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mylifeclinic.org | mylifeclinicpartners.org



2025
ANNUAL
REPORT



MY LIFE CLINIC



To our My Life Clinic family,

For 33 years, women have walked through the doors of My Life Clinic—often afraid, often alone—facing unexpected or unsupported pregnancies. No matter her circumstance or need, our message remains the same: **we're here to be on your team.**

Growing up, I held a strong conviction about the value of life and the importance of advocating for the most vulnerable. While rooted in Scripture, that conviction was not yet shaped by empathy or personal experience. But in 2020, when I joined the staff as a sonographer, everything changed. I began sitting with women—listening to their stories and hearing their fears. My heart was humbled as I no longer saw an issue to solve, but a person to love. A woman, hurting and overwhelmed, trying to make sense of a messy, complicated situation. Her fears were real. And so was our conviction: abortion is not the solution.

In a culture that often demands we choose a side—*pro-life* or *pro-choice*, *pro-woman* or *pro-baby*—My Life Clinic intentionally chooses a different path. We build camp right where the real woman lives. In the complexity. In the tension. In her reality. This is a place where any woman can walk through our doors and know that **she belongs.**

Through medical and support services, we **inform, equip, and empower** women to make life-affirming decisions. Our staff meets crisis with care, shame with grace, and fear with compassion. This deeply relational approach reminds each woman of her strength, her value, and her ability. And because of it, 87% of women who came to us chose life for their child.

It is both a joy and a privilege to lead this ministry that **you** make possible. As you read the stories and statistics in the pages ahead, I hope you are reminded—just as I am—of how God continues to do more than we could ever ask or imagine.

With gratitude,

Cassidy Teter

Cassidy Teter
Executive Director



Meet Our Team

Clinical Staff



Polly Manring, RN
Nurse Manager



Laura Gutwein
Client Specialist



Allyce Childers
Office Manager



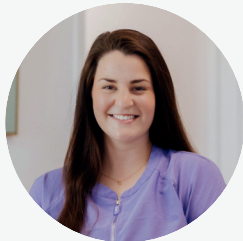
Holly Schweikert, RDMS
Lead Sonographer



Mikaela Joos, RDMS
Sonographer



Brook Gilmore, RN
Nurse



Kylee Wadman, RN
Nurse



Anna Knittig, RN
Nurse



Tammy Dreier
Client Specialist



Courtney Meece
Receptionist

Development Staff



Cassidy Teter
Executive Director & RDMS



Jody Doppelt
Development Director



Jessie Linneman
Marketing Director



Sydney Livingston
Community Outreach
Coordinator



Becky Muelhman
Bookkeeper

Board of Directors

Clayton Clark, PhD, RN
Board Chairman
Nursing Professor
University of Missouri

Bissy Crosby
Vice Chairman
Retired Educator

Brook Campbell
Treasurer
Strategic Consultant
GeoWealth

Molly Cover
Secretary
Director of Marketing
The Crossing

Jeremy Risner
Member
Lead Pastor
C2 Church

Megan Johnson, MD
Member
Physician
Missouri OBGYN
Associates

Jordan Nietzel
Member
Financial Advisor
TrekWealth

Neil Riley
Member
Retired Dentist

Tammy Edwards
Member
Veritas Consulting &
Construction Group

Medical Directors

Raymond Foster, MD
Medical Director

Breton Barrier, MD
Assistant Medical Director

Who We Are

Since 1992, My Life Clinic has provided free services and support to women and families facing unexpected pregnancies in Columbia and Mid-Missouri.

Our Mission

Our mission is to **inform**, **empower**, and **equip** our clients to make life-affirming decisions about pregnancy, sexual-health, and relationships by meeting them with **Christ-like compassion**.

Our Vision

It's our **vision** that Mid-Missouri would be a community that **values life in all circumstances** and that in turn, we would see **women and families thrive**.

With a **holistic** and **compassionate** approach, our team works together to give each of our clients the care and attention they need, **empowering** them to make **informed decisions** for themselves and their future.

