Choosing Hope Over Fear

2018 ANNUAL REPORT

PALS

Pregnancy After Loss Support

ABOUT PALS

Pregnancy After Loss Support (PALS) is a 501(c)(3) non-profit organization and community support resource for women experiencing the confusing and conflicting emotions of grief mixed with joy during the journey through pregnancy after loss. PALS seeks to help expectant mothers celebrate their current pregnancy by choosing hope over fear while still nurturing and honoring the grief over the loss of their deceased child.

PALS was founded by Lindsey Henke in 2014 after the birth of her daughter, Zoe, who was born after the stillbirth of her first daughter, Nora, in 2012. Lindsey struggled to find resources and support during her pregnancy after loss and created PALS as an online magazine to help connect moms who were pregnant after a loss. Over the past five years, PALS has grown to include many services and become a 501(c)(3) non-profit and support organization.

A WORD FROM OUR FOUNDER

I'm extremely humbled to be writing my first note as the Executive Director for Pregnancy After Loss Support's first annual report. In 2014, when Pregnancy After Loss Support (PALS) was birthed into the world just a few months after my first rainbow baby Zoe, I never dreamed PALS would become what it is today. Back then, the creation of the community of PALS was just a solution to a problem I experienced myself - that when I was pregnant during my subsequent pregnancy after the stillbirth of my first daughter Nora, there was no community online specifically dedicated to the emotional experience of holding joy, grief and fear in your heart during a pregnancy that follows loss.

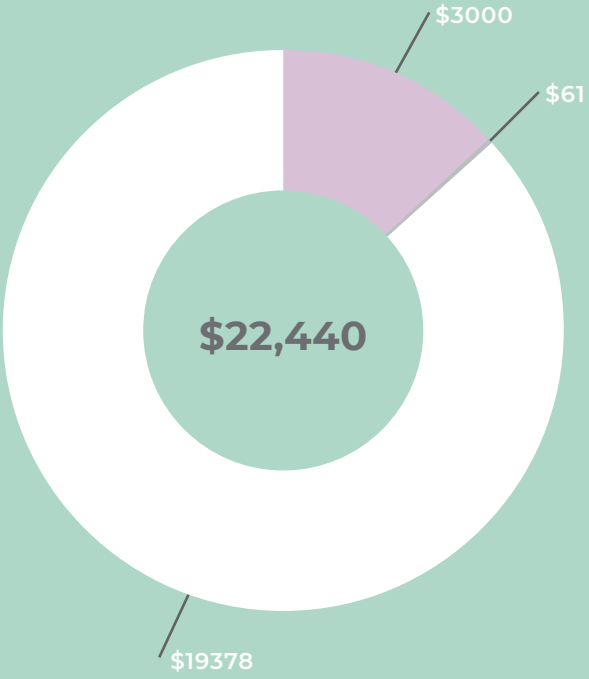
Fast forward to today, coming up on five years since that founding day, Pregnancy After Loss Support has become an official non-profit with 501(c)3 status. PALS has been embraced, supported and nurtured by courageous loss and pregnancy after loss mamas in this wonderful community - through financial donations and hours volunteered that has allowed PALS to expand services to supporting more than 40,000 courageous PAL mamas online, as well as in-person with the addition this year of over 10 PALS Meet-Up locations across North America. PALS has also provided educational outreach to healthcare professionals about the evidenced-based research of what PAL moms want for support during their subsequent pregnancies by attending international conferences including PLIDA this past year.

