



Guiding Star Cedar Valley



*Rewriting the Narrative of
Women's Healthcare*

OUR MISSION

At Guiding Star Cedar Valley we provide natural, holistic, pro-woman, and pro-family care. Our facility meets the needs of everyday people in holistic, life-affirming ways. We facilitate cooperation between many providers to better serve women and families in one convenient, professional, welcoming location. Our services empowers women, embraces children, and enriches families.

How do we accomplish this, you ask?

we
diminish
the 4 most
common
barriers to
essential healthcare

f i n a n c i a l

e d u c a t i o n

c u l t u r a l

a c c e s s i b i l i t y

OUR 3 CORE TEAMS



4
Employees

Service & Education
Providers 7



WHAT WE DO

GUIDING STAR CEDAR VALLEY IS THE NEW NORM IN WOMEN'S HEALTHCARE
WHERE YOU ARE PROVIDED WITH THE KNOWLEDGE NEEDED TO LIVE AND
BUILD A HEALTHY LIFESTYLE FOR YOU AND YOUR FAMILY.



We diminish the barriers that keep woman from education, accessibility, and financial resources.

We believe
you are not a
number
or a problem
to be solved.

You are a
natural wonder
and deserve healthcare
that cares about **you**



7

Education &
Service Providers

OUR
NUMBERS

class 252
attendance

500+
TOTAL
EMPOWERED

2,200+
volunteer hours

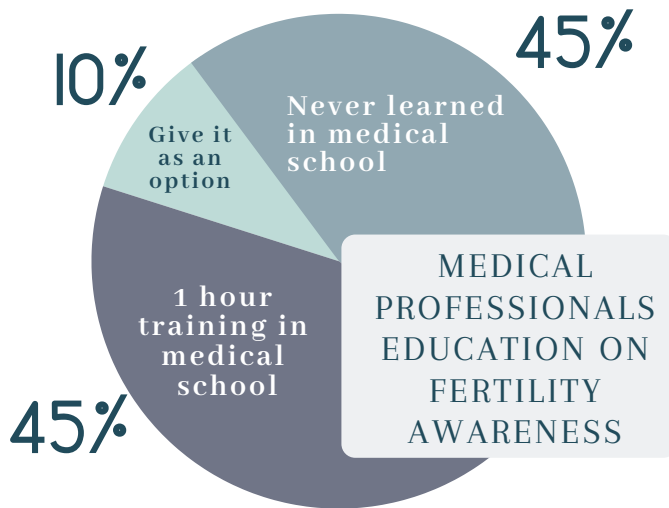


DID YOU KNOW...

FERTILITY AWARENESS

1 in 8 COUPLES
EXPERIENCE INFERTILITY

FERTILITY CARE IS
97% EFFECTIVE
IN POSTPONING PREGNANCY



MISCARRIAGE/INFANT LOSS SUPPORT

1 in 5 PREGNANCIES
END IN
MISCARRIAGE

80%

OCCUR WITHIN
THE FIRST
TRIMESTER

0-13 WEEKS



"Guiding Star impacted my story by providing the healthcare and guidance that my body and mind needed the most... I finally knew I was not broken." - Danae

PREGNANCY/POSTPARTUM SUPPORT

1 in 5
WOMEN
EXPERIENCE
POSTPARTUM
DEPRESSION

BENEFITS OF DOULA CARE

improved
postpartum
mental health

reduced
likelihood of
c-section

greater satisfaction
with overall birth
experience

3 out of 4

infants will not be
exclusively breastfed
through 6 months.
This suggests increased
support from medical
providers, family
members, and employers.



Fertility Awareness | Education

The Creighton Model FertilityCare System offers an alternative to hormonal contraception while working cooperatively with the female reproductive cycle.

Pregnancy | Childbirth

From the time women discover they are pregnant, to the date of delivery, we want to walk with them each step of the way. We meet with women as they navigate each trimester and strive to prepare them for what's to come.

Breastfeeding | Postpartum

The time after giving birth, your body begins to heal and adjust to not being pregnant. We offer a variety of services to help moms including support from a professional lactation consultant.

Family Life | Resources

From family counseling partners to adoption resources, we are here to serve local families.

Testimonials

"My doula experience was outstanding. I was taught so many different things and made some lifelong friends with memories. They've made such an impact on me, that I'm highly considering becoming a doula to pass on the experience!"

