



CONNECTING AND GROWING THE PRO-LIFE SAFETY NET



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## From the Executive Director

Her PLAN responds to the reality that every day women resort to abortion believing there is no other way — that they simply do not have the resources to care for the child they are carrying. They believe they are too poor, too addicted, too young, too unstable or too alone to have their baby, and everyone around them is echoing that message — telling her she, and her baby, are a burden. They are moms like Amy...

*Amy's mother abandoned her when she was 14. At 24 she was homeless and running from domestic violence. With one child already in foster care, she was pregnant with another, and abortion seemed like her only option. The weight of her pain, financial barriers and loneliness was stronger than hope. She was on her way to end her pregnancy when someone told her that Her PLAN resources could help her.*

*Skeptical, she asked, "Is this a scam? I heard you had resources, but how could you possibly help me?"*

*Burdened by a decade of disappointment, Amy couldn't believe anyone would be there for her, but a pregnancy center sprang into action. They listened, they saw her humanity, and they built a plan — not of judgment, but of support. They helped her identify her barriers and walked beside her through them, one by one. Using the Her PLAN Directory of resources, they found the right resources to address each need and created a plan with real solutions.*

Churches, pregnancy centers and other charities want to walk with her but often struggle to find specialized resources to address each need. That's where Her PLAN steps in to help them help her. We identify and vet local life-affirming resources, so they can quickly connect her with help. When resources are absent or have long waiting lists, we work in local communities to grow resources, so her needs can be met. We call this network of life affirming resources "the pro-life safety net."

Later, Amy sent Her PLAN a message of gratitude. Through the help she received something deep within her had shifted. She noted the hole left in her heart when her own mother left her. Then she said that the community of women who supported her showed her, for the first time, what true motherhood looks like — women who help, who hold, who believe. Not only was her baby's life saved, but her own heart began to heal.

I hope you will join us in growing the pro-life safety net so more moms like Amy can get the tangible resources they need, so they — and their baby — can thrive.

Sincerely,

**Autumn Christensen**

Executive Director | Her PLAN

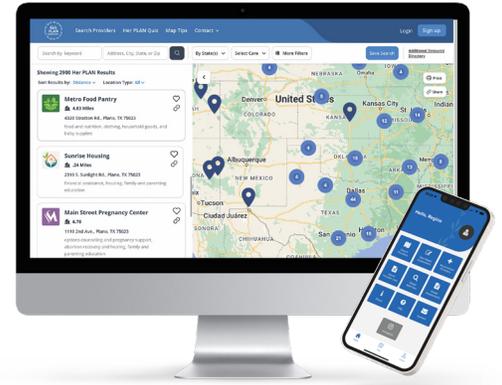


# NAVIGATING THE PRO-LIFE SAFETY NET

## Her PLAN DIRECTORY

Our directory offers trusted resources that meet her specific needs. Our user-friendly needs assessment uses a series of questions to identify a pregnant mom's most pressing needs. Then, local vetted resources that can help meet her needs are presented in an interactive, filterable map view.

The Her PLAN Directory is the only directory that requires public listings to certify they do not support or refer for abortion and fully vets each listed service for qualifications, background checks, curriculum and licensing. Within our seven categories of care, Her PLAN has identified 218 unique services, each with its own review criteria developed over five years of experience vetting providers. Her PLAN is constantly recruiting new providers and welcomes recommendations.



[directory.herplan.org/provider-search](https://directory.herplan.org/provider-search)



Scan to search

## HER CARE CONNECTORS



Her Care Connectors are anyone from full-time pregnancy center staff to volunteers to youth ministers to sidewalk counselors. Anyone wishing to help pregnant or parenting women in need in their community is eligible to become a Her Care Connector by taking a short training to learn how to use our assessment, select resources, create custom client lists and save frequently needed search criteria. Becoming a Her Care Connector equips you to connect vulnerable pregnant and parenting women in your local community with resources to meet their needs. Her Care Connectors working in the same organization can use internal “sticky notes” to share their own notes about frequently needed resources. Contact [info@herplan.org](mailto:info@herplan.org) to become a Her Care Connector in your community.

