

newlife

NEW LIFE FAMILY SERVICES | FALL 2025



**First Care
University**



**First Care
Saint Paul**



***Growing
Through
Acquisition:
Introducing
First Care
Woodbury***

Inside:

**Celebrating
40 Years of
Conquerors**



**First Care
Minneapolis**



**First Care
Richfield**



**First Care
Rochester
80 mi south**



Dear Friends,

Every day at New Life I'm reminded that even in a world that often feels heavy and uncertain, God is still writing stories of hope. Your partnership makes it possible for women, men, and families to encounter His love in the midst of their challenges, and lives are being transformed as a result.

When you open these pages, I hope you see yourself woven into every story. You may never meet the young mom who chose life, or the father who found courage to lead his family, or the woman who finally experienced freedom after abortion. However, it is your generosity that makes their stories possible. This is your impact, and I couldn't be more grateful.

As we look to the future, I'm deeply thankful for your prayers and support. Together, we are offering a steady place of hope, compassion, and truth for families across Minnesota.

Thank you for standing with us in this life-changing work.



In Christ,
Tammy Kocher
Tammy Kocher
Executive Director
New Life Family Services

Our Mission

To honor the sanctity of human life by assisting clients with life-affirming decisions with the love and compassion of Christ

Our Vision

To one day reach all abortion-minded and abortion-vulnerable individuals throughout Minnesota with comprehensive pregnancy-related services and the message of the gospel of Jesus Christ

Our Locations

MINNEAPOLIS

2015 Chicago Ave
Minneapolis, MN 55404

UNIVERSITY

2900 University Ave SE
Minneapolis, MN 55414

ST PAUL

1706 White Bear Ave N
St Paul, MN 55109

Coming Soon

WOODBURY

1000 Radio Dr #200,
Woodbury, MN 55125

RICHFIELD

6517 Nicollet Ave
Richfield, MN 55423

ADMINISTRATIVE OFFICE

1515 East 66th St
Richfield, MN 55423

ROCHESTER

40 16th St SE
Rochester, MN 55904

CLIENT PRAYER SPOTLIGHT

Each day, God is writing new stories of hope at our centers. These stories unfold in real time through staff text updates that call for both celebration and prayer. These text updates offer us a glimpse into that sacred work as mothers choose life, families grow in faith, and hearts open to God's love. As you read, we invite you to join us in prayer for the women, children, and families we serve.



I GOT THE CHILLS

A woman came in today for an ultrasound and shared a desire to get more serious about her faith. We offered her Bibles and devotionals for her kids and her partner as well as church referrals, which she happily accepted! She and her daughter were so happy to see the baby and her daughter shared how excited she was to be a big sister. **When the client found out we are faith-based, she said "I got the chills"** and knew this is where she needed to be.



A DIVINE APPOINTMENT

During a client intake to join our Every Family program, **I was able to share the Gospel with a client!** This client had just recently moved to the US, and had never even heard of the Bible. It was an honor to share with her how amazing the Word is, and what Christ has done for us. Please continue to pray for this client as we keep meeting together, and pray that she continues to be receptive to the good news!



I ALMOST DIDN'T COME

Earlier this week an OB nurse referred an abortion-minded woman to us for an ultrasound. We were able to see her the next day and show her and dad the beautiful baby growing inside her! She shared about the difficult circumstances her family is experiencing and told us "I almost didn't come several times today." **Praise God she kept her appointment and has decided to carry to term!** Please continue praying for her and her family, that God would provide for their every need.



A CHOICE FOR LIFE

I just heard back from a client who had an ultrasound with us and left still planning on abortion. I had attempted to follow up with her after her ultrasound, but was unable to connect with her. We continued to pray for her and **she just left a message for me that she has decided to continue her pregnancy!** It is so encouraging to see that God is working in the hearts and minds of our clients even when we can't see it!



APR PRAYERS ANSWERED

Praise the Lord for the beautiful news that one of our former abortion pill reversal clients gave birth recently! Both mom and baby are doing well, and she has already signed up for her next parenting class. Praise God for this precious new life!



SHE DIDN'T HAVE ANY-ONE TO TALK TO

A client came in for STD testing and we had a great conversation about taking a break from sex. The client shared she didn't really have anyone in her life to talk to about her decisions and said **she felt really supported by First Care.**



Fostering Community through Every Family

In an age where parenting can often feel isolating and overwhelming, our Every Family program is standing in the gap, offering connection, hope, and real-life tools through its parenting groups.

