

Guiding Star Cedar Valley

2026 Annual Public Meeting



OUR MISSION

Guiding Star Cedar Valley is changing lives by rewriting the narrative of women's healthcare through education and support of women and their families that affirms the goodness and necessity of the feminine design.

Our vision is to provide an alternative, comprehensive approach to women's healthcare that honors the mind, body, and spirit.

GET TO KNOW US

We believe every person deserves excellent healthcare.

At Guiding Star Cedar Valley we offer specialized,
integrated services for women's health and wellness.





Guiding Star Cedar Valley Staff



Guiding Star Cedar Valley Board of Directors

OUR PARTNERS

2025-2026

Serving our mission requires careful alignment with like-minded providers throughout our community. We work with 10 partners to provide comprehensive care that honors the mind, body, and spirit of those we serve.

SERVICE PARTNERS

Fiat Family Medicine
Dr. Robert Pranger, MD

Zenith Birth Doula Services
Sarah Oldre

Katie Schmitz, LISW
Counseling Services

Cedar Valley Mobile Chiropractic
Dr. Maria Staudt, D.C.

Julie Grunklee, RN,
Certified Health & Wellness
Coach

COMMUNITY PARTNERS

Dr. Sheryl Hansel, MD
NaPro Medical Certified
Mercy One Hospital, Waterloo

Alternatives Pregnancy
Center
Waterloo, IA

Kristi Allison, CNM
FEMM Medical Certified
Mercy One Hospital, Waterloo

Hagarty Waychoff Grarup
Funeral Services
Waterloo, IA

Dr. Monica Minjeur, DO
NaPro Medical Certified
Radiant Clinic, Cedar Rapids, IA

“Wholistic Women’s Healthcare is an integrative model of care that honors the full design of woman - mind, body and spirit - by supporting her natural fertility, childbirth, breastfeeding and motherhood through every stage of her life. Rooted in respect for biological reality and her inherent dignity, this approach connects the dots between physical health, emotional wellbeing and spiritual purpose, offering compassionate, life-affirming care that trusts her body rather than suppresses it.”

-Guiding Star Project

OUR CORE SERVICES



Pregnancy & Childbirth Services



Natural Fertility & Family Planning



Miscarriage/Infant Loss Support



Adolescent Body Education



Breastfeeding/Postpartum Services



Abortion Pill Reversal



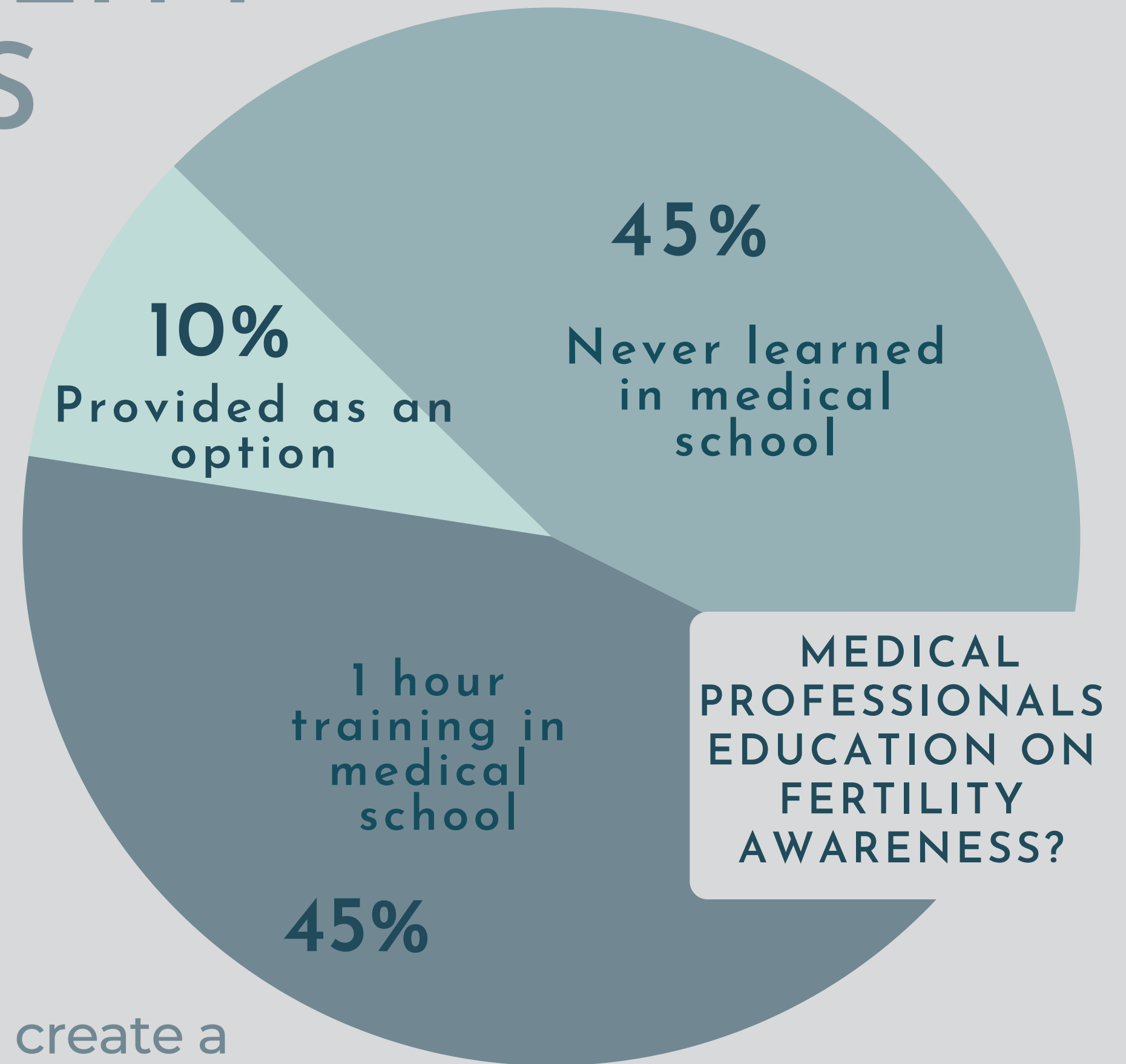
NATURAL FERTILITY AWARENESS

1 in 8 COUPLES
EXPERIENCE INFERTILITY

30 - 50%
OF WOMEN WHO EXPERIENCE
INFERTILITY HAVE ENDOMETRIOSIS.