Medical Services

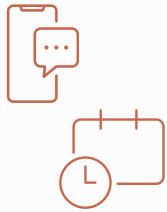
Pregnancy Testing
Limited Ultrasound
STI Testing & Treatment
OBGYN Referrals

Resources & Support

Options Counseling
Parenting Classes
Support Groups
Individual Support Meetings
Post-Abortion Healing
Baby Equipment

“Everyone helped me feel **safe, calm, and confident**. Extremely friendly and helpful!

Walking With Her: Our Client's Journey



We know how much courage it takes to **make an appointment** when facing an unplanned pregnancy. We prioritize her comfort from the first phone call or text to her first steps into our **lobby**.

Following her pregnancy test, a nurse meets with her to discuss her test results. In this space, we make room for her fears, her circumstances, and the decisions she's facing.

Together, we walk through her **options**:

- What would it look like to parent?
- What options do you have with adoption?
- What does an abortion entail?

The **ultrasound** is the most pivotal service we offer. While our sonographers find the baby's heartbeat and determine viability and gestational age, she is getting to see and connect with her baby for the first time.

This moment is so powerful that **87% of our clients in 2024 chose life** for their child after seeing their baby by ultrasound.



After checking in at the **front desk**, she is promptly brought to a **counseling room** to protect her confidentiality.



Our nursing staff runs a medical grade **pregnancy test**.

We also offer **STI testing and treatment**—part of our holistic approach to caring for her physical, emotional, and relational health.



We believe in walking with a woman even after her decision. Through **support meetings** or **post-abortion healing**, we create space for her to process whatever she may be feeling.

We also encourage new moms to take our **online and in-person classes** that equip them for parenthood. With each class, she earns Baby Bucks for the Boutique—a space stocked with the tangible items she and her baby may need.

Our Impact

We believe that with the right support, women can find **hope**—even in the most difficult circumstances. Our clients need a **safe and confidential** space to process emotions, discern their values, identify needs, and find solutions.

2,000

Total Client Visits

587

Unique Clients Served

325

Ultrasounds

554

Hours of Education

488

Pregnancy Tests

137

STI Tests

5,700

Boutique Items Given

*Client impact data from July 2024-June 2025



In the past year,
87% of our clients
chose life after
seeing their baby
by ultrasound.

Clients We Serve

We meet our clients in the midst of complicated circumstances, a time when having access to support can be **life-saving** and **life-changing** for **both mother and baby**. Who are the women we see?

60%

are **single**

70%

are **considering abortion** at their first visit

40%

are currently **in school**

60%

make less than **\$30,000 per year**



Her Story: Shela

When Shela first walked through our doors, she was five months pregnant and overwhelmed. This pregnancy had gotten off to a rough start, and she was doing everything she could to stay afloat while preparing for her baby boy's arrival. Shela bravely shared her story—her past experiences with abuse, her struggles with anxiety, and the challenges of parenting her older children.

By the end of that visit, Shela left with tangible support—a pack and play, diapers, wipes, a counseling referral, and educational resources. She also left with something just as essential for the journey ahead: a new assurance that she wasn't alone.

For some women, that might have been her only meeting. But Shela kept coming back—and over the next two years, we had the privilege of walking alongside her.

Before long, Shela welcomed her son Carson—bright blue eyes and a joyful spirit just like his momma. Together, they continued coming to classes, shopping in the Boutique, and meeting one-on-one with our Client Specialist.

Shela's story embodies our hope for every client: that she would feel **informed, empowered, and equipped** in her motherhood journey. Her life looks very different than it did when she first arrived, and we are honored to have witnessed her growth—not just as a mother, but as a courageous and capable woman.



In Their Own Words

98%

of clients stated they received the **support** and **resources they needed to move forward**

99%

of clients **would recommend My Life Clinic** to family or friends

100%

of clients stated they felt **respected** and **cared for by the staff** at their visit

“ Thank you for providing **unwavering support** throughout my journey. You serve as a source of inspiration as I embark on my own path.

