



Central Alberta
PREGNANCY CARE CENTRE



**Big decisions have big questions.
You are not alone.
We are here for you.**

Our Mission

To equip and empower individuals and their families seeking pregnancy-related resources by:

- delivering accurate information to those facing an unexpected pregnancy,
- offering support and healing to those affected by a pregnancy loss/abortion,
- educating about healthy relationships, positive parenting, and life skills development for men and women,
- providing a nurturing Maternity Home and,
- connecting clients with community resources.

Board of Directors:

Teighan Malloy – *Board Chair*

Robert Opoku – *Vice Chair*

Mark Beavington – *Treasurer*

Nicole Lorrain – *Secretary*

Robert Kelham – *Director*

Dick Thiessen – *Director*

Joelle Sypkes - *Director*

Our Vision

We are known and embraced by our community as a Centre that extends grace and provides education and ongoing, compassionate support before, during, and after pregnancy.

Our Values

Relationships | Putting those we serve at the heart of all we do.

Respect | Honoring and valuing others in both words and actions.

Compassion | Genuine care and heartfelt concern for those we serve.

Dignity | The right of a person to be valued and respected for their own sake.

Excellence | Professional competence and responsible stewardship of resources.

A Message from the Board Chair

Reflecting on another year, I am thankful for all the Central Alberta Pregnancy Care Centre has accomplished and the people we have helped. Hearing the testimonies of past clients who have gone through the Centre's programs always amazes me and brings to light why we do what we do. The staff and volunteers continue to shine as they dedicate their time to the efforts of the CAPCC and help the clients who come through the doors. We are so grateful for the staff and volunteers who make our Centre's run.

This year, we hosted our regular fundraising events again, along with the Christmas Musical and the first annual Ladies' Afternoon Tea. **Thank you** to everyone who promoted, volunteered, or attended these events. We so appreciate you.

We are now heading into the last year of our three-year strategic plan. Over the past few years, we have taken the time to refine our processes and programs, bring excellence to our systems, and train the staff and volunteers. We experienced a small operating loss this year but are still so grateful for our supporters' generosity and God's faithfulness. Being primarily privately funded, we rely on the generosity of our Central Alberta community to run our programs. The CAPCC leadership team continues to forge ahead with fund development and donor cultivation strategies to bring financial stability to the Centre.

We look forward to the year ahead and will continue to do God's work here at the Central Alberta Pregnancy Care Centre.

Thank you,

Teighan Malloy, CAPCC Board Chair

A Message from the Executive Director

If you're like me, you've embraced cell phone photography and the accessibility to take and share photos. Despite the age of digital photography, I still have photo albums full of memories of my upbringing, extended family and friends, and summer vacations. Turning the pages of a photo album elicits memories and stories of days gone by. A photograph is one way to capture a **moment in time**, and this was our theme for the past year.

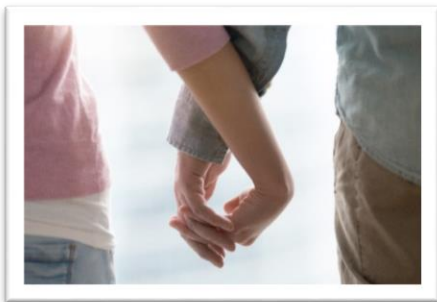
Moments in time aren't always nostalgic. Sometimes, they include times of sorrow, pain, and confusion. CAPCC staff and volunteers have the privilege of walking alongside clients as they share images of their moment in time, including those who have experienced an unexpected pregnancy, broken relationships, pregnancy loss, or an abortion experience. Author Alan Wolfelt explains our role of companionship with clients as "*going to the wilderness of the soul with another human being and bearing witness to their struggles.*"

Clients are heard and seen as their authentic selves. We grieve alongside some and celebrate with others, journeying together while clients move forward with quiet courage. **Thanks to you**, we had another year to equip and empower clients with compassion and grace. This past year allowed us to refine our programs and services to ensure that what we offer meets the needs of our communities and the individuals we serve.

Ecclesiastes reminds us that God is a God of timing: "There is an appointed time for everything. And there is a time for every event under heaven" (Ecclesiastes 3:1). Jesus is with us in those moments in time when we celebrate and those moments when we struggle. Because of your ongoing commitment to the CAPCC, we can kindle a desire in others to recognize their intrinsic value and worth so that they can look ahead with anticipation, capturing moments in time as they heal, grow, spread their wings, and fly.

In His Service,

Lisa Smith, CAPCC Executive Director



Volunteer Involvement

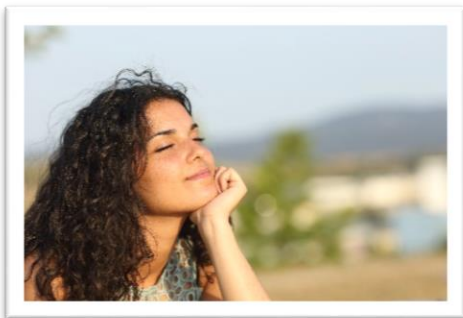
One more year has passed, and as always, we are amazed by the time and dedication our volunteers graciously give to the Central Alberta Pregnancy Care Centre. If it weren't for their willingness to serve, we would be unable to offer our clients the care they need. This past year, the volunteers gave **over 17,000 hours** of their time by serving in various areas. These included cleaning, providing snacks or meals, answering the helpline, preparing mailouts, maintenance, gardening, fundraising events, taking care of the boutique, supporting clients, covering the front desk, data entry, serving on the board of directors, among other things.