Over the last two years, we have expanded to offering 10 different parenting groups across four locations. These gatherings are more than a class. They're sacred spaces where vulnerability is welcomed, faith is shared, and deep, lasting relationships are formed.

Equipping Families, Encouraging Friendships

Every Family groups focus on offering practical tools, many from the Connected Families framework and curriculum, that help parents thrive. But the true strength of the groups lies in the fusion of these tools with genuine friendship.

Many participants have expressed that they specifically enjoy the devotion and prayer at the start. But just as often, they celebrate deepening friendships, exchanging phone numbers, offering to help each other, and beginning to consider meeting outside the group. They aren't just attending a group together; they are forming a community.

Spiritual Roots, Safe Spaces

Many of our parenting groups begin not just with curriculum, but with Scripture and prayer. This spiritual foundation sets the tone for authenticity and connection. As group members open up about their struggles, particularly with grief, stress, or parenting challenges, they often find they are not alone. One group facilitator shared,

"Every morning in group class, we start with Bible study and prayer. This marks the beginning of a sweet time where clients feel safe enough to be vulnerable in sharing their experiences."

This atmosphere of openness has created powerful moments of solidarity. On one occasion, a client grieving the loss of a loved one was spontaneously surrounded in prayer by her fellow moms. "We all gathered around in a circle and laid hands on her as each mom took a turn to pray over their sister." It was a sacred moment, proof that what God is building through these groups goes far beyond curriculum.

Stories of Healing and Hope

The groups also serve as spaces for deep healing. One particular Spanish-speaking couple, who was processing a miscarriage at the same time they learned they were pregnant again, shared their story with the class. Through tears, they spoke of grief and the comfort they found in God's faithfulness and in the encouragement of the group. "They finished the class session in tears," one staff member said, "and the whole room responded with support." In such a vulnerable season, they found real community at Every Family, and the staff was humbled to witness God's hand at work in their journey.



From Laughter to Learning

In addition to spiritual and emotional support, laughter and parenting wisdom flow just as freely. In one particular group, five or six moms consistently attend together with their toddlers, resulting in joyful chaos by the end of each class. "Total pandemonium by the end – it's so funny!" one staff member laughed. Yet in the middle of the noise, something beautiful is happening: these moms are forming bonds through shared stories, mutual support, and parenting wins (and struggles).

As moms share about managing tantrums or trying out tools like "dragon breaths" and "remaining calm," others nod along, laughing in recognition. These conversations often extend long after class, as moms linger in the clothing closet while their children play.

More Than a Program—A Family

At Every Family, parenting groups are about more than lessons on parenting, they create belonging. Relationships form naturally through shared values, struggles, and the desire to grow together. With prayer, practical tools, testimonies, and laughter, these groups become places where moms and dads feel seen, known, and loved. It is not only about parenting skills but about discovering you do not have to walk this journey alone. ■



Did you know that you can support New Life by drinking great coffee?

Seven Weeks Coffee roasts ethically sourced, high-quality coffee and donates 10% of each purchase to pregnancy centers around the country. Over the past few years, they have donated more than \$1 million toward saving the lives of unborn children. Use our affiliate link to order, and 10% of your purchase will be donated directly to New Life.



Life Sustainers

Life Sustainers support the ministry of New Life Family Services through regular and faithful giving to help sustain and grow our efforts throughout the year. Our Life Sustainers commit to a monthly gift of \$50 or more and receive a slew of benefits. nlfs.org/LS



CONQUERORS: 40 YEARS OF HOPE AND HEALING

*"We are more than conquerors through Him who loved us."
- Romans 8:37*

In 1985, God stirred the hearts of two women who had personally walked through the pain of abortion and found restoration in Christ. As more women began reaching out for help, it became clear there was a need for a gospel-centered path to healing. Under the leadership of then-Executive Director Jeanette Vought, the very first Conquerors After Abortion curriculum was written, anchored in Romans 8:37: "In all these things we are more than conquerors through Him who loved us."

From the beginning, Conquerors has affirmed that true healing comes not through self-effort but through Christ's redeeming love. The program has provided a safe space for


women and men to grieve their loss, experience forgiveness, and find reconciliation with God. Powerful elements like the silent retreat and memorial service allow participants to name their children, release their grief, and rest in the promises of Christ.