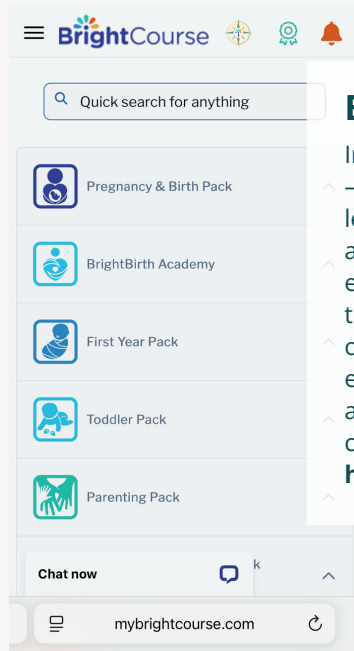
“ I was so nervous but **instantly relaxed coming into the building.**

“ I really appreciate how **comfortable** the clinic staff made me feel!



Scan to hear
from more of
our clients

Highlights from the Year



BrightCourse

In late 2024, we added Bright Course—an online platform providing video lessons on pregnancy, parenting, and life skills—all equipping and empowering our clients to invest in themselves as parents. This allows our working moms to take classes easily from their phones, anytime and anywhere. So far in 2025, our clients have taken **more than 245 hours of classes!**



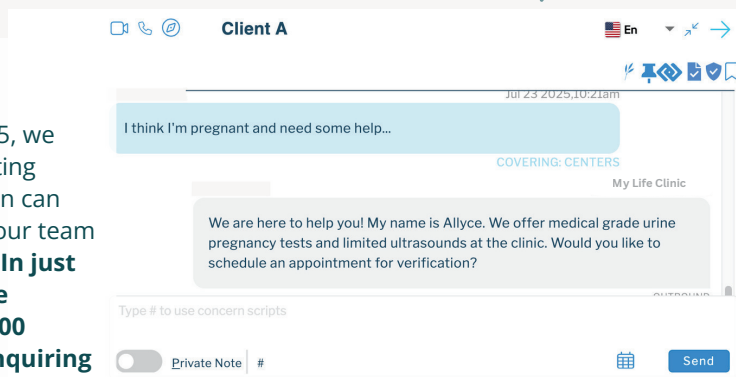
Clinic Expansion

With an overflow in funds raised and an increase in client visits, our friends at Veritas Consulting and Construction Group helped us **transform larger rooms into smaller ones**—creating **two** new client spaces and **two** new exam rooms.



HopeSync

At the start of 2025, we added a client texting platform so women can chat directly with our team from our website. **In just six months, we've received over 2,000 messages from inquiring clients**, enabling us to provide compassionate care exactly when she needs it.



Friday Clinic Hours

As client visits kept growing, we started praying about adding another day each week. When we asked the staff, every single person voted for Fridays. Then, before we even had a chance to start looking, three women reached out—each one a perfect fit for the roles we needed. God provided everything, and after 33 years of operating four days a week, **we officially opened on Fridays as of July 11!** This adds 16 new appointment slots each week.

