



♥ eps news

2022 SPECIAL ISSUE

HERE TO *SERVE*
HERE TO *STAY*

inspiring women with life-affirming options

- SINCE 1973 -

LETTER FROM OUR DIRECTOR

When the Supreme Court legalized abortion in 1973, many women in Omaha saw the need for another voice to be heard - one that would provide loving, life-affirming assistance to women choosing to have their babies. Throughout our years of growth, direct assistance to women always has been essential to our mission and integrity.

Today, EPS consists of five full-time leadership staff and twenty-five additional full- or part-time employees supported by dedicated volunteers. Our team offers Pregnancy Testing Services and wraparound Life Services to women during pregnancy through 18 months postpartum. Although we have adapted our approach and services through the years to better meet women's needs, and added additional services and locations, our core mission remains unchanged – to inspire women to choose life for their babies and bright futures for themselves.

No matter what the law of the land is, EPS is here to provide women with compassionate and professional care during their pregnancies and beyond. Thank you for your support of EPS as we look confidently toward the future.

Best,

LAURA BUDDENBERG, MS
Essential Pregnancy Services

OUR MISSION

Essential Pregnancy Services exists to provide life-affirming, holistic support to women experiencing unexpected or under-supported pregnancies.

In late 2021, the EPS Board of Directors adopted this new mission statement to reflect our focused commitment to serving women facing unexpected pregnancies while recognizing the significance of supporting women and families lacking assistance from family or friends when a pregnancy arises; that is, help with emotional, spiritual, social, financial, and physical health care needs and more.

EPS understands women need to know they are not alone, especially when they are pregnant and already parenting other children. Nebraska abortion statistics prove the importance of our updated mission as sixty percent of all abortions performed in the state in 2021 were on women who had at least one live birth. This means that young families, already under stress, turn to abortion because they are struggling to care for the children they have already. This is heartbreaking. We recognize that it is just as important, when building a culture of life, to care for those families as a priority. Our care for them stops abortions, and makes the idea of abortion unthinkable and unconscionable.



Scan to view the Nebraska 2021 Statistical Report of Abortions. This report is available annually on the Nebraska Department of Health and Human Services' website, giving us an understanding of abortion trends in Nebraska.



JOHN 8:31-32



CELEBRATING 50 YEARS IN 2023

In our nearly 50-year history in the Omaha metro (including the Bellevue community since 2009), the fruits of our efforts have been a beacon of hope to women facing pregnancy and crisis. We have grown and improved as an organization over time to provide women with excellent care. As women's needs change and society evolves, we assess best practices while remaining steadfast to the core of our mission with faith as our guiding light.

Today, we maintain an outstanding team comprised of medical and mental health professionals, as well as professionals in business, development, and communications. Together, with our volunteers, we work to address issues women face when in difficult pregnancy and parenting situations. We put women first so that, upon seeing hope through solutions to their crises, they can choose life for their unborn babies.

With your help, our life-affirming efforts will have a positive impact on our EPS moms' and their families' lives for the next 50 years. We are here to serve and here to stay.

The background of this section is a close-up photograph of numerous white roses, creating a soft and elegant texture.

"It is our job to tell women the truth, love them, let them know where help is... to make life-affirming choices possible."

LAURA BUDDENBERG, EPS

EPS PROVIDES HELP & HOPE FOR WOMEN

This guide will help you understand how your prayers, financial assistance and fundraising efforts aid women experiencing unexpected and under-supported pregnancies.

At EPS, our kindness, practical information and comprehensive resources inspire women to make loving choices. Through our commitment to all life - born and unborn - our EPS moms grow in understanding of their pregnancies, find hope amidst difficult situations, envision a positive future for themselves, strengthen their families, and choose life for their unborn babies.

WE ARE... A Pro-Woman Pregnancy Help Organization

EPS is honest and transparent about the services we offer. We provide free pregnancy testing services (overseen by a medical director who is a licensed medical provider in the OB/GYN field) and wraparound life (social) services during pregnancy through 18 months postpartum. We provide abortion information upon request to help our clients understand the life-altering, life-ending decision they are considering. We disclose that we do not provide abortion procedures or give referrals for abortions.

PREGNANCY TESTING SERVICES

Pregnancy Testing Services means we are not a full-service healthcare provider. Our services include:

- Medical-Grade Urine Pregnancy Testing
- 1st Trimester Limited Obstetric Ultrasound Scan
- Pregnancy Education
- Prenatal Care Education
- STI Screening & Treatment for Chlamydia and Gonorrhea

If a client tests positive for either disease, her partner is eligible to receive free STI screening and treatment.

- Resource Information

At client visits, we complete a medical history assessment, begin prenatal care education and offer prenatal vitamins, provide a discharge summary with next steps, and offer nursing follow-up calls within the week of initial appointment. With women's permission, we continue follow-up calls throughout clients' pregnancies to ensure they are continuing appropriate medical care from physicians of their choice. Additionally, we offer assistance in establishing appropriate care and encourage participation in our Life Services program - *Beginning Essentials*.

