

Ministry for Moms in Need

With the ultimate goal of empowering women, **Life Choices** offers women experiencing unplanned pregnancies the medical care, spiritual and emotional support, and compassionate choices that benefit both mom and baby.

When two Tennessee couples founded Life Choices in 1986, Shelby County had one of the highest abortion rates in the nation—12,500 abortions each year. After praying for an answer, the couples were called to found Life Choices of Memphis, “a ministry based on the Gospels of Jesus Christ that educates and empowers women to choose and cherish life,” says Shelley Sumner, CEO.

Fast forward 40 years, and the impact of Life Choices’ work is real; in Shelby County alone, abortions have declined by roughly 70%. Sumner attributes the organization’s approach to its longstanding success. “We give clients all the information they need to make an informed choice in a nonjudgmental, loving environment,” says Sumner.

Most pregnancy centers offer expecting mothers diapers, clothing, pregnancy tests, and limited obstetrical ultrasounds. Life Choices falls into the top 1% of pregnancy centers nationwide by offering those core services and more, including: on-site STI treatment, fatherhood programming, adoption services,



and post-abortion recovery.

Women who choose to parent are fully supported through classes on labor and delivery, financial management, nutrition, breast-feeding, and infant CPR. They also have a mentorship program, where both expectant moms and dads can meet one-on-one with role models who mentor them throughout the pregnancy.

For women who aren’t considering abortion but who also don’t feel comfortable parenting, Life Choices has offered in-house adoption services since 1987, as they are state licensed in both Tennessee and Mississippi. They thoroughly vet adoptive parents and maintain a list of those ready to adopt. Birth moms get a book of parents’ bios, select the parents themselves, and can choose a varying level of openness depending on the desires of the birth family and adoptive family.

For those who have already chosen abortion and are struggling to move forward, Life Choices’ HOPE ministry (Helping Others with Post-abortive Experiences) “welcomes women and shows them

there is freedom and forgiveness through Christ,” says Sumner. In fact, she adds, many HOPE Program participants go on to volunteer in many different capacities.

With no government funding for client services, Life Choices depends on prayers, volunteers, and financial support from businesses, churches, and individuals alike to reach women in need; those looking to help can reach out via the Life Choices website.

“We know Memphis is where we’re supposed to be,” says Sumner. “God put us here to make an impact for the Kingdom and to see women educated, empowered, and choosing life.”



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