

LIFEBRIDGE 2023

# Annual Report



LIFEBRIDGE



# The Mission

Bridging hope, help and healing by cherishing and investing in life.

# The Vision

Our vision is to help individuals navigate life spirit, soul and body in the areas of pregnancy, parenting, relationships and mental health support. Providing private coaching sessions, referrals & collaborative support services, individual & group education, and multidisciplinary outreach.

We believe that intervention and prevention are vital, crisis care needs to be readily available and difficult conversations are just the beginning of life changing relationships.



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# Let's Talk About It 2023

## WHAT OUR VOLUNTEERS & PARTNERS HAVE TO SAY



*"Have you ever tried to BLESS someone and you get triple Blessed yourself? Teaming up with LB is just that... dare to say a prayer, give a little time or some cookies and in return ... YOU get encouragement, friendships, and the opportunity to share in a Spirit filled ministry that impacts lives and gives God all the Glory !!"* Eph. 3:20-21 Love ya'll LB Ladies !! AJ



*"Consider your ways..." This request appears three times in the book of Haggai. At some point, I'd imagine we have all found ourselves in need of reflection, self-evaluation, and, sometimes, course correction. This is no small task. Any of us can all too quickly become set in our ways, the very ways the Lord asks us to consider. Effective change requires a purpose, a plan, and a priority. LifeBridge has purposed to be the hands and feet of Jesus by bravely meeting people right where they are. LifeBridge isn't just a building, a presence in the community, but a group of devoted laborers who are working a plan. Lost and hurting people need direction. Without a map people don't know which way to go, so LifeBridge offers simple, straight-forward plans in several core life areas. By partnering with people, LifeBridge demonstrates the priority of these relationships and helping others navigate toward real progress and lasting change. To me, LifeBridge is a place that connects hurting people to healing and hope. I am so very thankful to have found my place here in the work of ministering grace to others." DB*



*"I was finally at a point in my life where I felt like I was looking for something where I could give back and help others. I googled volunteer options and LifeBridge popped up. I had never heard of it but I sent a message and shortly after met with Ms. Catherine and Kelley. From the beginning, I felt like it was right where I needed to be and four years later I am still there once a week. I thought I would be helping others but soon realized it has blessed me more than I could ever help anyone else. Being a volunteer at LifeBridge has helped me grow as a person and I am truly blessed to be part of such an amazing organization." DE*



*"I feel so blessed to return some of the money God allows me to make, by investing it monthly into such an amazing organization as LifeBridge. An organization that, then invests into the lives of those in our communities who need assistance in navigating this world we live in; from parenting classes, how to have healthy relationships, to helping them work through anxiety, depression and pregnancy. LifeBridge truly ministers to all God's children young and the grown; meeting them where they are and teaching them how to move their lives higher, all in love. LifeBridge represents Christ in action. Come join us." LE*



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# Let's Talk About It 2023

## WHAT OUR CLIENTS HAVE TO SAY

*"Thank you for being so kind, caring, compassionate and understanding of my situation...you are a definite safe place when I felt I wasn't safe. Thank you and to everyone that created this environment for everyone. I'm finally finding my happiness again." KR*



*"When we felt that we were out of options & new ways of trying to solve our parenting challenges, the choices of topics & videos along with lots & lots of patient listening turned around our doubts & gave us the hope we needed to pick ourselves up & try again. Thank You" TB*



*"I had decided to have an abortion because it was the best thing for me to do. I'm a single mom and don't have any help. Ya'all helped me see that I was not alone and I could do this. I look into my babies eyes and am so thankful for this place." SP*

*"Thank you for helping our family. Honestly, we were embarrassed and didn't think we needed any help. Once we met our Advisor and started looking at some of the materials, we were put at ease. We enjoyed our experience here and would recommend you to anyone who wants something real and willing to share God's word without judgement." A&PT*



