

Our Services

Free Pregnancy Tests
 Earn While You Learn
 Education Program
 Next Step Boutique
 Post Abortion Healing
 Groups
 Memorial Garden
 First Step Relationship
 Education 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

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 1(800) 712-4357

Email:
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 NextStepPRC.org

Directors

Vonda Billman
 Kylee Torrico
 Amber Jackson

NextSTEP

Pregnancy and Relationship Center

we'll walk with you

Never Stop Learning

New Earn While You Learn Lessons for 2020

Next Step Pregnancy and Relationship Center opened in La Grande, Oregon in 1992 as Birthright. When we began, our primary focus was pregnancy support. Over the last eighteen years we have grown and expanded our services as we continue striving to fulfill our mission - to serve and support the women, men, and families in this community and equip them to be successful. During that time, our focus has shifted to include information and support on not only pregnancy but also parenting infants and toddlers, reproductive health and sexual integrity, strengthening relationships within families, healthy romantic and marital relationships, reproductive loss and post abortion healing, and general parenting such as setting healthy boundaries.

In February, we introduced a number of new curriculums into our Earn While You Learn program. These new topics are designed to support a different set of clients and their needs as we look to broaden our range of client support.

The first curriculum is called *Practical Fatherhood* and is for male clients who are currently fathers to non-adult children or are about to become fathers. These lessons are very hands-on and are designed to prepare and equip a man for fatherhood. Lessons cover topics such as the importance of effective and healthy family time, being a good role model for his children, treating the mother of his children with dignity and respect, fatherhood basics, being a good household leader, and more.

The next curriculum is a life skills curriculum. This curriculum is broad and designed to meet the specific needs of the individual client. A large section of the curriculum covers finances, including avoiding impulsive spending habits, understanding credit scores, practical suggestions for debt management and



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:
Executive 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.

living debt-free, information on credit cards, preparing for financial emergencies, and an introduction to budgeting. This curriculum also covers career preparation: preparing for the job search, searching for job opportunities, applying for a position, understanding the fundamentals of job interviews, building interview skills, and workplace etiquette. Additional topics in this life skills curriculum focus on home health such as maintaining a healthy and clean house, maintaining family stability inside change, and getting established in a new area. Other lessons focus on personal health such as recognizing the signs of depression and suicide and when to seek help, anger management and strategies to control anger, and personal hygiene and its importance from a physical, social, & practical perspective.

We also expanded on the EWYL curriculums we are already utilizing in our office. We added additional lessons to our adoption curriculum to better support women preparing an adoption plan for their unborn baby. We also added a number of lessons on healing, as many of our clients come to us with current or past traumas, losses, and emotional struggles. We now have lessons on:

- ◆ Healing from abuse
- ◆ Domestic violence
- ◆ Understanding and healing from relationship loss
- ◆ Healing from pregnancy loss (miscarriage and stillbirth)
- ◆ Healing from a past abortion (this lesson will be a great way to introduce clients to our more in-depth post abortion healing groups)

If you or someone you know could benefit from the lessons in our new EWYL curriculums (or lessons we already have), we encourage you to call us or stop by! Anyone can be a client at Next Step - we look forward to walking with you.

Building our Boutique

Expanding the Next Step Boutique

As we have expanded our client services, we have also been working diligently to broaden the available selection of items in our Next Step Boutique. Clients who participate in the EWYL program can purchase items in the boutique using their earned Boutique Bucks. We have clients that visit us regularly who aren't pregnant or don't have young infants and children. A number of these clients are men. To meet these client needs, we are working to stock our boutique with items priced around \$15 or less, such as shirts, phone chargers, flashlights, tools, and other items along these lines. We also work to keep our boutique stocked with \$10/\$15 gift cards for gas stations and Safeway; these are for our clients who possibly need additional financial assistance. If you are interested in donating items, please call our office at (541) 963-6918 or email us at nextsteppic@outlook.com