

News From Pregnancy Help Center



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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 Sehwan, Associate Medical Director
- Victoria Koh, Clinic Services Director
- Tina Smith, Nurse Manager
- Debi Bryant, Client Services Manager
- Amy Gozali, Client Services Asst.
- Christin Gauter, Clinic Staff

Clinic/Administration

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

- Adrienne Gross, Executive Director
- Gigi Harnden, Development Mgr.
- Fanne 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.

Calming the Storm

Valerie was having a difficult pregnancy. She was struggling with severe nausea, and her mental health was suffering. As her anxiety and depression deepened, she heavily contemplated terminating her pregnancy to get relief.

In desperation, she came to the Pregnancy Help Center to discuss her options for her pregnancy. At her appointment, the nurse and client advocate gently guided her to the realization that what she actually needed was mental health support.

The Center connected Valerie with a therapist, Suzanne, who supported her throughout her pregnancy. In March, she gave birth to a healthy baby girl who is the light of her life. Valerie is grateful for the genuine care and concern she received from the Center, "You helped me so much during a very difficult time in my life by providing me an amazing therapist."



Studies¹ have shown that women facing unplanned pregnancies are more likely to experience depressive symptoms. It's hard enough being pregnant, but with complications like unemployment, domestic abuse, homelessness, and existing mental health issues, navigating an unexpected pregnancy can feel completely overwhelming.

By partnering with trusted outside providers and covering most of the cost, we ensure individuals have access to essential professional mental health services. Research suggests that counseling can help with depression and anxiety² in mothers experiencing unplanned pregnancies and improve their attachment to their babies³.

"Do not forget to do good and to share, for with such sacrifices God is well pleased." Hebrews 13:16

God is well pleased and we are so blessed to have donors like you who have made it possible to offer these mental health services to our clients. Thanks to you, women like Valerie can get the support they need to choose life. YOU did it!

¹ Muskens, L., Boekhorst, M.G.B.M., Kop, W.J. et al. The association of unplanned pregnancy with perinatal depression: a longitudinal cohort study. Arch Womens Ment Health 25, 611–620 (2022). <https://doi.org/10.1007/s00737-022-01225-9>

² Ekrami, F., Mohammad-Alizadeh Charandabi, S., Babapour Khelroddin, J. et al. The Effect of Counselling on Depression and Anxiety of Women with Unplanned Pregnancy: A Randomized Controlled Trial. Community Ment Health J 55, 1047–1056 (2019). <https://doi.org/10.1007/s10597-019-00428-2>

³ Ghasemi Nasab Z, Motaghi Z, Nazari AM, Keramat A, Hadizadeh-Talasaz F. The effect of cognitive-behavioral counseling on maternal-fetal attachment among pregnant women with unwanted pregnancy in Iran: A randomized clinical Trial. J Prev Med Hyg. 2023 Nov 1;64(3):E316-E322. doi: 10.15167/2421-4248/jpmh2023.64.3.2930. PMID: 38125990; PMCID: PMC10730047.

Walk for Life South Bay

The 38th annual Walk for Life South Bay raised over \$53,000 to aid vulnerable mothers and preborn babies! Congratulations to the top three fundraising teams: Hope Chapel Christian Church, American Martyrs Catholic Church, and St. Lawrence Martyr Catholic Church. Thank you to everyone who joined us at the walk; your support saves lives!



Chemical Abortion Endangers Lives

A recent study on insurance claims data has shown that nearly 1 in 9 women who take mifepristone, one of the abortion pills, experience sepsis, infection, hemorrhaging, or other serious adverse events. This number is far greater than the "less than 0.5 percent" reported on the drug label.

This statistic becomes more alarming when viewed against the backdrop of unregulated access via online providers. Pro-life advocate Abby Johnson demonstrated in a recent video how easy it is to procure abortion pills without medical oversight, including in states with heavy abortion bans. The abortion provider even sent her additional pills that could be kept and used in the future.

AAPLOG and five other medical organizations are urging the FDA to reinstate basic safeguards regulating the use of mifepristone.

Feeling Called to Volunteer?

The clinic is in search of a compassionate and responsible Spanish-speaking client advocate. You will be in a unique position to make a direct impact on the lives of clients by developing relationships with them and providing support to them throughout their pregnancy. Training will be provided. For more information visit supportphctorrance.org/volunteer

Other volunteer positions are available: receptionist, data entry assistant, grant research assistant, and clerical assistant.

Be Part of the 100

Join our Circle of Hope as one of our 100 NEW monthly pledge donors. Spreading out your donation over months may allow you to give more over the course of the year. The generosity of our monthly partners provides a sustainable source of income for the Center and allows us to continue offering hope to women when they need it most. Find out more at supportphctorrance.org/circle-of-hope

New Satellite Clinic Tours

Visit our new second location and experience firsthand the work we do, from client advocacy to introducing clients to their preborn babies using ultrasound exams.

Upcoming dates: September 23, October 28, November 18, or arrange a tour for your group or ministry
6:00 p.m. - 7:30 p.m.
19000 Hawthorne Blvd., Ste 200
Torrance, CA 90503
RSVP (424) 263-4855
Space is limited. Ages 14 and up.

Baby Bottle Fundraiser

Partner with the Center by passing out empty baby bottles at your church, ministry, or group to be returned with cash, check or coin donations. This is also a great way to raise awareness about the Center and the lifesaving services we offer. Call (424) 263-4855 to schedule.

Donate

Go to supportphctorrance.org/contribute or use the enclosed envelope.

Volunteer

Apply to be a volunteer at supportphctorrance.org/volunteer

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