

# News From Pregnancy Help Center



## Board of Directors

- Mary Poprac, Chairperson
- Noreen Thomas, Vice Chairperson
- Kathleen Branconier, Treasurer
- Raquel Suh, Secretary
- Karla Gaines
- Mike Kurz
- Megan Higinbotham
- Catarina Krai
- Karlie Lewis
- Jerry Robinson

## Satellite Clinic

19000 Hawthorne Blvd., Ste 200  
Torrance, CA 90503  
(310) 320-8976 | (310) 787- HELP  
phctorrance.org

- Dr. David Lu, Medical Director
- Dr. Sunaina Sehvani, Associate Medical Director
- Victoria Koh, Clinic Services Director
- Debi Bryant, Client Services Manager
- Tina Smith, Nurse Manager

## Main Clinic/Administration

1311 Crenshaw Blvd., Ste. A  
Torrance, CA 90501  
(424) 263-4855  
supportphctorrance.org

- Adrienne Gross, Executive Director
- Gigi Harnden, Development Mgr.
- Franne Mejia, Assoc. Exec. Director
- Jeanne Soto, Database Specialist

## Our Mission Statement

To provide a safe, caring environment where every woman facing a crisis pregnancy can receive information, education, and practical assistance in order to eliminate the crisis and choose life for her baby; and to inspire others to embrace sexual health and integrity.

## Saving Lives for 50 Years!

April 26th marks the Center's 50th anniversary. The Center opened as the only pro-life resource center in the South Bay, in a post-Roe era. Its mission was simple: Welcoming each woman in a supportive setting, providing resources, and ensuring that she was fully informed to make a decision she would always be comfortable living with. Thanks to the visionaries who helped open the Center, that's exactly what they did. Pictured: Joanne Gunsaulus, unknown, Teresa Sedillos, Barbara Dohogne, Karen Poza (baby Vanessa), Mary Sheridan and Cindy Hill McCarty.



Half a century later, because of YOUR partnership, the Center continued to expand its free services. To facilitate pregnancy testing, the Center became a licensed medical clinic in 1991 and in 2013 began offering limited obstetric ultrasound exams, giving women the opportunity to meet their pre-born baby.



Over the years, the Center has provided compassionate support and healing for women after abortion. Recently, we expanded our services to include reproductive grief/pregnancy loss support, responding to the growing needs of our clients. A trained client advocate walks alongside each woman in her grief journey, offering care and connecting her with additional resources as warranted.

Yolanda, a recent client, sensed something was wrong early in her pregnancy. When her doctor dismissed her concerns, she found the clinic. During her ultrasound visit, Yolanda learned the devastating news that the baby didn't have a heartbeat. The client advocate surrounded Yolanda with compassion and prayer, and during the following weeks, helped her work through the grief of miscarriage. Yolanda returned to the Center for her next pregnancy where she felt reassurance and comfort. She shared, "The Center change my life and made such a big impact when I thought my life was over." Pictured is Yolanda's son Antonio, whom she calls her "miracle baby".



**THANK YOU to our generous donors for helping to save generations!**

## Retirement of Beloved Executive Director

With the Center turning 50, we give thanks for God's provision and the privilege to provide life-affirming support to South Bay women. We reflect on His faithfulness; and one of the greatest blessings God has given us is our Executive Director, Adrienne Gross. Her vision and prayerful guidance have shaped our ministry, and we are deeply grateful for her services.

After 25 years of dedication, Adrienne will retire later this year. Through strategic planning with the Board, she established a clear path for growth and invested in people - building and mentoring a strong staff team while strengthening board development and governance - leaving a foundation for lasting impact.



The Board has begun a structured succession process to ensure continuity and is actively searching for Adrienne's replacement to ensure a smooth transition before her retirement. If you or someone you know is interested in this position, one of our part-time job openings, or volunteering go to [supportphctorrance.org/join](https://supportphctorrance.org/join).

### Because of You

- All of the Center's services are free including pregnancy testing and ultrasound exams.
- 1,218 services provided to 865 unique clients in 2025 (see enclosed impact card).
- Over 86% of abortion-vulnerable women choose life after meeting their pre-born baby on an ultrasound.
- Women get unlimited time with a client advocate to share their fears, challenges, and needs without judgement or pressure during options consultation.
- A homeless client without transportation, feeling despondent and overwhelmed receives a ride to the clinic, free services, and community resources to keep her safe.
- New baby gear and diapers are donated through church events and diaper/wipe drives for clients to "shop" using points earned after each BrightCourse online education lesson (pre- and post natal care, baby skills, parenting skills, life skills, and more).

**Your Support Saves Lives!**

### Did You Know?

Fifty years ago the chemical abortion pills (mifepristone & misoprostol) were nonexistent.

In 2000, the pills were legalized in the U.S. and prescribed through the 6th gestational week.

In 2016, the approved gestational age limit was extended to 10 weeks.

Currently some providers prescribe up until the 13th gestational week. At this stage, the pre-born baby has fully formed functional organs and is the size of a plum.

The chemical abortion pills are the greatest temptation to a woman in a crisis pregnancy. Touted as a quick, easy fix safe as taking Tylenol.

Over 10% of women experience hemorrhaging, sepsis, or infection.

If a woman only takes mifepristone and regrets it, there is a chance to reverse the effects through the Abortion Pill Reversal Network (APRN). Over 8,000 lives have been saved. Learn more at [Abortionpillreversal.com](https://Abortionpillreversal.com)

The Center is an APRN Consulting and Resource, helping women who regret taking the abortion pills reverse the effects.

Know someone with an unplanned pregnancy or who took the first set of abortion pills? Go to [phctorrance.org](https://phctorrance.org)

### Donate

Go to [supportphctorrance.org](https://supportphctorrance.org)/contribute or use the enclosed envelope.

### Join

Apply to be a staff member or volunteer at [supportphctorrance.org/join](https://supportphctorrance.org/join)

### Follow

Follow us on Facebook for our latest updates: [@phctorrance](https://www.facebook.com/phctorrance)