Once the volunteers have taken the training and become client advocates, they are offered ongoing training throughout the year. This past year, we had guest speakers from Youth Unlimited, ProGrace, McMann Youth Services, Healthy Families, and the Pregnancy Care Canada online conference. We also covered topics such as employment insurance and maternity leave, addictions and mental health, trauma-informed care, database training, and CAPCC policies and procedures.

As part of the Central Alberta Pregnancy Care Centre, we strive to uphold our values of **relationships, respect, compassion, dignity, and excellence**. We hope to extend these values to everyone who enters our doors, including clients, volunteers, staff, and community members. By keeping our focus in the right place, we can extend grace and provide education and ongoing, compassionate support before, during, and after pregnancy. Grace and compassion apply to everyone, regardless of any other factors.

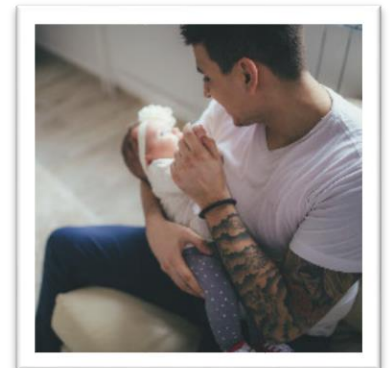
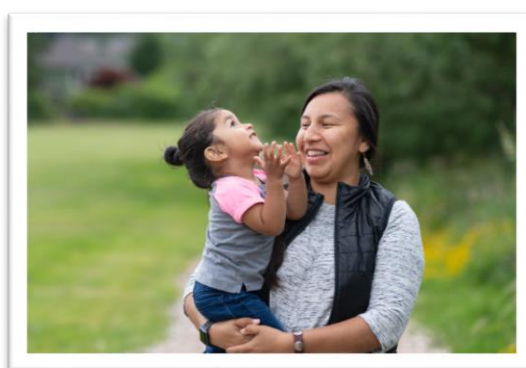
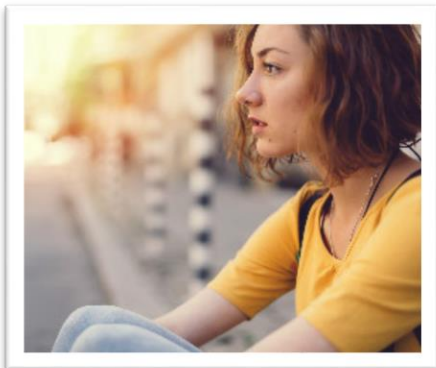
We hope our volunteers know how much we appreciate them! It is a blessing to pray with and for them every day.

Nadine Nowlan, CAPCC Client Care Manager



Central Alberta Pregnancy Care Centre History

- 1988** | Date of incorporation
- 1989** | *Red Deer Crisis Pregnancy Centre* opened at 4820 Gaetz Avenue, Red Deer, AB
- 1993** | Name changed to *Central Alberta Pregnancy Care Centre*
- 2008** | Moved to a more visible location in Red Deer, AB
- 2013** | Celebrated the 25th Anniversary of the CAPCC
- 2014** | Opened first satellite office in Olds, AB
- 2015** | Celebrated the grand opening of Phase 1 of The Aerie Maternity Home
- 2016** | Groundbreaking of Phase 2 of new Red Deer office & Aerie Maternity Home
Opened satellite office in Rocky Mountain House, AB
- 2017** | Moved to current office location in Red Deer, AB
- 2019** | Winner of the Red Deer & District Chamber of Commerce Not-for-Profit Business of the Year Award
- 2021** | Opened satellite office in Stettler, AB
Purchased heritage house in Olds for the Olds office.
Moved the Rocky Mountain House location to a larger office.
- 2022** | Moved the Stettler location to a larger office.



CAPCC Programs & Services

All programs are free and confidential.

- ❖ Pregnancy tests
- ❖ Information about pregnancy, abortion, parenting and adoption
- ❖ 24-hour helpline
- ❖ Parenting education
- ❖ Male mentorship
- ❖ Baby and maternity clothing
- ❖ Support for past sexual abuse/trauma
- ❖ Referrals for community resources
- ❖ Post-abortion support
- ❖ Pregnancy-related grief support
- ❖ Pregnancy & birth education
- ❖ Education on healthy relationships
- ❖ Maternity Home*

*Maternity Home residents contribute financially to the program fees, as they are able

Total Client Visits

1,822

Total Clients

399

Volunteer Hours

17,000+

THANK YOU

Thank you to all of our donors and volunteers. Our staff and Board of Directors are incredibly grateful for the contributions you have made to the work of the Central Alberta Pregnancy Care Centre. Without you, none of this would be possible.



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