

SUMMER 2026



EST. 1998

NEWSLETTER

The vision of Next Step is to affirm the intrinsic value of both mother and child by connecting women with the resources they need to choose life.

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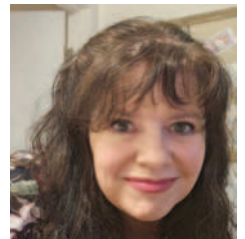
Halyna Naumenko
FRONT DESK RECEPTION

“We have multiple organs dedicated to nothing but making a baby, nurturing it, keeping it alive, but we somehow want to claim absolute bodily autonomy, when entire parts of us are literally made for someone else.”~ Tanya

This year we began a new program called Life Lead and through this program we are able to better locate those women and girls in our community who are determined to abort. They are not the “unsure, hesitant” ones. They are determined that abortion is the path for them. Their rush to ‘just get it done’ is not surprising in this age of instant gratification. Though I’m heartened to know they are finding us before them, planned parenthood I mean, it’s still quite a blow to my own heart hearing the desperate determination in their voices to abort their child. The ‘indifference’ that masks such deep hurt, isolation, and vulnerability. To hit it home for you - **Here are some of the messages we are receiving:**

- I need help getting for abortion pills ASAP. Please help me.
- I just turned 17 and I took a pregnancy test that came back positive - Help! I’m just trying to get the abortion pills now which is proving to be a little bit difficult because I’m under 18 and it’s costly.
- I was wondering how abortion works?
- Yes asap for an in clinic abortion, now.
- I’m so sorry - you see my boyfriend is making this so hard for me - Pls need to get an abortion asap.

(Continued inside)



Heather M Vasquez
Executive Director



Baby Ezra
courtesy of GlimmerGlass

Save the Date!

**Saturday, September 19th
Holy Rosary Edmonds**

You are cordially invited to our Annual Next Step Pregnancy Services Gala!

Join us for an inspiring evening of dinner, dessert, and fellowship as we celebrate and uplift your local Pregnancy Help Clinic. Be a part of celebrating all the work done in support of the women, babies, and families we serve. Together, we honor and uplift the beauty and sanctity of life, embracing our calling to protect and care for the most vulnerable with compassion, faith, and purpose.

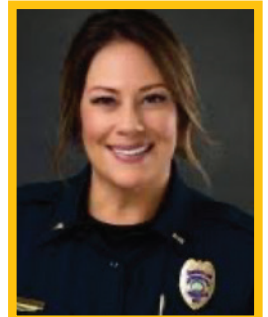
Registration, tickets, and additional details will be available in mid-July—we can't wait to celebrate with you! For questions, or if you are interested in being a sponsor for the event, or donating an item or dessert to the Auctions please reach out! Email heather@nextstepnw.com



KEYNOTE SPEAKER:

EVIE WEST

Evie West speaks from experience as a former L.A. gang member and two-time teen mother who was faced with the decision to terminate her second unborn son. Through God's amazing grace, a story of intrigue, tough love, and miracles, Evie's life is now a passionate picture of redemption and abundant life.



Nurse News!

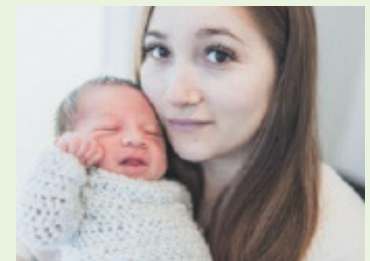


*Left to Right:
Monica, Barb,
Elizabeth, Carrie*

May came with its own splash of happiness together with some sad news. We said goodbye, for now, to Nurse Carrie, off on a new adventure with husband and babies to Utah. She was a ray of sunshine and tenderness for our clients and us and she will be missed terribly! But - **sshhh** - with a new program developing for the Fall it may **NOT** be the last we see of Nurse Carrie! Please keep her and her lovely family in your prayers. But with sadness comes a new chapter for Next Step as we welcome a new team member Monica! Monica comes to us fresh from the governing board at 3W Women's Medical working with them for 4 years as well as taking time from her nursing work at St. Anne's where she floats from Obstetrics and Infusion and more! With a BS in Nursing, a BA in Anthropology, and a wealth of energy and openness we're excited to have her join our medical team!

Save Our Resources!

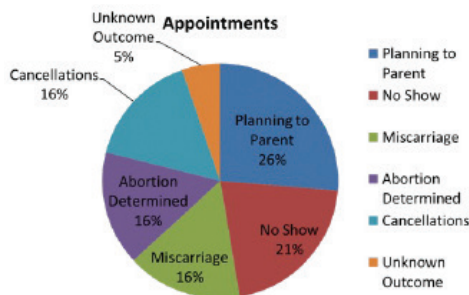
Would you like to help Next Step save valuable resources while staying connected? By receiving the Next Step Quarterly Newsletter via email, you help reduce printing and mailing costs—allowing more funds to go directly toward serving women and families in our community. As part of our email list, you'll also receive our weekly blog articles along with occasional updates, prayer requests, and information about upcoming events. We keep emails to a minimum, typically no more than one per week. To make changes to your mailing preferences, please contact me at heather@nextstepnw.com.