FERTILITY CARE HAS
80% SUCCESS RATE
IN TREATING INFERTILITY

"We were able to pinpoint my PCOS and create a plan. I had never felt more supported." - Calli



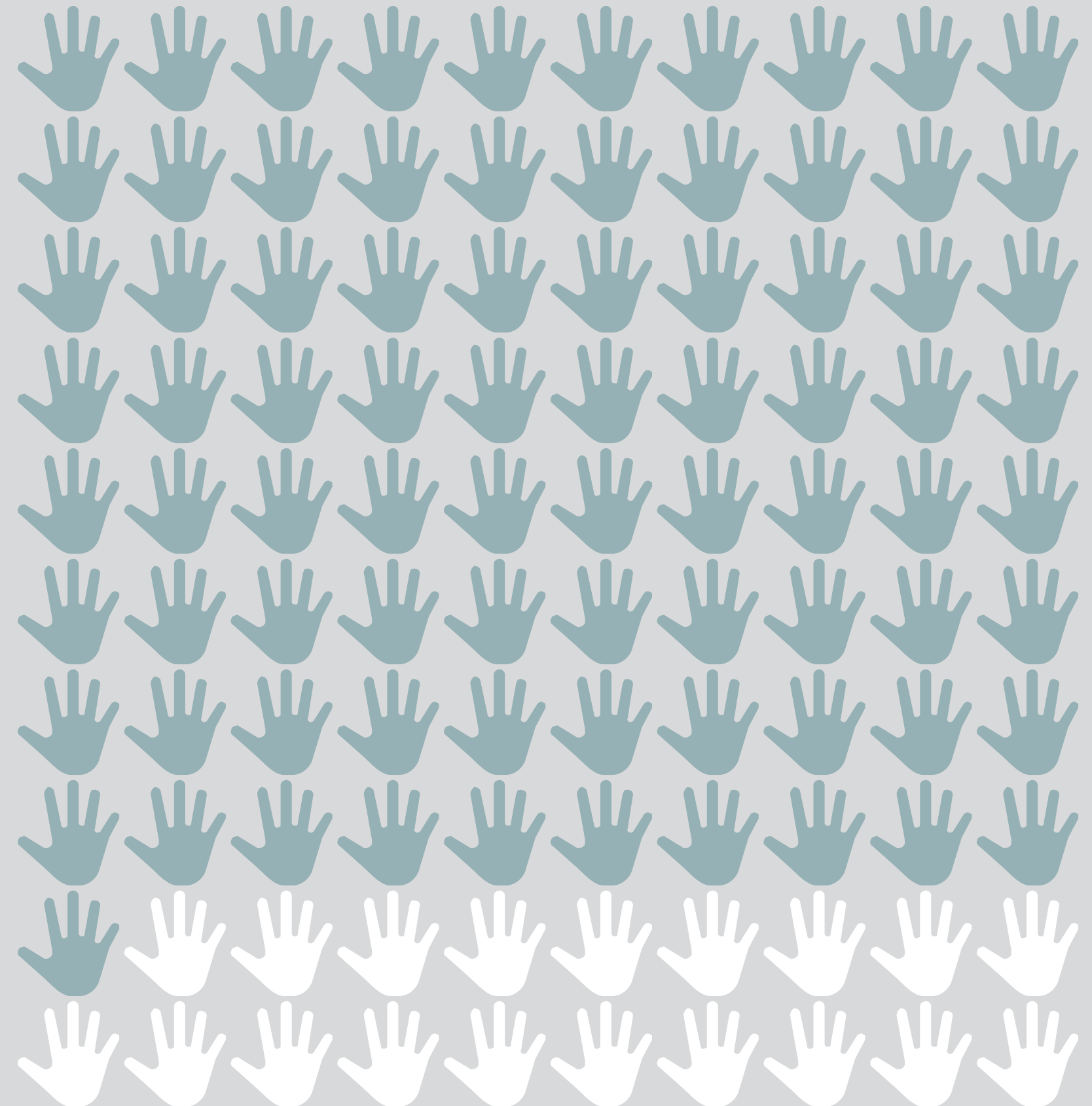
NATURAL FERTILITY AWARENESS

81% OF TEENAGE
GIRLS IN U.S.

REPORT WANTING MORE IN
DEPTH EDUCATION ABOUT
MENSTRUAL HEALTH

" I know I've done something right when I can walk into a room full of young ladies who are dreading "The Talk," and leave with them confidently exclaiming "Menstruation!" is their favorite super power. "

