

2026

Impact Report



MY LIFE
CLINIC

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mylifeclinic.org | mylifeclinicpartners.org



MY LIFE CLINIC

A Year of *Impact*

At My Life Clinic, we have found 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. Here's our **year at a glance**.

2,903

Total Client Visits

747

Unique Clients
Served

718

Pregnancy
Tests

482

Confirmation
Ultrasounds

242

STI Tests &
Treatment

520

Hours of
Education

\$92,500

Value of Baby
Boutique Items Given



In the past year, **88%** of
our clients **chose life**
after seeing their baby
by ultrasound.



To our My Life Clinic family,

At the heart of our work is a simple but significant mission: to **provide compassionate care when she needs it most**. Wherever it is that we meet her in her journey, our message of hope remains consistent. Connecting in a place where hope might seem out of reach, we have experienced how creating space for her whole story, and honoring her whole personhood, can be pivotal in the decision she faces.

We exist for the woman who walks in overwhelmed and afraid, navigating an unexpected pregnancy and searching for answers. We're equipped for the woman who is single parenting and in need of support to stay afloat. And we're here for the woman who has experienced abortion and is seeking healing. Our cost-free services and support go beyond test results and referrals—they're designed to meet her at the heart of her story.

Over the past three years, we've experienced significant growth, continually evaluating and adapting to better serve the woman who comes to us. Through every transition, we witnessed the Lord's provision in meaningful and unexpected ways—not because of anything we have done, but **because of His deep love for His children**.

The same spirit of provision is reflected in you! Because of your generosity, our budget grew by 30% from 2025 to 2026 - fueling a 50% increase in client visits. These numbers represent lives reached, stories changed, and hope restored. Simply put—**your support is making a life-saving impact!**

For 34 years, My Life Clinic has stood on the conviction that every life is valuable and worth protection. While the ways we serve may grow and evolve, our foundation remains the same. I'm grateful to stand alongside you—as **advocates for life, for her, and for a way forward**.

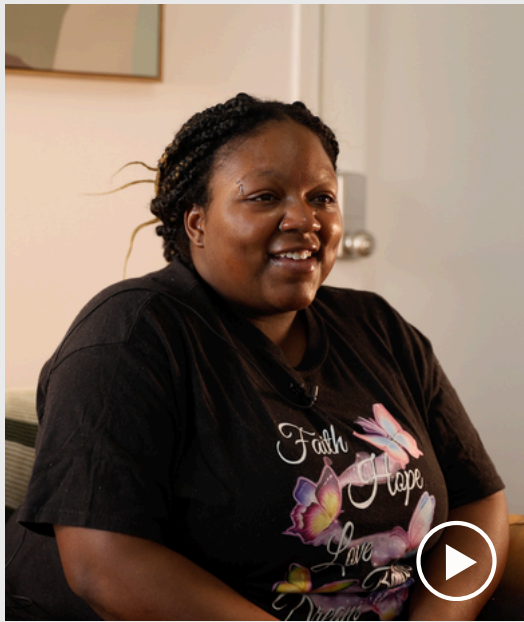
In gratitude and partnership,

Cassidy Teter
Executive Director



Her Story:

Mya & Her Twin Daughters



When Mya came to My Life Clinic in the spring of 2026, she was pregnant, overwhelmed, and convinced abortion was her only option. A mother of three young children, she was working to finish her high school diploma so she could pursue nursing school, all while parenting with very little support.

During her ultrasound, sonographer Holly immediately noticed something unexpected: **twins**. Mya's demeanor changed at the sight of two heartbeats side-by-side on the screen. Looking over at our client specialist, Laura, she said, **"Well, I guess I will be needing your support."**

Laura still describes this as one of the most defining moments she's ever experienced.

That day marked the beginning of an ongoing relationship with My Life Clinic. As her pregnancy progressed, she continued meeting regularly with Laura for support.



Through a partnership with Cars for Missouri, **My Life Clinic helped provide a minivan**, removing a significant transportation barrier for her growing family.

As she neared her due date, a local church partner planned a baby shower for Mya. Just minutes before guests arrived, she called the clinic from the hospital: she was in labor with the twins! Staff gathered baby supplies and headed to the hospital, **becoming the first visitors to see Mya after her twins were born.**

Today, Mya continues to visit My Life Clinic, celebrating milestones with the team and sharing photos of her growing girls. The relationships built during her pregnancy have continued long after the twins' birth.