Through the years, the message has remained the same: there is no condemnation for those who are in Christ Jesus. In a culture that minimizes sin and dismisses guilt, Conquerors continues to shine the light of the gospel, reminding hurting hearts that even our deepest wounds can lead us to the Savior.

Over four decades, Conquerors has grown from


only offering support groups for women, to now also offering mentoring for women, men, and couples. While the curriculum has been updated and refined through the years, it continues to hold fast to the same biblical foundation. We also added the annual Conquerors Night of Worship to gather past participants to testify to God's redeeming work. None of this would be possible without the faithful service of trained facilitators, pastors, and volunteers who walk alongside those carrying deep wounds, pointing them to the hope of the gospel.

As we celebrate 40 years, we give all glory to God for using Conquerors to bring healing and freedom to countless lives. Because of Christ, there is hope after abortion. ■



A Conquerors Facilitator Shares

"Participating in the Conquerors program was the turning point that set me on my spiritual journey. Through it, I came to accept Jesus and began to understand the incredible sacrifice He made—not just for me, but for all of humanity. My heart opened in a way I never expected, and that journey is still shaping me every day. Today, I know without a doubt that my calling is to walk alongside other women who carry the pain of abortion. To remind them: You don't have to live in silence. You don't have to hide in shame. There is a safe place where both women and men can find true healing. When we bring our sin into the light, the darkness loses its power—and we step into the loving, redemptive embrace of Jesus."



-Sondra, facilitator

Client Voices: The Impact of Conquerors

"Conquerors helped me to truly understand the relentless pursuit and tenderness of God after my abortion."

"I know there are other women who are hurting because of abortion, and I want them to know they are not irredeemable or forgotten by God."

"Conquerors gave me a sense of wanting to live again. It gave me hope after living in despair for so many years."

"The Conquerors program gave me a safe place where I could finally face what I had done. It gave me permission to grieve the loss of my children."

"I spent twenty years of my life living in grief. Only realizing later how my pain, fear, and guilt were connected to this life-changing event called abortion. Learning to embrace God's forgiveness has made all the difference."

"I was a different person after the abortion. Heartbroken, feeling used and dirty, like no one would want me or love me, I felt alone even when I was with other people. In Conquerors, I found a safe place to come and be released from the crushing guilt."



A Joining of Strengths

Welcoming Woodbury Options for Women

This January, a new chapter begins. We are thrilled to share that Woodbury Options for Women will officially become part of New Life Family Services on January 1, 2026. This strategic partnership has been months in the making — bathed in prayer, shaped by discernment, and driven by a shared mission to serve more women with compassionate, Christ-centered care.

"This is a joining of strengths, not a rescue mission. Woodbury Options has been thriving, and this partnership allows us to build on that strong foundation while expanding the care and services available to the community."

— Tammy Kocher,
Executive Director, New Life Family Services

Why Woodbury?

Located just minutes from the Wisconsin border, Woodbury is one of the most strategic locations in our state for reaching women who are actively considering abortion, including those traveling from nearby states where abortion laws are more restrictive.



Meet the Woodbury team! Mira, Almeda, Kris, and Hope.

Since 2009, Woodbury Options for Women has faithfully served the East Metro with excellence and compassion. Their work is strong, their community presence is trusted, and their vision for reaching more abortion-minded clients aligns seamlessly with ours.

This new partnership reflects what we believe at our core: we can accomplish more together than we ever could apart.

What Will Change?

Clients at Woodbury Options will continue receiving the same care they've always known, but with expanded services made possible through New Life:

- Licensed Adoption Services
- Expanded Parenting Education & Mentoring (Every Family)
- Abortion Recovery Support (Conquerors)
- The Good Father Program
- Abortion Pill Reversal
- Future expansion of hours

All services will remain free of charge, medically ethical, and spiritually grounded in the hope of the Gospel.

Looking Ahead

The transition will be completed in January 2026, but the impact has already begun. Our teams are working side-by-side to ensure a seamless integration — aligning systems, preparing staff, and laying the groundwork for expanded care in the East Metro.

This growth would not be possible without you. Your support has made room for more women to be seen, heard, loved, and empowered with real choices. Because of your generosity, the reach of life-affirming care continues to grow — not just in square footage, but in kingdom impact.

"We believe we can accomplish more together than we ever could apart. We're so grateful for the support that makes growth like this possible."