- Julie, Intro to Womanhood Instructor



Natural Fertility Awareness Education

We facilitated

288

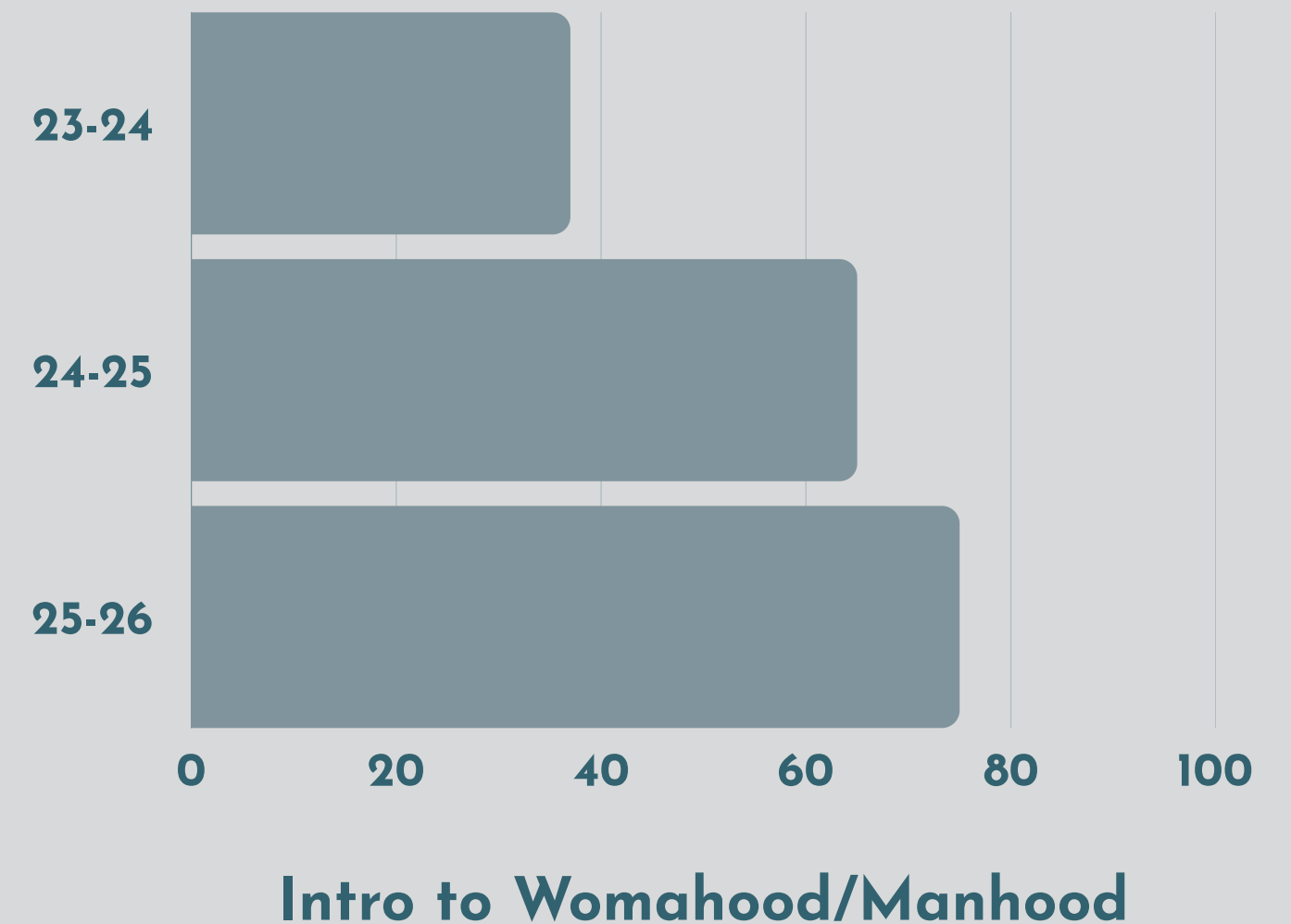
fertility care
appointments
this past year.

Body Literacy Education

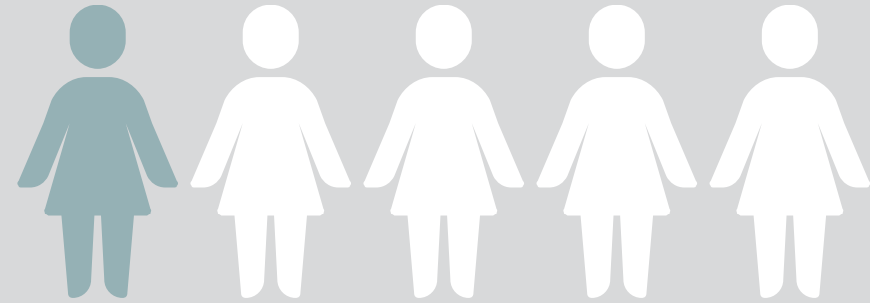
We've educated over

1,988

adolescents, young
men and women about
the truth and value of
their bodies since 2020.



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

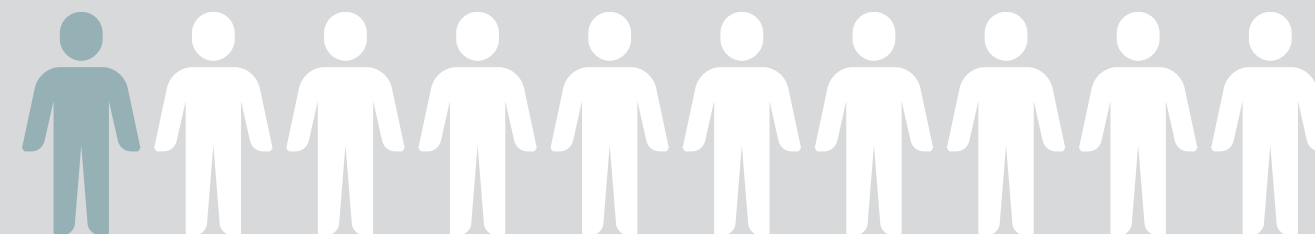


1 out of 4

infants will exclusively
breastfeed until 6 months
reaping benefits to both
mother and baby.
The other 3 infants forgo
the benefits of
breastfeeding.

1 in 10

MEN
EXPERIENCE
POSTPARTUM
DEPRESSION



Pregnancy/Breastfeeding Support & Education



274 women

attended our classes and breastfeeding
support group

72 women

received 1:1 breastfeeding support

464 women

were served during client check-ins

*"The group made me
feel less alone. I felt seen.
I felt valued. There aren't
many resources when
you're a lonely stay at
home mama. It has been
a wonderful experience."*

*- Anonymous, Mother
Breastfeeding Moms' Community*

MISCARRIAGE/INFANT LOSS SUPPORT



1 in 5 PREGNANCIES
END IN
MISCARRIAGE

NEARLY

30%

OF WOMEN WHO HAVE
EXPERIENCED
RECURRENT
MISCARRIAGES
EXPERIENCE
DEPRESSION.