*Ezra and mom Madeline,
courtesy of GlimmerGlass*

LifeLead

LifeLead - software built specifically for pro-life pregnancy centers by pro-life marketers to help centers make a bigger impact. Since we implemented this software mid-February we have had 189 "leads" and of those leads we were able to schedule 19 Life Lead Appointments. As reflected in the breakdown of these Life Lead Appointments, a significant number of clients either cancel or do not attend their scheduled appointments. Unfortunately, this has become an increasingly common reality within healthcare today. It is also important to note the percentage of clients who, even after receiving an ultrasound and compassionate counsel, do not ultimately choose life, as well as those whose pregnancies sadly end in loss. But! Of those who did visit with Next Step there were still a number of clients who did, at last contact, move forward with their pregnancy and that is a joyous bit of the pie.



Please note these numbers represent our Life Lead app clients only

APR continues to show our staff how easy the abortion pill is to get, and how complex the decision is for some women. Life circumstances are harder when we don't follow God's plan for sex within marriage only. This past month we saw **2 APR clients** - one who's reversal was actually going well! But despite knowing there was a life inside of her, she ended up halting the reversal process and continuing with the chemical abortion. She was already feeling significant grief at not wanting to continue the pregnancy; I can't imagine how she feels now. I pray she will be able to express her grief and repentance to our Lord and eventually find healing.

The second client had already established OB care as she ended up getting pregnant with her IUD in place (showing modern birth control is not all it's cracked up to be if you fall into the "less than 1%" failure rate). After a successful IUD removal and several weeks the client panicked; this was not in her life plans. After an ultrasound at Planned Parenthood she got the pills and took the first one, feeling immediate regret. Fortunately, she acted quickly to find help and begin the reversal process within roughly **6 hours**. Thank God baby had a strong heartbeat and client is now back in the care of her OB. I can't help but wonder if this could have been avoided had the Planned Parenthood provider been willing to listen to her concerns and mitigate her worries rather than just prescribe the life ending pills. ~ Barb RN



Letter from the Executive Director

(continued from cover)

- It's an unplanned pregnancy, I don't want this to be a baby. I can't keep it.
- Can I please get information about help with an at home abortion.
- Do you, by any chance, have, like, free abortion? I just want to terminate.
- I recently just found out I'm pregnant but sadly I thought about it hard. I don't want to keep it. I just had a baby seven months ago. Almost. And this was on accident And I know I should've done better.
- I'd like to get an abortion for my wife.
- Hi, I'm contacting you for help with my daughter's friend. She does not want to tell her parents and we believe she's about six weeks pregnant and interested in the abortion pill.
- I have to have an abortion. 15 weeks pregnant, unfortunately, I wanna terminate the pregnancy. Due to how I became pregnant. It wasn't a volunteer thing. I was sexually assaulted.
- I believe I am roughly 3 months along and I want to schedule a abortion but I'd like to be sedated during the procedure. I don't want to be awake for it.
- I want to abort my child hence I'm not sure if I'm pregnant or not but if I am it's not by my wish . I wanna do it as soon as possible.
- I might be pregnant, I want an abortion prescription because no matter if i m pregnant or not I don't want it at all.

Our nurses are charged with knowing the right words and entrusted to guide these women and girls towards hopefulness when they are surrounded by the devaluation of life and the worship of self. It's no easy task. We are an essential precursor to noble ministries such as Prepares who walk with moms **who have already chosen life**. We are the ones who see these women and girls who have yet to choose life. That is where we are. And we cannot do this alone. Thank you for continued prayer and advocacy for our programs that center on life at its earliest beginnings. **When choices can still be made. And lives can still be changed.**



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Accreditation

By the time you read this newsletter YOUR local Pro-Life Pregnancy Clinic will, I'm certain, be basking in the passing of our 3 year Accreditation (AAAHC) survey! All the work, policies, and log monitoring has truly paid off showcasing once again that Next Step is at the peak of medical excellence in our field! **Survey June 8th!** Thank you!

Young Adult Event

Next Step held its first ever **Young Adult Event** at STOUT Brewing in Capitol Hill! Great discussions, wonderful company, and decent brew. If you missed it no worries, we're planning for a Summer one as well, different venue, same Next Step pint! Stay tuned!



Thank You...

Thank You to
St. Alphonsus
Parish for hosting a
May Baby Bottle
Campaign and Faith
Community Church in
Edmonds for holding
a Diaper Drive for
Next Step!



*Baby Rose courtesy of
GlimmerGlass*