-Becky Labor of Love Doula Program

"It was nice to talk through my experiences and build relationships with them knowing that they had been through some of the same things and that I wasn't the only person."

-Tiffany Haven Birth Trauma Support

It is wonderful to have a community of woman who are there to offer support, encouragement, and advice each month. We share stories, we laugh, and we learn from one another."

-Brittany Mother's Circle



LETTER FROM THE DIRECTOR

Dear Friends,

The world needs authentic healthcare now more than ever. Society needs world-changers now more than ever. Those in our community need education that empowers rather than degrades now more than ever. Ready to help us change our community? Ready to help us shed light for those who have been left in the darkness? Ready to assist us in illuminating the truth that lies within the dignity and intention of our design? Will you say “yes?”

Imagine a community that values true female empowerment, what would that look like? I believe it would look like fertility appreciation at a young age, for both girls and boys. I believe it would look like educated parents who understood the consequences of not sharing a life-affirming approach to fertility, pregnancy, and beyond. I believe it would include pregnancy and postpartum support to all women. I believe it would value ALL life, both in and outside of the womb, respect for those who live, and for those we remember.

Without those who pray, give, and serve the demands of authentic women’s healthcare, it would not be made a reality. Will you help us? Will you assist the woman in a crisis pregnancy during her pregnancy, birth experience, and beyond? Will you help the newlywed couple say “yes” to their God given fertility, respecting their authentic design while naturally and safely planning their family? Will you help the woman or couple who is experiencing heartbreak through miscarriage or infant loss? It only takes one yes to change the course of a life and of a community. Let your yes be a ripple, friends. You never know whose life “your yes” will touch.



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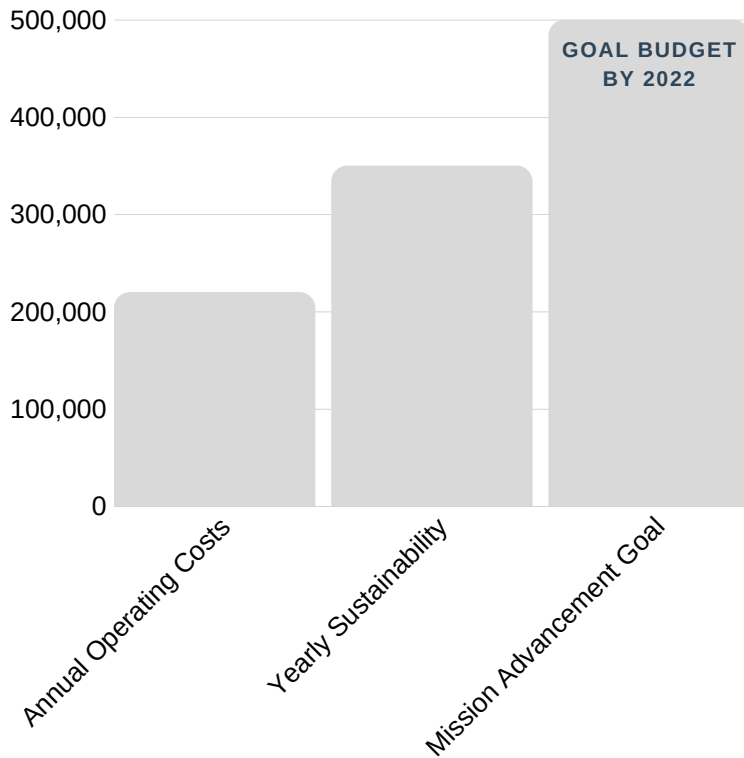
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Let your "yes" be a ripple.



Guiding Star Operating Costs

GSCV YEARLY BUDGET



It takes **\$500** per couple to attend 1 on 1 sessions with a fertility care practitioner

Cost of doula **\$800** supported pregnancy

\$625 daily operational costs

Our Service, Community, & Education Partners

ZENITH
BIRTH
DOULAS

WAYSON
CHIROPRACTIC
CARE

DR. SHERYL
HANSEL

ALTERNATIVES
PREGNANCY
RESOURCE
CENTER

FUSION
BIRTH

FIAT FAMILY
MEDICINE

SWITZER &
WILSON
COUNSELING