WE ARE... Medical, Human Services & Business Professionals Serving Women Who Are Pregnant & Parenting

EPS hires and trains highly qualified nurses. At this time, EPS employs eight nurses with 30.5 years of combined experience overseen by a long-term volunteer medical director and another volunteer physician who review ultrasound scans and reports. These physicians give additional recommendations, if needed, for nurses to report to clients in appointment follow-up calls. All testing service operations are implemented according to medical standing orders given by our medical director, including criteria for ultrasound scanning. EPS also employs professional behavioral health counselors, giving us the opportunity to provide women with a range of counseling services at no charge.

WE SERVE... Women with Honesty & Authenticity

We are authentic in our marketing and in all client interactions (by phone, text and in person). We provide a welcoming environment and are candid about the services we do and do not provide. We recommend that women schedule their appointments, but we do accommodate walk-in visits for any woman seeking immediate support. Most EPS clients do not have insurance, and they appreciate that we have no hidden fees or obligations. Every pregnancy and parenting service at EPS is free to our clients.

WE SERVE... Women with Unconditional Compassion & Zero Judgment

We are here to serve women with unconditional compassion and respect at any stage of their pregnancies, no matter what pregnancy decision they plan to pursue. We train our staff and volunteers to handle crisis situations with loving care, and to be knowledgeable about resources women can access for themselves and their families. If clients choose to have their babies, EPS provides wraparound support during pregnancy and postpartum up to 18 months. If women choose to seek abortion, EPS nurses inform clients about post-abortive healing resources



JAMES 2:17

through EPS and within the community should they need such help. We also make follow-up calls to ensure the health and safety of our clients, as well as to provide additional referrals.

WE CARE... for Women and Families During Pregnancy & Beyond

EPS offers a wide range of wraparound Life Services, helping women and families launch their lives on the upward path to self-sufficiency. EPS moms (clients) include women who suspect they are pregnant, are pregnant, or are parenting children under 18 months of age. This includes emergency services for parenting families with children of various ages.

Because we know education empowers life change, we offer our clients opportunities to grow their life skills through parenting and life skills classes. We provide an evidence-based parenting education curriculum exclusively online, giving EPS moms an equal opportunity to earn boutique Baby Bucks. Professional in-person classes concentrate on life skills and physical, financial, emotional, social, and spiritual needs through our Beginning Essentials (parenting) program. Other life services include cost-free professional counseling, case management, food pantry assistance (through our partnership with Catholic Charities) and community building activities like our baby showers and holiday parties. At a glance, these are our services:

WARPAROUND LIFE SERVICES

- Professional Behavioral Health Counseling
Provided by Licensed Mental Health Practitioners. Counseling services include Individual Counseling; Reproductive Grief Counseling (including miscarriage and post-abortive issues); Couples Counseling; and Crisis Counseling
- Community Connections (case management)
Connecting women and families with community resources, those that EPS does and doesn't provide directly.
- Education
Parenting and life skills, both online and in-person
- Material Assistance
Offering mother and baby essentials
- Food Pantry Partnership
Addressing food insecurity

YOU CAN PROVIDE LIFE-AFFIRMING SUPPORT TO WOMEN NOW

In post-Roe America, women facing uncertain times need to know their community supports them. They must have confidence that others will walk alongside them. They need real solutions to address their priority concerns. We ask you to prayerfully discern your continued role and act now.



PRAY & VOLUNTEER

Everything starts with prayer. Please join us as we pray daily for women struggling with the reality of unexpected or under-supported pregnancies. Pray for EPS moms to feel open to the life-affirming hope and help we provide.

Volunteer your time from home, your office or at one of our EPS centers. To request more information, call our Benson office at 402-554-0121 or send an email: info@essentialps.org



STAY CONNECTED

Help us grow a responsive and fast-moving network of individuals and groups committed to responding to the material, financial and spiritual needs of EPS moms and babies. Scan the QR code below to opt into our mailing list and join our prayer team. Follow us on social media - search *Friends of Essential Pregnancy Services* and *EPSNebraska*.



Scan to subscribe to EPS emails or go to friendsofeps.org



DONATE MONTHLY

A monthly recurring or one-time donation to EPS can lift women out of crisis while preserving both the dignity of mothers and the sanctity of life for precious unborn babies. Turn to the back of this special issue to see how your generosity supports EPS moms and babies. For help or questions about donating, contact Dawn at 531-239-3130.



Scan to set up a monthly recurring or one-time donation.



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Essential Pregnancy Services
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EPS LOCATIONS

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EXECUTIVE OFFICES

6220 Maple Street
Omaha, NE 68104
402.554.0121

CLIENT WEBSITE

essentialps.org

FRIENDS OF EPS WEBSITE

friendsofeps.org



core values

LIFE-AFFIRMING

All human beings are created in the image of God, have intrinsic value and worthy of protection – born and unborn alike.

HONEST & AUTHENTIC

We believe honest answers and authenticity birth trust, which leads to healing.

COMPASSIONATE

We are compassionate in our service, like our Lord and Savior Jesus Christ.

RESPECTFUL

We believe it honors God when we respect those made in His image.

WHEN YOU DONATE

*When you set up a **monthly** recurring donation to EPS, you are helping to:*



\$50

Give a baby a safe place to sleep in a new pack 'n play.

\$30

Ensure life-saving pregnancy education to one woman so she can choose life for her unborn baby.

\$20

Make it possible for a newborn to receive life-sustaining baby formula.

\$10

Guarantee a baby stays dry and comfortable with one package of diapers and wipes.