Mya says it best:



“ **I'm proud of myself** because I didn't think I'd be able to do it, but here I am. **I'm continuing to do it.** ”

Scan to hear more of Mya's story in her own words!



A photograph of a woman with dark hair, smiling warmly at a baby she is holding. The baby is looking towards the camera with a curious expression. They are lying on a light-colored, textured surface, possibly a bedsheet. The image has a soft, slightly desaturated blue tint.

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.

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.

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.**

Cost-Free Services

Medical Services

Pregnancy Testing
Confirmation Ultrasound
STI Testing & Treatment
OBGYN Referrals

Resources & Support

Options Counseling
Parenting Classes
Support Groups
Individual Support Meetings
Post-Abortion Support

All services are provided at no cost to our clients.

Meet our Team

Clinical Staff



Karen Anderson, RN
Clinic Director



Allyce Childers
Office Manager



Laura Gutwein
Client Specialist



Tammy Dreier
Client Specialist



Holly Schweikert, RDMS
Lead Sonographer



Mikaela Joos, RDMS
Sonographer



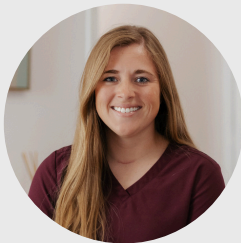
Polly Manring, RN
Nurse



Kylee Wadman, RN
Nurse



Anna Whitaker, RN
Nurse



Brook Gilmore, RN
Nurse



Courtney Meece
Receptionist

Development Staff



Cassidy Teter
Executive Director & RDMS



Josh Buffington
Development Director



Jessie Linneman
Marketing Director



Sydney Livingston
Community Outreach
Coordinator



Becky Muelhman
Bookkeeper

Board of Directors

Jeremy Risner
Board Chairman
Lead Pastor
C2 Church

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

Jordan Nietzel
Treasurer
Financial Advisor
TrekWealth

Molly Cover
Secretary
Co-Director of Digital
Relationships - The Crossing

Brook Campbell
Member
VP of Advisor Success
Signal Advisors

Megan Johnson, MD
Member
Physician
Missouri OBGYN
Associates

Tammy Edwards
Member
Veritas Consulting &
Construction Group

Clayton Thompson
Member
Attorney - Ford,
Parshall, & Baker
Attorneys at Law

Medical Directors

Raymond Foster, MD
Medical Director

Breton Barrier, MD
Assistant Medical Director

Walking With Her: *Our Client's Journey*

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

After she completes her intake paperwork, a nurse meets with her to discuss her medical history as well as her emotional and relational support system.

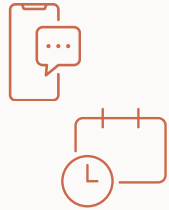
Our nursing staff runs a medical grade **pregnancy test**.

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



We are here to walk with her even after her decision, no matter what she decides. 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 join our **Mothers Support Group** and take **online classes** that equip them for motherhood. With each class, she earns Baby Bucks for the Baby Boutique—a space stocked with the tangible items she and her baby may need.



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 I have with adoption?
- What does an abortion entail?

The ultrasound is the most pivotal service we offer. While our sonographers are determining viability, gestational age, and finding a heartbeat, the client is getting to see and connect with her baby for the first time.

This moment is so powerful that over the past year, **88% 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?