— Almeda Smith,
Executive Director, Woodbury Options for Women

Almeda Smith currently serves as Executive Director of Woodbury Options for Women and will transition into the role of Vice President of Operations at New Life Family Services in 2026. During her four-year tenure in Woodbury, Almeda led the center through a season of remarkable growth, doubling medical service hours, significantly increasing fundraising, and enhancing the organization's overall reach.



Her career began in Washington, D.C., where she held leadership roles in government and military technology firms. After a life-changing mission trip to Haiti, Almeda shifted her focus to nonprofit service, becoming a passionate advocate for families through foster care, adoption, and vocational ministry.

Almeda brings a rare blend of operational excellence, strategic insight, and Gospel-centered leadership. Her deep commitment to life-affirming ministry and organizational health makes her a vital addition to New Life's executive team.

How You Can Be Part of It

We invite you to join us in three simple ways:

- PRAY — for a smooth transition and open doors to reach more women
- GIVE — to help support the expansion of services in Woodbury and beyond
- SHARE — spread the word with your church or community

Together, we are growing families, faith, and futures — and we are just getting started. ■



ABUNDANTLY MORE Gala

Growing Families, Faith, and Futures

*"Now to Him who is able to do
immeasurably more than all we ask
or imagine, according to His power
that is at work within us"*
-Ephesians 3:20

52nd Annual Fundraising Gala

New Life Family Services

Invites you to our Fundraising Gala for an evening of celebration, hope, and vision as we reflect on God's abundance.

Keynote Speaker - Mark Schultz

Mark Schultz is a platinum-selling, award-winning Christian musician and a passionate advocate for adoption. Adopted at just two weeks old, he has a deep gratitude for his birth mother's choice to give him life, a story that has inspired much of his music and ministry. Through his encouraging songs and engaging storytelling, Mark champions the value of life, and inspires audiences across the country.



Join us this November for our largest fundraising event of the year!

Rochester

Friday, November 7
Hilton Rochester Mayo Clinic
10 E Center St.
Rochester, MN 55904

Twin Cities

Saturday, November 8
DoubleTree Bloomington
7800 Normandale Blvd.
Bloomington, MN 55439

**Both events begin with a social hour at 5:30 pm
followed by dinner and program at 6:30 pm.**

For more details and to register for either event, please scan the **QR code below**.
You may also register directly at nlfs.org/events.



LEAVING A LEGACY OF HOPE

Three Ways to Make Your Impact Last

We are continually humbled by the generosity of friends like you who want to see lives changed, families strengthened, and hope shared in our community. Most of the gifts we receive are one-time or monthly donations, but some supporters have discovered meaningful ways to give that extend their impact far beyond a single check. These are often called "planned gifts," and while the name may sound intimidating, they are simply creative tools that allow you to give in a way that fits your season of life and financial goals.

Here are three of the most common ways donors partner with us through planned giving:

Donor Advised Funds (DAFs)

A donor advised fund works a bit like a charitable savings account. You contribute to your fund, receive a tax deduction at that time, and then recommend grants to ministries like New Life over the years. Many donors appreciate the flexibility of being able to plan ahead and make gifts at the right time. This can also offer tax benefits while allowing you to be generous on your own timeline while ensuring your gifts go where your heart leads.

Qualified Charitable Distributions (QCDs)

If you are 70½ or older and have an IRA, you can make a charitable gift directly from your account to New Life. This is called a Qualified Charitable Distribution. It helps you meet your required minimum distribution, is not counted as taxable income, and goes directly to ministry. It's a wonderful way to give if you are in retirement and want to make a lasting difference.

Legacy Gifts

Perhaps the most meaningful gifts we receive are legacy gifts, where a supporter has included New Life in their will or estate plan. These gifts ensure that long after we are gone, the work of offering life-affirming care continues. Legacy giving is about more than finances, it's about leaving a testimony of faith and generosity that blesses future generations.

If you'd like to learn more about planned giving opportunities, we would love to speak with you. Together, we can ensure that the ministry of New Life continues to grow and impact families for years to come.

For more information contact Blake@nlfs.org ■





Adoption in a New Era: How DNA Testing and New Laws are Shaping Post-Adoption

When Sarah visited the doctor, the hardest part was filling out her family medical history forms. Adopted as an infant in the 1980s, Sarah grew up deeply grateful for her adoptive family and New Life Adoptions, yet like many adoptees from closed adoptions, she carried unanswered questions about her background.