*"LIFEBRIDGE is the place to go for knowledge and support. LIFEBRIDGE is a place that will always be there when you need them. LIFEBRIDGE is the family where no one is judged. They would provide you with things you need when they are needed. No matter what, LIFEBRIDGE is always there." Mamma A*



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*"I wish my parents would have known about you when I was little. I know my mom loves me but she doesn't know how to show me. I tell her all the time that I don't need stuff, I just want family. I don't think she understands what I'm trying to say." AMI Teen*





# The Difference You've Made 2023

## BECAUSE OF YOU PEOPLE ARE FINDING HOPE AND LIFE

The True Grit theme for 2023 was on point. We found ourselves facing another year of rapidly changing needs and issues with our clients. As a staff, we have had many discussions about the amazing perseverance we have seen as people navigate overwhelming circumstances. This resulted in a sharper focus on our services, evaluating our educational materials and additional staff training. We found fantastic resources and new ways to merge programs to better meet the needs of our families.

This year we were able to continue our work with the AMI Youth Center in Clinton. Exploring healthy relationships and mental health topics with girls, ages 13-18. Remi the dog attends with us, providing additional learning opportunities. The girls learn how to appropriately care for animals as well as train them. Through this process they begin to understand the importance of valuing life. They also discover that if you want change, it requires training, planning, support tools and people and consistency. For many, these are first time lessons in how to make their own life choices.

As we develop relationships in our communities, an awareness of who we are and what we do is growing. At Toby's Place in Columbia, we focused on healthy relationships and mental health support with the single moms. Our newly developed teaching team led these sessions. We almost doubled the families served through our Little Bambinos program. We are building relationships with these Spanish speaking clients as we help meet their needs for diaper and wipes. *The Godmothers* @ LIFEBRIDGE provide monthly diapers. The LIFEBRIDGE Carolina Mommas continued their weekly visits to Newberry College, sharing cookies and encouragement. In addition to these outreaches, in Spring 2024 we will launch our mental health group focused on college aged youth.

With the launch of LMT (Life Ministry Training) we accessed life-changing educational resources for our staff and LMT members. Addiction, recovery, mental health first aid, understanding poverty to protecting children from child abuse were just a few of the training topics. Multiple Members proceeded to complete their Christian Mental Health Coach Certification with AACC. Some of the Members will be completing the Youth Mental Health Coaching Certification in 2024 and going to the NEXT GEN Training Conference in Atlanta in April 2024.

Ashley Larson, our Client Services Director, completed her Childbirth Educator Training and Certification. This was in preparation for *The Nesting Place* prenatal and postnatal education and support services. This will help us build on our Pregnancy Services, supporting families in making life choices in their pregnancies. 2024 will bring a team of caring members to help families with free support in the areas of breastfeeding, newborn care, Mum2Mum support groups and early childhood development.

**30**  
**LITTLE**  
**BAMBINOS**  
**FAMILIES**  
**MONTHLY**  
**DIAPERS & WIPES**

**65**  
**AMI GIRLS**  
**SERVED IN 35**  
**CLASSES**

**5597**  
**CLIENT**  
**SERVICES**  
**CONNECTION**

### CLIENT SERVICES:

870 sessions at LIFEBRIDGE,  
358 Edge promo bags and resources  
for High School Graduates and Col-  
lege Freshman, 109 online interactions  
via Coffee Cards.