70%

are **single**

80%

are **considering abortion**
at their first visit

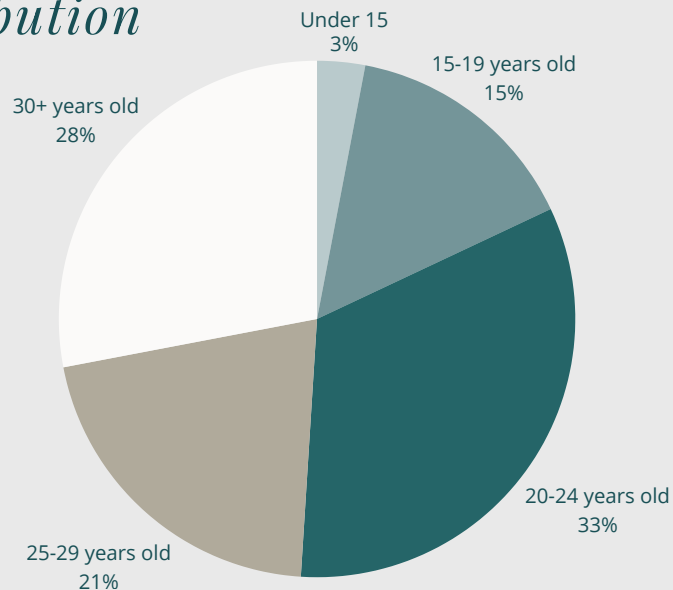
45%

are currently
in school

57%

make less than
\$30,000 per year

Client Age Distribution



We can say
we're a

safe place

but it means
more coming
from *her.*

98%

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

98%

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

99%

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

“ Thank you so much for **going above and beyond** to put me at ease.

“ I felt **listened to** and I was **being understood**.

“ Everyone really helped make me feel **safe, calm, and confident!**

*Scan to hear
more from
our clients
themselves.*



Their Story:

Anitta, Lucas, Deb & J. Paul

This story of two families is one of **unexpected provision** and **remarkable connection**.

Seven years ago, Anitta came to My Life Clinic facing an unplanned pregnancy. Although her boyfriend did not support continuing the pregnancy, everything changed during her ultrasound. Anitta remembers a fierce sense of protectiveness rising within her: "This is my baby. I'm protecting him. Nobody can do anything to him."

That day, Anitta chose life for her son. A few months later, Lucas was born.



Almost five years later, Anitta was raising Lucas on her own and needed support so she could return to nursing school. Through Safe Families for Children, she was connected with **Deb and J. Paul**, who began caring for Lucas one morning and evening per week when Anitta had clinicals. What started as practical support quickly grew into a **deep friendship between the two families**.

Then came an unexpected discovery. One day, Anitta realized that Deb and J. Paul had **faithfully supported My Life Clinic financially for years**, never realizing she had once been a client. Anitta was exuberant when she learned of the connection. She remembers telling them, "You have been a part of my life **before you even knew Lucas and me.**"

For Deb, the realization was just as profound. **"To see those donations in the life of a child—it was overwhelming, really. So heartwarming and unbelievable."**

Long before these families met, the Lord was working behind the scenes through Deb and J. Paul, providing the financial support that made it possible for Anitta to come to My Life Clinic and ultimately to choose life for Lucas. This story is an incredible testament to how the Lord can multiply the impact of generosity and relationship beyond anything we could have imagined!



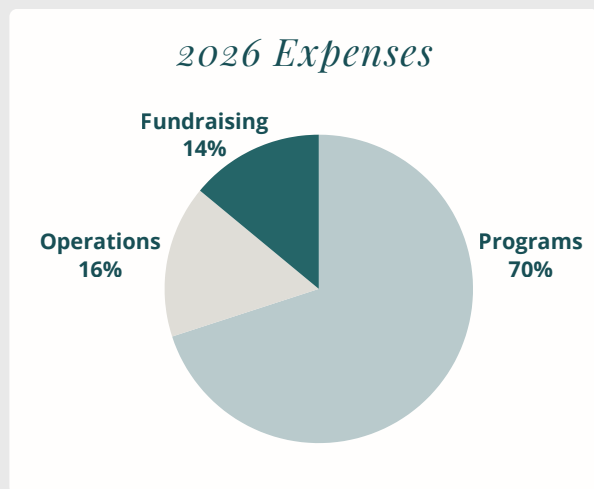
“ It looks like seven years ago I gave Lucas life, but **the truth is I gained new life from him**. It's him who inspires me to be a different person, to be a better person.



Scan to hear from Anitta, Lucas, Deb & J. Paul in their own words.