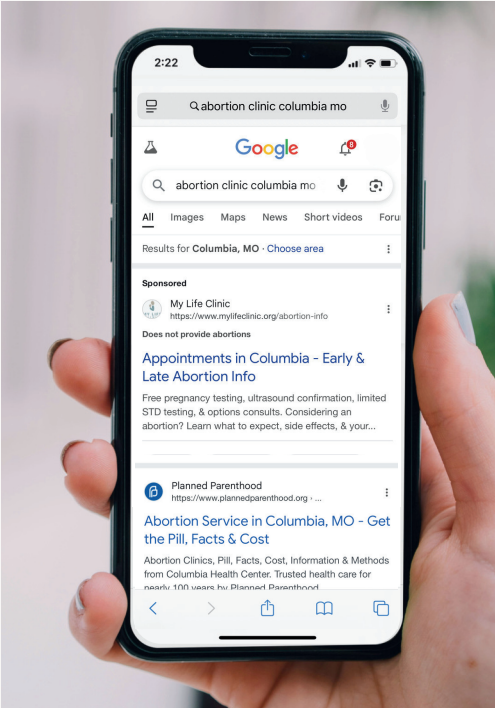


Client Visit Growth

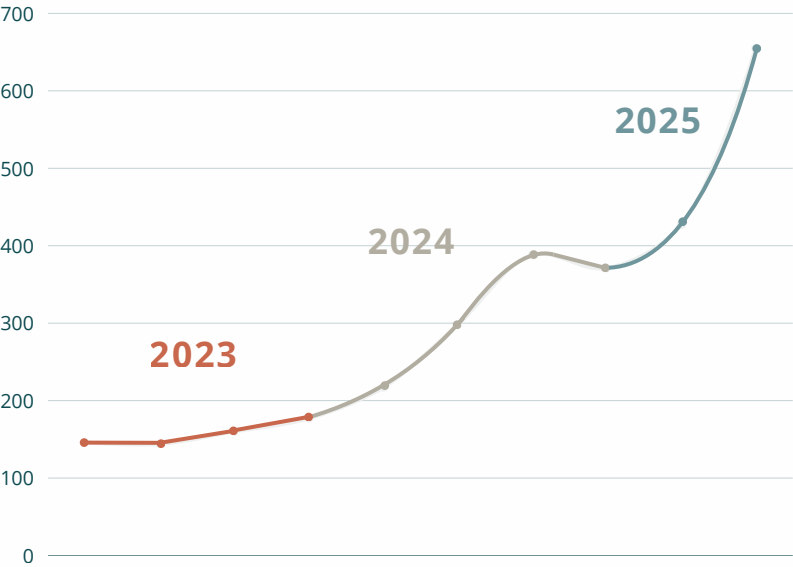
Since rebranding and launching online marketing in 2024, we've seen a **40% increase** in **unique clients served**. Women facing unexpected pregnancies have always been in our community — **they just didn't know where to turn**.

Through targeted Google Ads and stronger community connections, our visibility is growing. Every marketing effort is driven by one goal: **making it easy for women in need to find the compassionate care they deserve**.

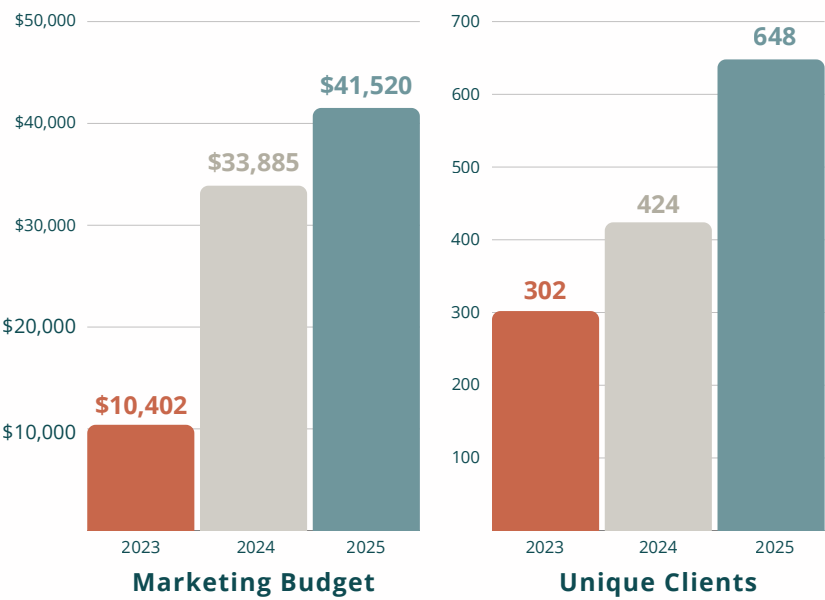
We believe in the work we're doing because we've seen it **change lives**.