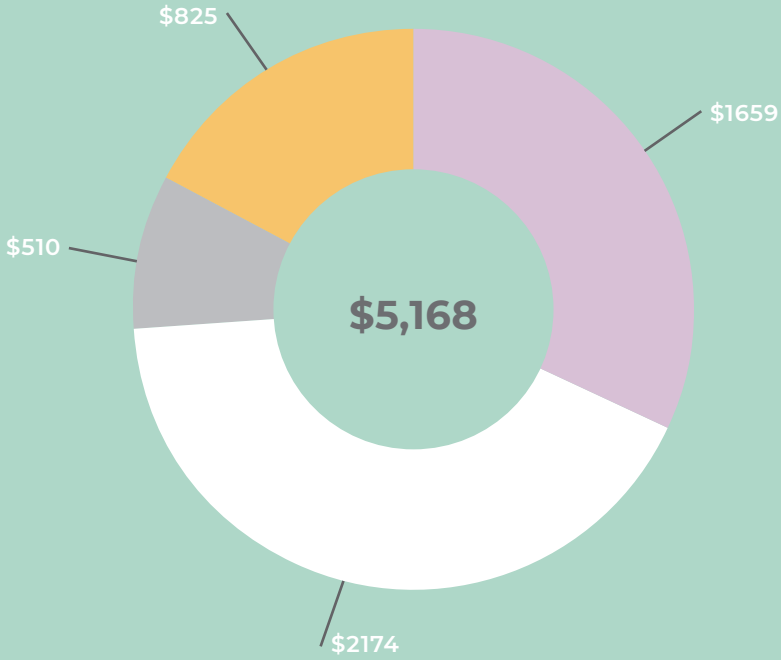
To everyone who has financially supported, volunteered, or benefited from PALS services, please realize that this work and growth would not have been possible without your generous hearts, support, and belief in the mission of Pregnancy After Loss Support.

Thank you,

Lindsey Henke, MSW, LICSW
Founder and Executive Director of
Pregnancy After Loss Support
Nora's Mom

2018 INCOME & EXPENSES





INCOME

Individual Donations* $19,378

Amazon Smile $61

Grants & Awards $3,000

*Includes individual FaceBook fundraisers, PayPal donations, and all individual gifts

EXPENSES

Operating $1,659

Website & Marketing $ 2,174

Conferences & Outreach $510

Trademarking $825

OUR VOLUNTEERS

Hourly Contributions

876	Contributors
216	Bump Day Bloggers
160	Instagram Coordination
48	Newsletter
520	Facebook & Social Media Coordination
520	Volunteer Coordinator
1600	Nonprofit Administration
1,460	Bereavement Doulas
5,200	PALS Admins
840	Meet-Up Leaders
205	Board Service

TOTAL HOURS:
11,645 hours

VALUE OF VOLUNTEER SERVICE:
$287,515.05

Total Number of Volunteers: 58
Average amount of service per volunteer: 200.78 hours

Some words from our community members

PALS helped me feel less alone, anxious, and crazy during my pregnancy after loss. It helped me to see that other women had gone or were going through similar situations and struggles. My favorite thing to do during the pregnancy was once a week I would read from the Bump Day blog about each woman who was at the same week as me. My rainbow was born April 2018. **~Lauren K.**

I literally could not have survived my pregnancy without the ladies in these groups. I hate than anyone ever has to go through any of this but it's so good to know I'm not alone at the same time. **~India G.**

PALS has been part of my life for 3 years now, and I don't know what I would do without this community of understanding and compassion. There's no where else that I can share my struggles of parenting after loss. I was also a volunteer and had the opportunity to give back a little of what was given me (for free). I wanted to help support all those who had virtually held my hand while pregnant after loss to now navigating remembering my little girl who died while celebrating my healthy, breathing toddler. Thank you all so much for all you give us. **~Meagan P.**

BOARD OF DIRECTORS

Lindsey Henke
Founder, Chair
Licensed Clinical Social Worker
Minneapolis, MN

Bevin Tomlin
Co-Chair
Community Development Manager
Hoover, AL

Emily Lacroix
Treasurer
Exeutive Development Diretor
Oakland, CA

Shauna Itri
Secretary
Attorney
Pittsburg, PN

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Medical Advisor
OBGYN - Medical Director of Hope After Loss Clinic
Madison, WI

Kathleen Garcia
Member
Certified Doula, speciality in bereavement.
Certified babywearing educator, breastfeeding specialist and doula trainer.
Staten Island, NY

Anne Mathay
Member
Strategic Account Manager
Wilmington, DE

Valerie Meek
Operations Director

PALS GROUPS SERVED ONLINE

PALS Parenting After Pregnancy or Infant Loss
PALS Pregnancy After 1st Trimester Loss
PALS Pregnancy After 2nd Trimester Loss
PALS Pregnancy After 3rd Trimester Loss
PALS Pregnancy After Infertility and Loss
PALS Pregnancy After Loss and No Living Children
PALS Pregnancy After Loss Support for Dads
PALS Pregnancy After Loss Support Group
PALS Pregnancy After Loss Family Support Group
PALS Pregnancy After Loss of a Multiple
PALS Trying to Concieve After Loss
PALS Newly Bereaved
PALS Pregnancy After Infant and Toddler Loss