Stewarding *Your Generosity*

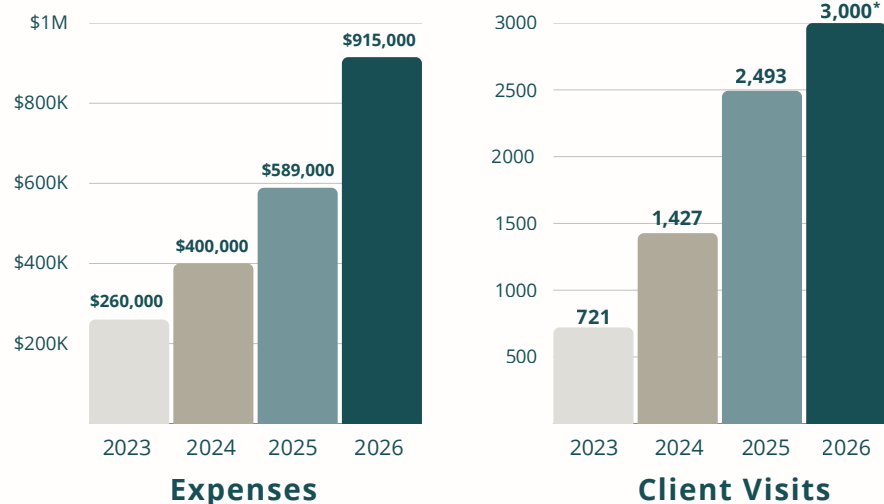
Every dollar you give is **prayerfully** and **purposefully invested** to serve women, save lives, and share hope. We are committed to fiscal transparency and faithful stewardship, ensuring your generosity directly impacts the mission.



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 clients are making life-affirming decisions, and more hearts are being changed.

Expenses vs. Client Growth



* Projected total client visits for 2026

“ To see our **donations take life in the life of a child**— it was overwhelming, really. So heartwarming and unbelievable. - Deb O'Haro, Donor since 2017

Scan to learn more about your impact in action.



mylifeclinicpartners.org/our-impact

Our Vision Ahead

Over the past year, we have experienced significant growth in both financial partnership and unique clients served. Thanks to our generous partners, our **budget grew by 35%**, and we served **40% more clients!**

We continue to find that your investment directly translates into more touchpoints with women in our community. As our budget grows, so do the calls, conversions, and appointments. In 2026, those appointments ultimately led to lives saved, with **88% of our clients choosing life after seeing their baby by ultrasound.**



As we continue to serve more women, we are heading into the year ahead with great anticipation—**and a building to call our own!** On June 16, My Life Clinic officially purchased our new space at 217–219 N. Ninth Street. With 7,000 square feet, this building meets our urgent need for additional space and also provides room for continued growth in the years ahead.

By securing this property, we are building for expansion and putting down **permanent roots** in our community, ensuring we can provide compassionate care to women and families for generations to come.



Design Rendering by Miller Interiors

Our location is uniquely positioned to increase our accessibility for women and families, including college students and women facing transportation barriers. Through thoughtful renovations and design updates, we'll continue to strive to create a space that is **calming, beautiful, and safe.**

We look forward to the year ahead with great expectancy and overwhelming gratitude!

*Follow along
as we move
into our new
building!*



mylifeclinicpartners.org/ournewspace

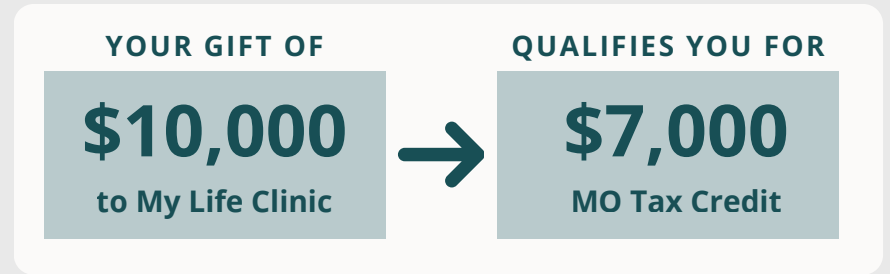
70% Missouri Tax Credit: *Multiplying Your Impact*

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:



**\$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.

Filing instructions:



Print form at home:
mylifeclinicpartners.org



Fill out by hand
& sign form



Mail or drop off form
at My Life Clinic

*Scan for more
information and
to download tax
credit application*



mylifeclinicpartners.org/mo-tax-credit

Become a GEM:

Give Every Month

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!

“ I can't think of a better way to use the resources that God has gifted us with than to **save lives**. And we're saving the lives of children.

*Scan to learn
more about our
monthly giving
community!*



mylifeclinicpartners.org/become-a-gem



Stay Connected

Want to hear more about My Life Clinic and the work we're doing? Join our **monthly newsletter** and follow us on **social media** to stay connected!



@mylifeclinic | @mylifeclinicpartners

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



mylifeclinicpartners.org/donate