Quarterly Client Visits



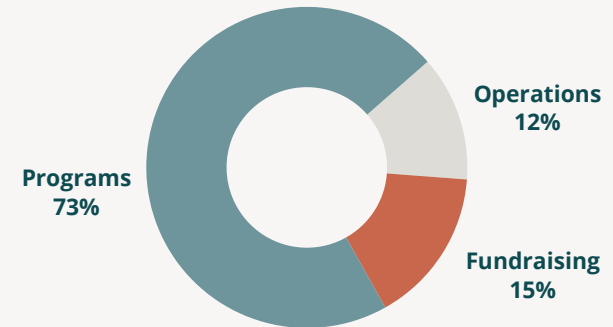
Marketing Budget vs. Client Impact



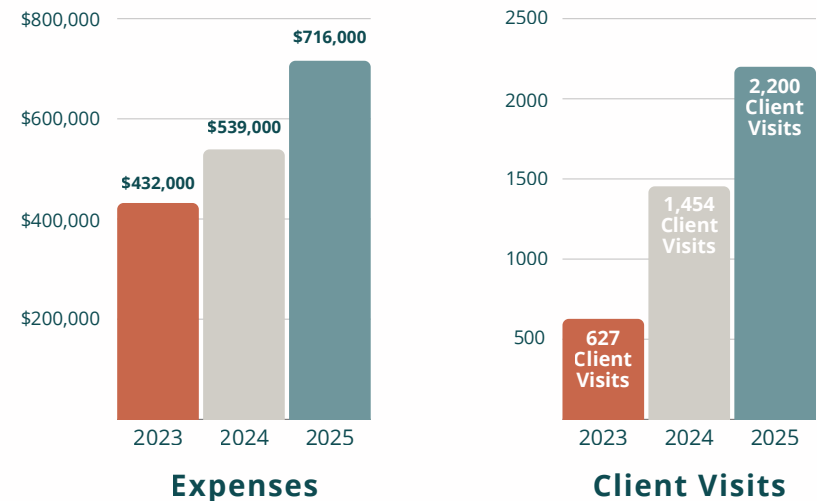
Stewarding Your Generosity

Every dollar you give is prayerfully and purposefully invested to serve women, save lives, and share hope. We are committed to fiscal transparency and faithful stewardship, ensuring your generosity directly impacts the mission.

2025 Expenses



Expenses vs. Client Growth



Our partners' increasing support ensures our programs can respond to the growing needs of our clients. **Because of you, more women are finding help, more babies are being saved, and more hearts are being changed.**



Become a **GEM** by **Giving Every Month** to My Life Clinic

As a GEM, you can directly impact the lives of women, children, and families – every single month. Monthly support provides the stability we need to plan ahead and ensure our clients receive consistent, reliable care.

Here's the impact you can make as a GEM:

- **\$50 per month** – Reaches 3 women searching online for abortion information, offering them a message of hope.
- **\$100 per month** – Provides parenting education and material resources for a family in our community.
- **\$200 per month** – Covers two life-saving ultrasounds per month – that's 24 ultrasounds a year!

\$124,000

Total annual support
from monthly donors

121

Members of our
GEM community

70% Missouri Tax Credit

Missouri taxpayers can receive a state tax credit through the Pregnancy Resource Center Tax Credit program. **Any donation over \$100 qualifies you for a 70% credit toward your Missouri state tax liability.**

Tax credits are not deductions. While deductions reduce your taxable income, tax credits directly reduce the amount of tax you owe. This makes tax credits significantly more impactful on your Missouri taxes—and a major advantage for you.

WITH THIS TAX CREDIT

a gift of
\$10,000

QUALIFIES YOU FOR A

\$7,000
MO tax credit



\$10,000 Donation = \$3,000 Out of Pocket

This is a Missouri-specific benefit. When you take advantage of it, your generosity goes even further—fueling **life-saving** and **life-changing** work in our community.

Stay Connected



Subscribe to our monthly newsletter.

We'll share clinic stats, client stories & upcoming opportunities to get involved.



Follow My Life Clinic on social media.

Your engagement helps us reach more clients and supporters in our community.

@mylifeclinic | @mylifeclinicpartners

How to donate: Make checks payable to My Life Clinic or donate online at mylifeclinicpartners.org.