NAPRO TECHNOLOGY IS

79%

EFFECTIVE IN
TREATING REPETITIVE
MISCARRIAGES

"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



Miscarriage/Infant Loss Support

**7th
Annual**

No Matter How Small

70 attendees

Mt. Olivet Cemetary
Ceremony on October 15th

19 women/couples were
supported with our
mentoring program

145 women/couples have
been supported since
2019



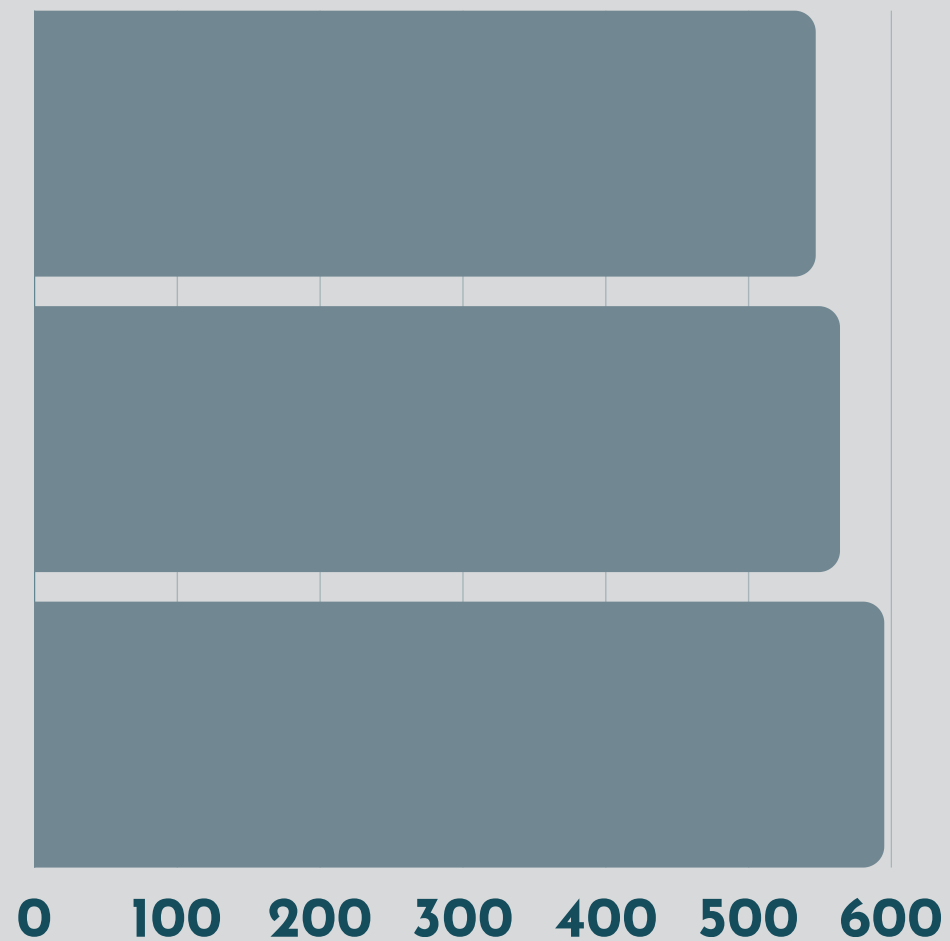
Mental Health Counseling

595 appointments in 2026

2023-24

2024-25

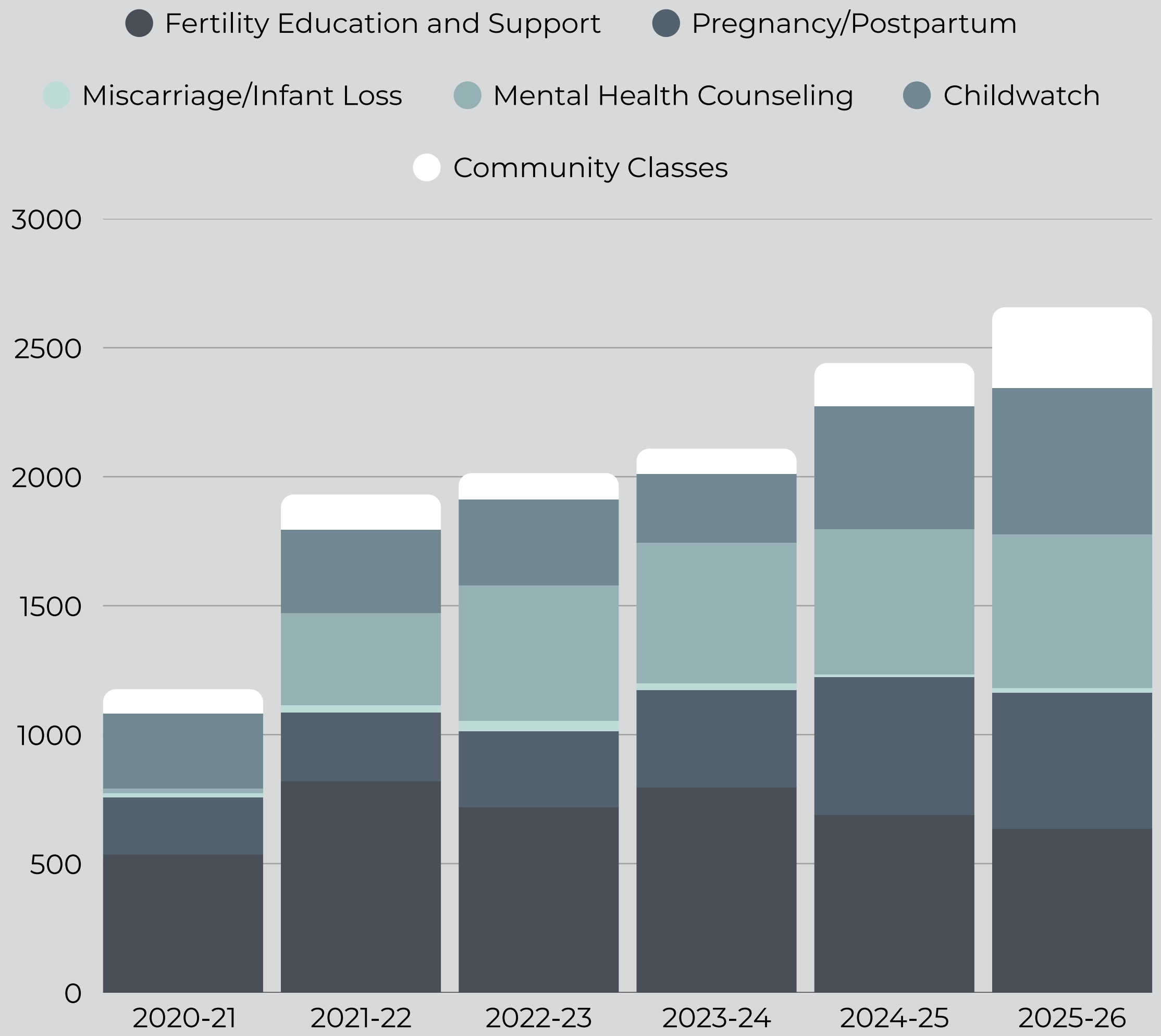
2025-26



1699 appointments in 3 years



Number of Appointments



Our comprehensive and authentic approach to women's health care continues to trend in growth.

We want life-affirming care to be accessible to every woman seeking our services.

Our mission is to empower, embrace and enrich women and families, now and for generations to come, with a focus on supporting motherhood and providing education through encounter and life-affirming services.



2023 - 2026

Fiscal Year Budget Comparison



Budget Comparison

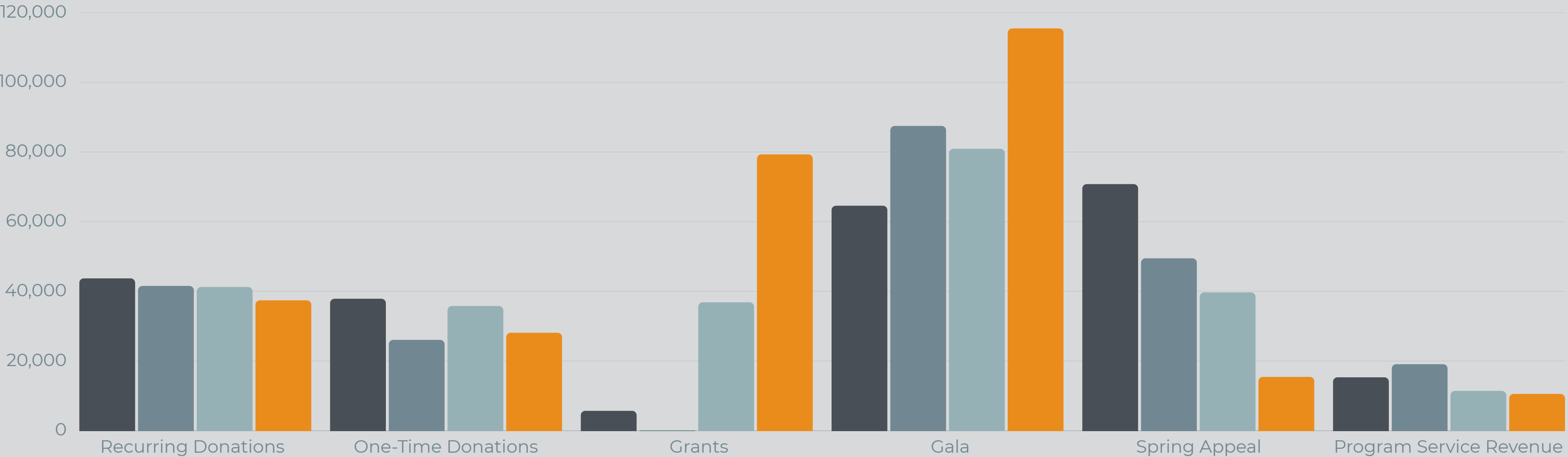
Fiscal Years 2023-2026

Yearly Total Income:

- 2023: \$228,946
- 2024: \$285,179
- 2025: \$225,052
- 2026: \$286,857

Income Revenue

2023 2024 2025 2026



Budget Comparison

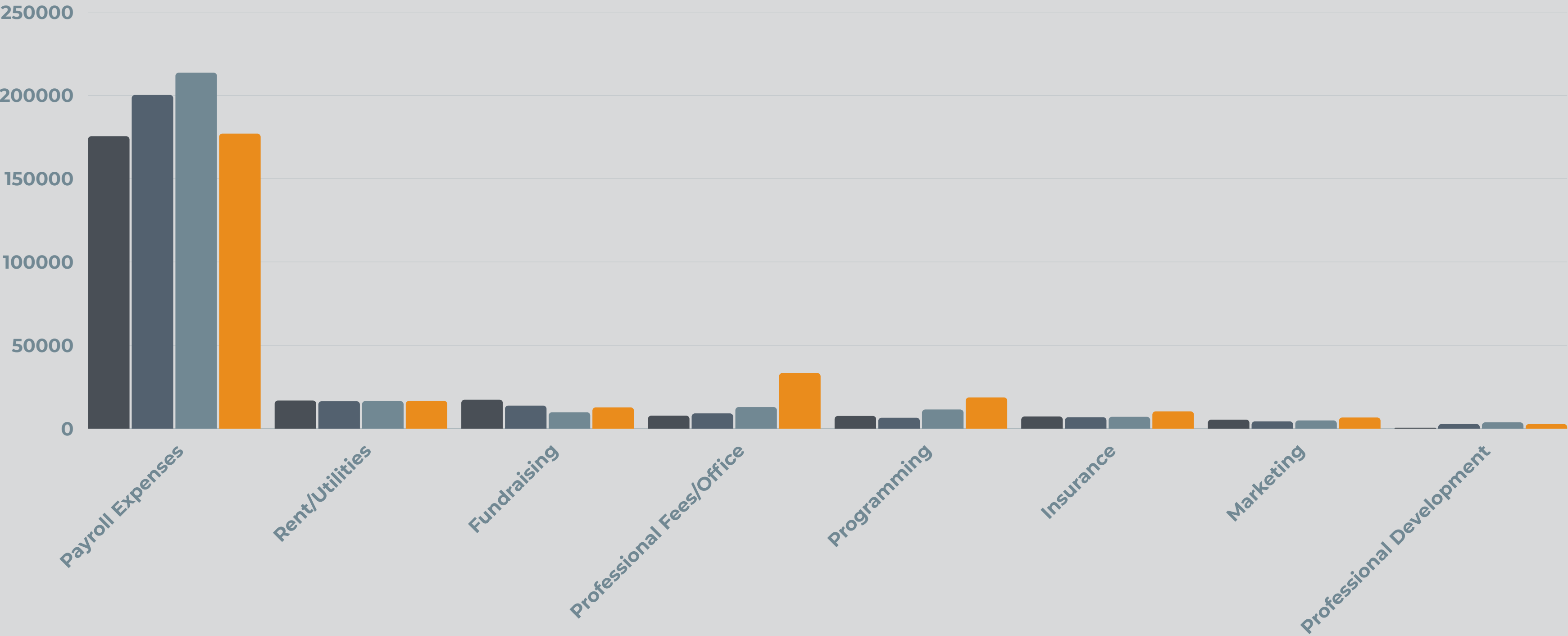
Fiscal Years 2023-2026

Yearly Total Expenses:

- 2023: \$244,498
- 2024: \$239,832
- 2025: \$225,912
- 2026: \$278,051

Expenses

2023 2024 2025 2026



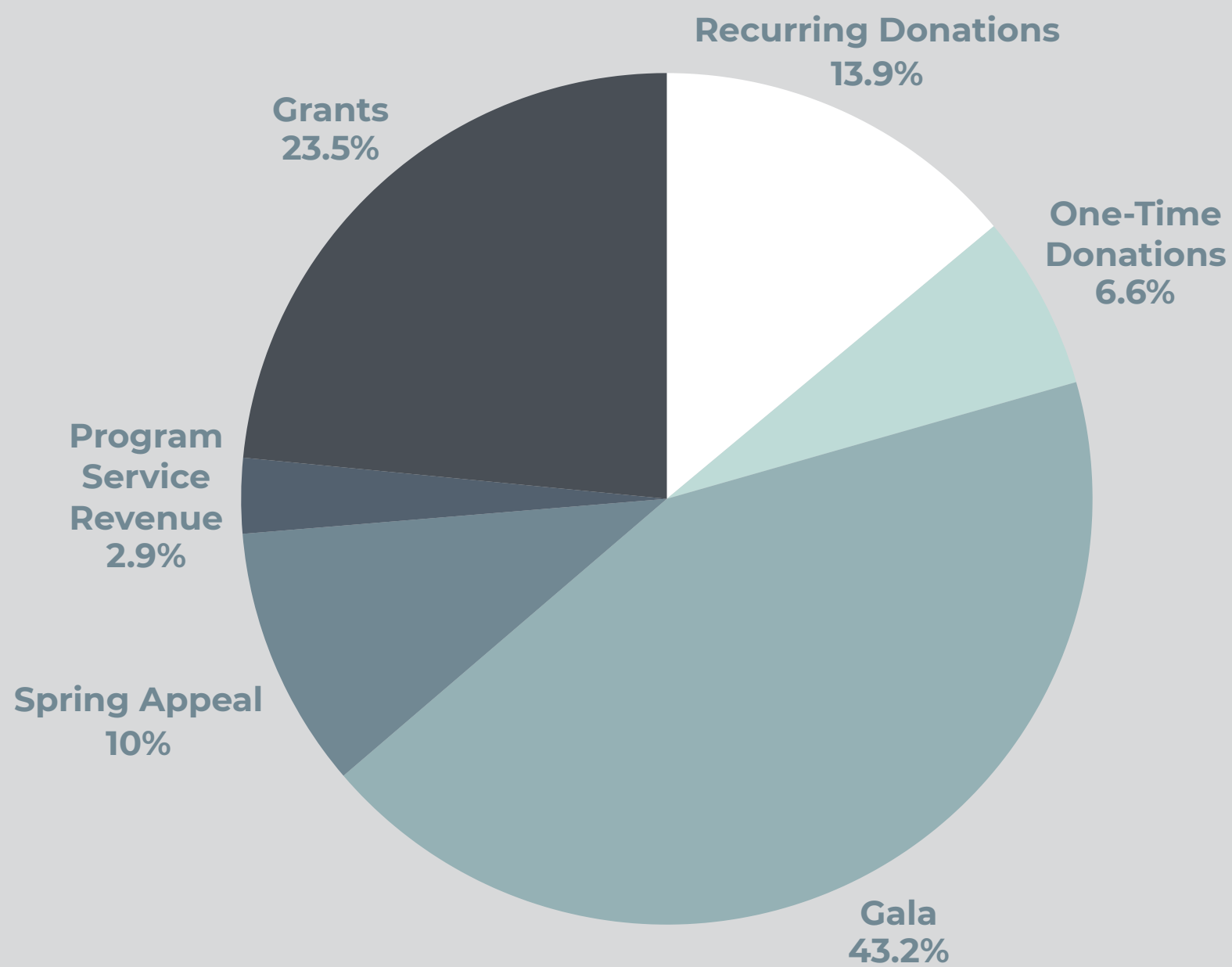


2027

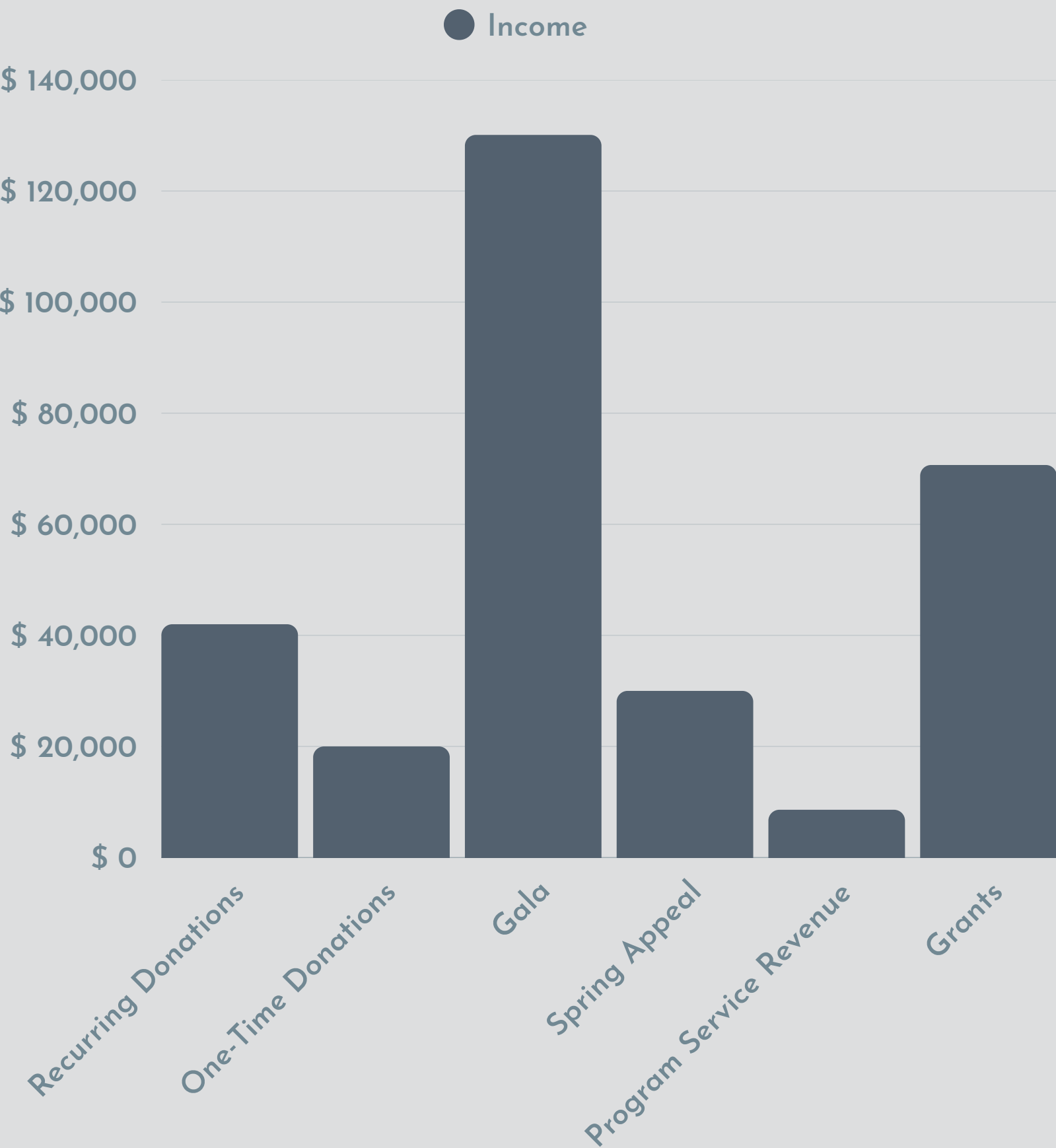
Budget Overview



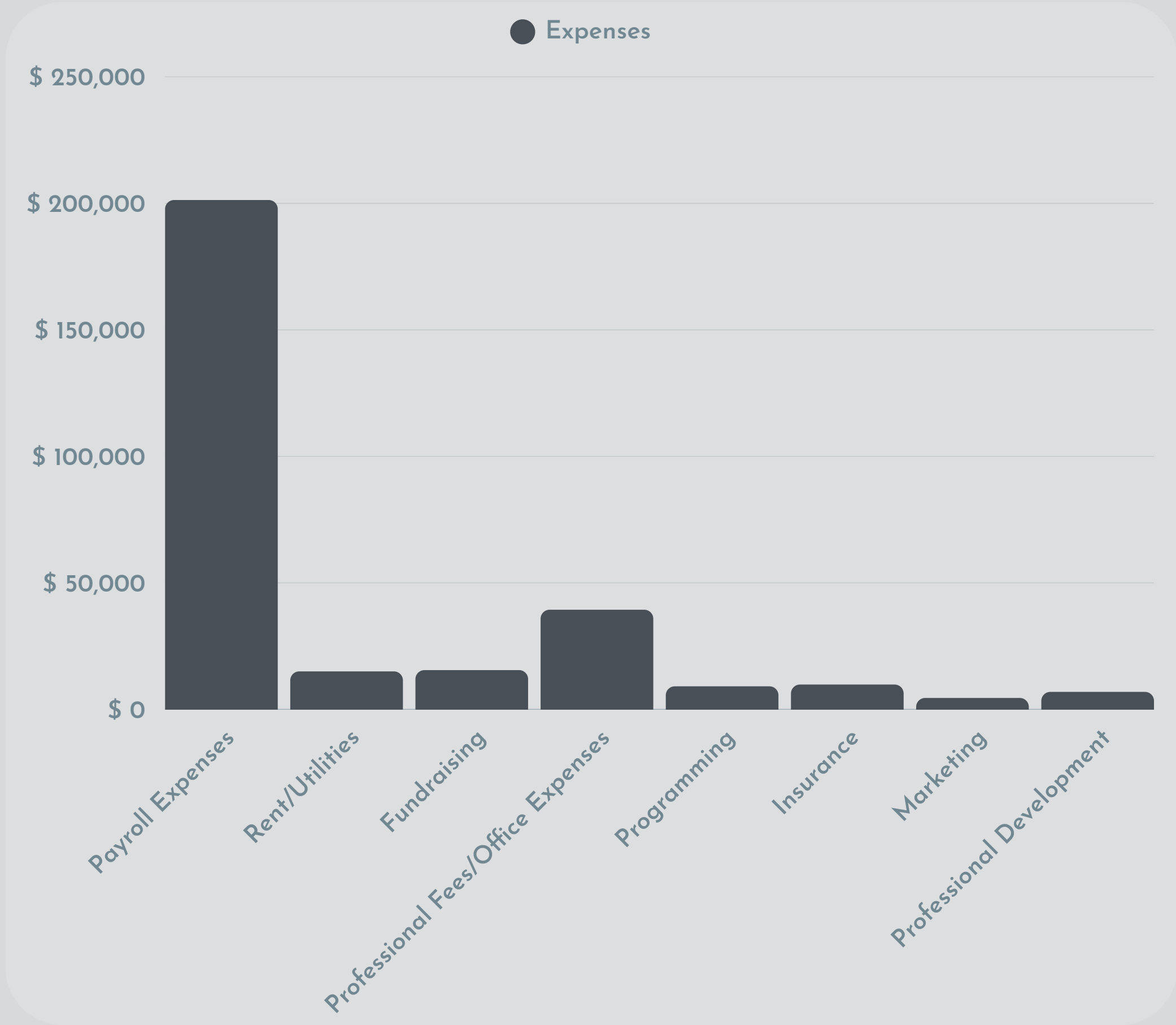
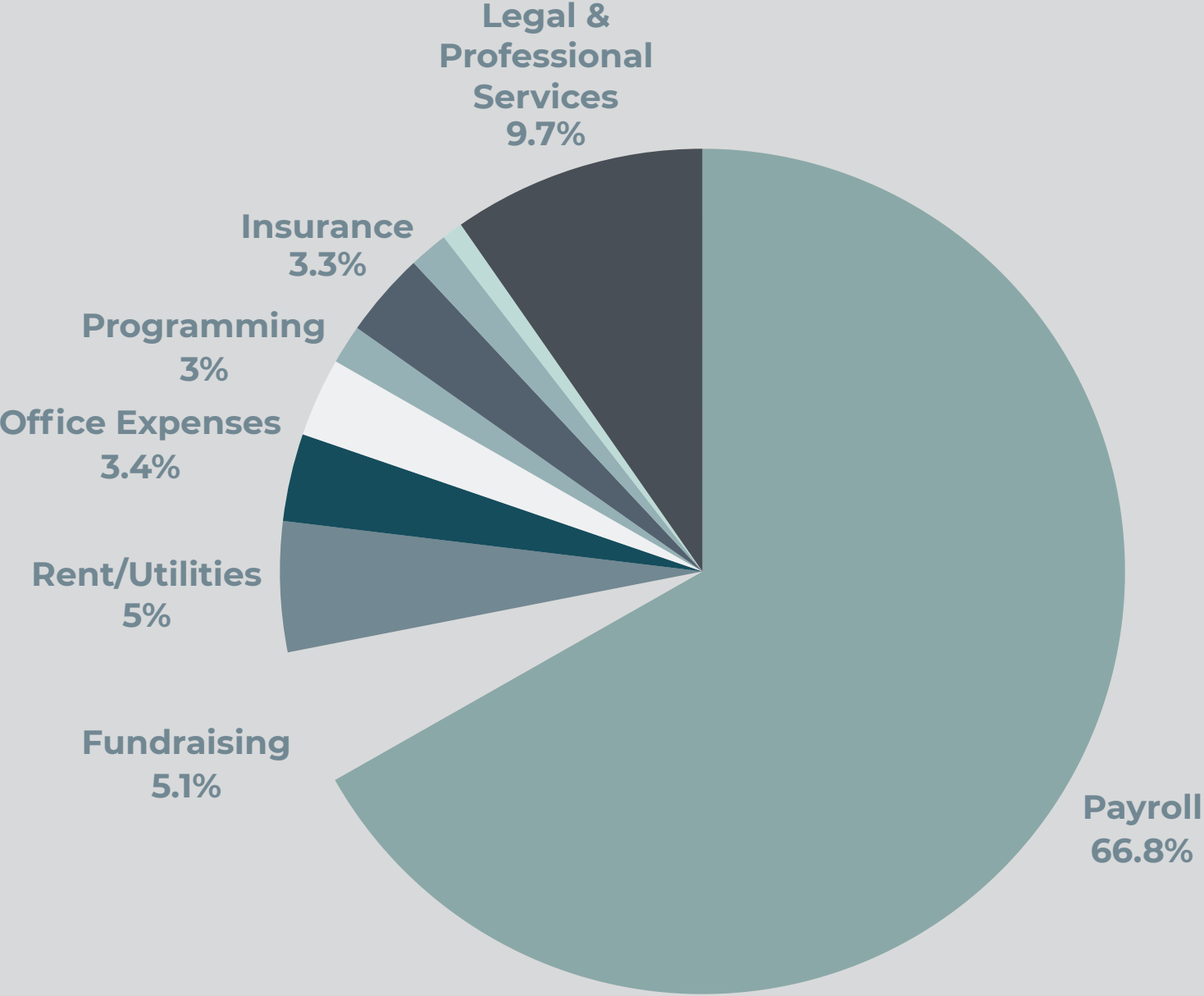
2027 Budget Income



Total Budgeted Income: \$301,400



2027 Budget Expenses





MOMS Bill

More Options for Maternal Support

Program goal is to promote healthy pregnancies and childbirth, strengthen family well-being, and provide enhanced resources.

Signed into Iowa Law in 2022.

MOMS Bill

Amount by Year

YEAR 1
2024-25: \$51,430

YEAR 2
2025-26: \$70,670

YEAR 3
2026-27: \$70,670

Total: \$192,770



GALA 2026



Let Your Life
LEAVE A LEGACY



the couple
experiencing
their 1st
miscarriage...
or 6th.

adolescent
body literacy

the woman
approaching
perimenopause
and wanting to
know what's
normal

the mother
battling
postpartum
depression

the mother
with an
unplanned
pregnancy

the mother
and father
welcoming
their 5th child



Thank You
for joining us!