**3060 +**  
**COOKIES &**  
**CONNECTIONS**  
**@ NEWBERRY**  
**COLLEGE**

**21**  
**WOMEN AT**  
**TOBY'S PLACE**  
**SERVED IN 20**  
**CLASSES**

**1380**  
**VOLUNTEER**  
**HOURS OF**  
**SERVICE**

### VOLUNTEER SERVICES:

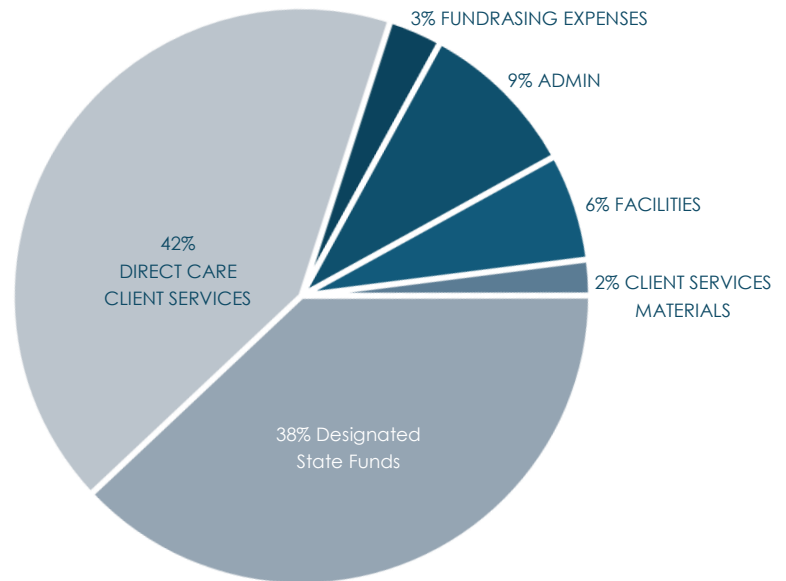
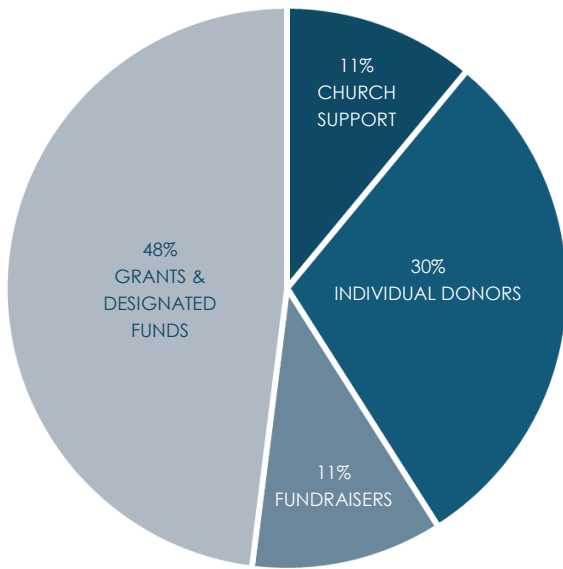
We have added to our Team. We  
now have 80 Volunteers who help in  
a number of areas including office  
assistance, bakers, special events,  
teaching teams and client services.



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# How Your Investments Were Put To Work 2023

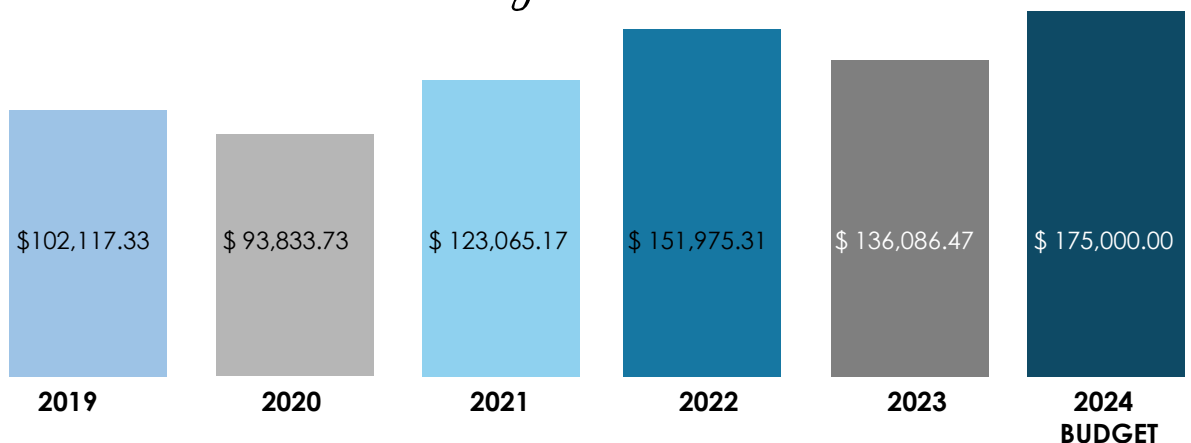
\* 2023 Was a unique year for LIFEBRIDGE with a special 1 time designated grant through the State of South Carolina. We, along with 18 other Pregnancy/Life Care Centers, received a donation to be used for non-budgeted expenses that would help us expand our services. We were able to pay off our Mortgage, purchase a Van to transport clients, provide extensive training for the staff and resources to launch The Nesting Place Classroom. We are thankful for the ministry opportunities this funding provided.