Curiosity led Sarah to try DNA testing, expecting to find only distant relatives or medical details. Instead, she was connected directly to her birth father. Since neither she nor her birth mother knew who he was, Sarah never imagined it possible to find him. After months of prayer and cautious outreach, Sarah not only met her biological father but also discovered siblings and an extended family who welcomed her with open arms. What once was a long and uncertain process unfolded in just months.

Stories like Sarah's are increasingly common. With the rise of accessible DNA and genetic testing, adoptees are connecting with biological relatives in ways unimaginable even a decade ago. A 2023 survey by the National Council for Adoption found that more than two-thirds of adult adoptees

had completed genetic testing, transforming the search-and-reunion process.

Changes in Minnesota Law

A new Minnesota law reflects this cultural shift toward openness. Beginning July 2024, adoptees age 18 and older can request their original birth certificate, even if a birth parent previously asked for it to remain closed. While birth parents may still file a contact preference form, the records themselves are now open. Minnesota joins a growing number of states embracing greater openness in adoption.

While these changes often create meaningful new connections, they can also feel sudden for those contacted unexpectedly. In the past, reunions through New Life Adoptions only happened through a careful process of exchanging letters through our post-adoption caseworkers as both sides discerned their readiness. Today, DNA testing can bypass these steps and open adoptions instantly, sometimes before a birth parent or adopted person is prepared. While the traditional process is still recommended, remains available and is even encouraged, New Life is prepared to

A 2024 Minnesota law increased access to birth records, bringing an additional change for adoptees and birth parents alike.

help when sudden contact feels overwhelming.

Even with these challenges, New Life has long recognized the benefits of open adoptions. Since the early 2000s, we have encouraged open adoption for the sake of children, birth parents, and adoptive families. Today, most New Life adoptions include some level of openness, helping adoptees connect to their story while building trust between families.

Ongoing Support

Because openness in adoption looks different for every family, New Life provides guidance and support throughout the process. Our social workers walk with families during placement and remain available long after. Every family we serve has access to ongoing post-adoption support,

whether navigating unexpected reunions or natural questions that arise along the adoption journey.

While advancing technology and new laws may change how reunions can happen, they do not change our mission. Whether helping adoptees prepare for unexpected connections, counseling birth parents, or equipping adoptive families, New Life Adoptions remains committed to holistic support grounded in the love of Christ. Amid cultural shifts, we are reminded of God's steady faithfulness in every unique adoption story. ■



New Life adoptive family and birth mother.

The Good Father Program Celebrates Its First Graduate

This fall, we celebrated the very first graduate of our Good Father program. Launched just one year ago, the program provides one-on-one coaching for dads to help them embrace their role with purpose. Through this program, men are gaining tools, support and confidence to build stronger families.

Our graduate shared: ***"The Good Father Program really helped me grow as a new dad. I've learned a lot about being trustworthy and taking responsibility, not just providing financially, but being there emotionally and spiritually too. The things I've learned here are going to stick with me for a long time."***

Each participant completes eight sessions with a certified life coach, reflects on his values, and creates a personal mission statement for fatherhood. Upon graduation, dads receive a plaque engraved with their mission statement as a reminder of their commitment.



Reflecting on his experience, our graduate expressed gratitude for his coach's wisdom and encouragement along the way. His story is just the beginning. Several other men are close to finishing, and we look forward to celebrating more graduates soon.

We are excited to announce that we recently hired a full-time Men's Program Coordinator, allowing us to expand the Good Father program to multiple offices! ■

GET INVOLVED

PRAY

Sign up to receive our in-the-moment prayer texts or join us for in-office prayer. We are seeking people to come into their closest center one hour a week to pray over our staff, our clients, and the work that we do. Prayer is the most powerful thing we can do! Visit [NLFS.org/prayer-partners](https://nlfs.org/prayer-partners)

VOLUNTEER

We could not accomplish what we do without the faithful support of our volunteers. There are many ways to help, and we desire to help you as you determine which role is the best fit for your time and talents. Spanish-speaking volunteers are especially needed in our centers.

DONATE

You can support the work of New Life Family Services financially. Whether you choose a monthly or one-time gift, your generosity will make a difference.

IN HER SHOES EXPERIENCE

Sign up for an elevated tour experience at one of our First Care centers! You will have the opportunity to “walk in her shoes” and see firsthand how our staff love and care for our clients, experiencing it from their perspective. Email: Churches@nlfs.org



Thank you, Corporate Sponsors!

If you are interested in becoming a Corporate Sponsor, please email blake@nlfs.org

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