## HER CARE PARTNERS

In 2025, Her PLAN launched the Her Care Partner Pilot Program to offer case management in the pregnancy center setting. Clients with the greatest needs may require more intense support to overcome the circumstances that drove them to consider abortion. Her Care Partners complete advanced training provided by Her PLAN and use Her PLAN's custom case management software to guide them as they provide care. They help clients navigate life, bureaucracies, and waiting lists. When years of struggle or trauma make “simple” decision-making feel insurmountable, Her Care Partners help her set and meet goals as she rebuilds her life.





The abortion industry only has to catch her on her worst day. The pro-life movement has to be there for her every day.

**63% of abortions in America are a result of abortion drugs,** and that doesn't include the abortion drugs illegally trafficked into pro-life states. When her car breaks down and she struggles to maintain her resolve for life, abortion drugs are a click away on the internet. Increasingly they are already in her friend's medicine cabinet or her boyfriend's sock drawer just waiting for a fearful moment of weakness.

63%

Addressing the "resource problem" is essential because she needs to see a workable plan that addresses her current problems and will be there for her when the next problem arises. She can see through empty promises, and the pressure to abort will not go away after she makes that first decision for life. She needs support to choose life and sustain her decision when new challenges arise.

Her PLAN ensures pregnancy centers, churches and communities have access to the local resources they need to help pregnant moms choose life and sustain their choice for life throughout their pregnancies.

**60% of women who had an abortion would not have if they had received more material or emotional support.** Women who have abortions are typically already single moms living in poverty – afraid they won't be able to feed the children already at their kitchen table, or dependent on others for shelter.

60%

those resources are hard to find, absent or over capacity. That is where Her PLAN steps in to help them help her. We developed a framework for the "pro-life safety net," which provides the basis for everything we do.

Local pregnancy centers, churches and neighbors are where she turns first, but they want and need help from community partners to meet complex needs like housing, childcare, transportation and mental health. Too often

Her PLAN developed the framework for the "pro-life safety net" that includes traditional pregnancy help organizations, as well as organizations that address broader needs like shelter, addiction recovery, transportation and counseling. This framework is the foundation for all Her PLAN projects.



# EXTENDING THE PRO-LIFE SAFETY NET



## Her Communities

The Her PLAN team builds **Her Community** coalitions comprised of public officials, churches, charities, ministries, businesses and individuals. Pregnancy centers are at the heart of this work, because they are the first responders to pregnant women in need. But, addressing each emotional or financial need that drives women to consider abortion often requires the help of a broader pro-life safety net.

Her Community coalitions assess the adequacy of their local pro-life safety net and identify opportunities to expand or launch resources that address unmet needs. Often this work leads to establishing new resources or growth of under-resourced, high-demand programs in the community. Her PLAN encourages communities to avoid “reinventing the wheel” and instead connects them to reputable existing models and programs through Pathways. When an existing model doesn’t fit or fully meet the need, we think creatively with the community to fill the gap.

## Her Neighbors

**Her Neighbors** have a passion to support and grow the pro-life safety net in their own community using Pathways. They are typically individuals most involved in Her Community initiatives.

## Pathways

Her PLAN’s **Pathways** offers models for expanding the pro-life safety net, so communities can replicate proven approaches in their own community. These models inform growth of the pro-life safety net in Her Communities. Check out Pathways here:



Scan to explore Pathways | [herplan.org/pathways](https://herplan.org/pathways)



