductive or infant loss we invite you to bring a candle and come heal with us. Join us in our Memorial Garden for an hour of reflection and remembrance. The event starts at 6:30 PM PT on October 15th. Find more information about this event on our website under the *events* tab - www.nextstepPRC.org

continued ➡

Next Step Team

Client Advocates
Receptionists
Post Abortion Healing Team
Donation Partners
Donation Care Team
Property Care Team
Next Step Board
Next Step Directors

Next Step Board

Steve DeVore: Chairman
Laura Pearson: Treasurer
Vicki Grove: Secretary
Vonda Billman: Director
Anne Johnson: Member
Irwin Smutz: Member
Tim Gleeson: Member

Our Purpose

Next Step PRC exists to encourage and equip women and men to build successful families.

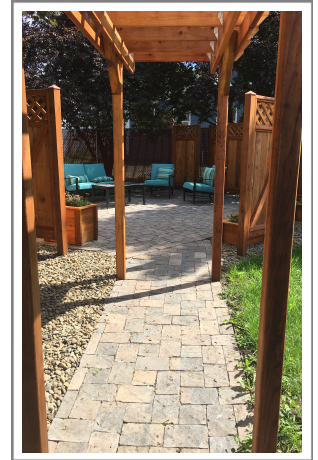
We are a religious non-profit and as such all your contributions, financial or material, are tax-deductible.

If you want to donate online and/or become a monthly supporter, go to nextstepPRC.org and click on "Support Us." We are also registered on Amazon Smile.

The Memorial Garden

A place to Remember, Celebrate, and Heal

The Next Step Memorial Garden is a place of respite and peace for individuals who have experienced reproductive loss. This private garden, located on the Next Step PRC property, contains small custom plaques ordered by individuals who wish to commemorate babies no longer on earth. The garden is open 24/7 to the public and we invite anyone who has experienced reproductive loss to order a plaque or visit the garden at any time. To find more information and view our plaque order form, visit our website and look under the *services* tab for *Memorial Garden* - www.nextstepPRC.org



Post-Abortion Healing Groups

Finding Peace after Abortion

Before:

"I had not allowed myself to cry for years and years. Since having an abortion I was afraid that if I started crying I might not be able to stop. So I just held it in."

"The unresolved conflicts surrounding my past abortion had messed with me. I felt isolated....lost."

"Black and white. That describes how my world came to look in the years following my abortion."

The three women who made those statements are among the many who have participated in Next Step's Post Abortion Healing (PAH). Some join an eight-week group, while others opt for one-on-one sessions. If you or someone you know is struggling with a past abortion, call our office and ask to speak with one of the PAH team leaders. These women have walked in your shoes; they understand and will walk with you.

After:

"I cannot explain what a relief it has been to be able to cry when I'm sad!"

"I am FOUND. I am not lost. I am FOUND."

"My world is in color again! The sky is blue, the grass is green!"

For more information on our reproductive loss and post abortion support please visit our website, www.nextstepPRC.org. Look under the *services* tab and click on *Reproductive Loss & Post Abortion Healing*. You may also visit www.miscarriagehurts.com and www.abortionchangesyou.com