Total Revenue \$ 136,086.47 Donation Income

Total Expenses \$ 121,047.23 Center Expenses

## Revenue By Year



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## What's Next

Each year we find there is a predominate theme for that season. Last year it was TRUE GRIT, and boy howdy did we find ourselves gritty getting through the unfamiliar territories. God lead us through it all. It took lots of prayer, focus, courage, conscientiousness, perseverance, resilience, passion and hard work. We found ourselves mere steps ahead of the life situations and crises that our clients were facing.

As we focused on the plans and direction for 2024, the word resilience resonated in my thoughts and prayers. Resilience is defined as "the state of being strong enough to withstand adverse conditions and rough handling and the ability to deal with hardship or to cope with difficult situations." This is the theme for the upcoming season. The unique twist is that when I started searching for an image to share the 2024 vision, I was stumped. I was finding hundreds of images of things withstanding adversity, but none of them were right. Then, I found it, the image that said it all. The lamb in the arms of it's shepherd. This image spoke loudly to me. Resilience flows out of knowing WHOSE you are.

So with our theme of Resilient LIFE, we are stepping into 2024 with anticipation and excitement. In January, we will be officially launching The Nesting Place @ LIFEBRIDGE. This portion of our ministry focuses on all things baby: pregnancy tests and options counseling, prenatal and postnatal support education and support services, early childhood development, and group Mum2Mum activities. Please note that our annual Community Baby Shower will be in April this year instead of March. If your church or small group would like to get involved, please reach out to us.

In February, we will have our first LMT Summit we are calling it the Targeted Youth Summit. (LIFE Ministry Training). The focus will be on education and support services for parents and individuals who work with tweens & teens. We are working with the AACC materials to provide a stellar education on youth mental health and how to help. The Edge Mental Health Group start at the end of February. The spring sessions will be geared towards college aged individuals.

Our Carolina Mommas continue to visit Newberry College with cookies each week. If you bake and would like to be a part of this outreach, please contact Kelley. There is something very comforting about a homemade cookie and a motherly/grandmotherly word of advice and hug.

Please pray with us that more and more in 2024 healing and helping will abound and that the abundant and resilient life only HE can bring will make this year one of special blessing.

Many Blessings, *Catherine Johnson*

# We Thank God For You!

Sitting across from individuals in crisis day after day, drove us to think outside the box and ponder ministry options that had not been previously been considered. This took us from the comfort of the known way of serving our clients to new frontiers of service. We found ourselves researching, outlining, implementing and adjusting new services and programs. The goal of intervening in young lives with education and advisory services geared on prevention.

Over the years we are finding our footing, striding for excellence while hurtling life's obstacles. We are finding the balance of services that include intervention and prevention, crisis care and ongoing discipleship and life coaching. We have the privilege of partnering with individuals and couples, meeting them right where they are at, helping them navigate life and often introducing them to their Savior. We are excited to see what's around the corner and are preparing our hearts and minds for the journey to come.

None of this would be possible without our ministry partners' generosity. So we celebrate YOU! On behalf of the ministry team at LIFEBRIDGE and the countless lives that are impacted daily as a result of your prayers and financial support — our deepest thanks.

*Catherine Johnson*  
EXECUTIVE DIRECTOR



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