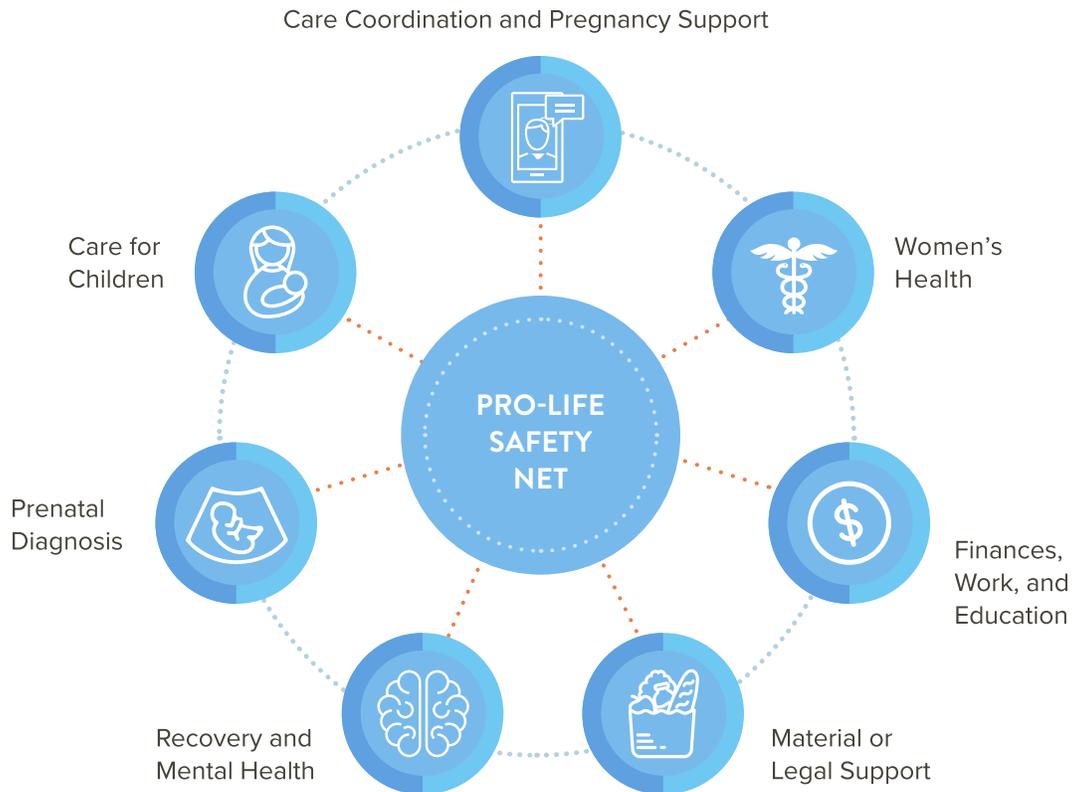
## Her Story

Decades of legal abortion quietly shaped cultural norms, embedding the notion that abortion is not only acceptable, but responsible, that moms in crisis have no other choice. Her Story was launched in 2022 to rebut this systemic pressure to abort. The very best rebuttal is to showcase the strong and courageous women who reject that pressure by choosing life and the men and women who help them along the way. Read these stories of courage and hope at [HerPLAN.org/HerStory](https://HerPLAN.org/HerStory).

# THE PRO-LIFE SAFETY NET

Based on research into the reasons women seek abortion, Her PLAN originated the pro-life safety net framework in 2020. Made up of life affirming organizations that address the needs that drive women to consider abortion, the pro-life safety net includes traditional pregnancy support organizations like pregnancy centers and broader resources

like homeless shelters, job training programs, counseling, food pantries and medical clinics. Unlike the “social safety net,” the pro-life safety net prioritizes care that supports her decision for life. It emphasizes the critical time from conception to age 2, and consists primarily of charities, ministries and businesses — not just government programs.



## CARE COORDINATION AND PREGNANCY SUPPORT

- Pregnancy support
- Care coordination

## WOMEN'S HEALTH

- Prenatal and postpartum medical care
- Prenatal and postpartum support
- General medical care for women

## FINANCES, WORK, AND EDUCATION

- Help paying bills
- Employment support
- Education and training
- Financial advice or education

## MATERIAL OR LEGAL SUPPORT

- Transportation
- Food and nutrition
- Clothing, household goods, and baby supplies
- Housing, shelters, and maternity homes
- Legal support

## RECOVERY AND MENTAL HEALTH

- Addiction recovery
- Domestic violence, sexual assault and trafficking recovery
- Mental Health
- Abortion recovery and healing

## PRENATAL DIAGNOSIS

- Disability support
- Prenatal and neonatal intervention
- Perinatal hospice resources
- Miscarriage and infant loss

## CARE FOR CHILDREN

- Childcare
- Children's health care
- Family and parenting education
- Adoption
- Foster, kinship and short-term care