

RISE *Together*



THE

CLARIS WAY



“Claris is known
for *shining light*
and bringing *clarity*
into times of darkness
or confusion.”

THE CLARIS WAY





A letter from our PRESIDENT & CEO

Amen Bains and Talitha Phillips

Throughout the last four decades, Claris has been known to *shine a light and bring clarity into times of darkness or confusion*. The way we love and care for individuals and their families before, during, and after pregnancy and sexual-health choices is so unique that it has become known as **THE CLARIS WAY**. This model of care is not a list of services, it's an invitation to become family and to witness lives changed in our clients, volunteers, and supporters.

“THIS MODEL OF CARE IS NOT A LIST OF SERVICES, IT’S AN INVITATION”

Looking across the city of Los Angeles the need is great, and opportunities exist each and every day to reach those who need our services the most. This last year, with your partnership, several new initiatives were launched including the *Mobile Medical Clinic, a Claris on Wheels*. The Mobile Clinic moves Claris into communities and serves those who may never step into one of the existing facilities. A new opportunity also arose to relocate the Inglewood clinic location to *Lynwood*, one of Los Angeles’ most vulnerable and yet deserving neighborhoods.

With this exciting start to 2020, no one could have foreseen or predicted the pandemic that swept our city, our country, and our world. While the world shut down, the team at Claris chose to lean in. *New challenges provided new opportunities to shift and to add new desperately needed services without sacrificing the essence of who Claris is*. Even though things look remarkably different than they did when this year began, it's our deep love for the community and our ability to remain flexible that has allowed Claris to continue to thrive. Creatively using every available resource, Claris set out each day to help those in the city with the greatest needs, *including using the Mobile Clinic to distribute food, hygiene kits, diapers and other essential items*.

We are unsure of what the rest of this year might look like, but stand firm holding onto this promise found in the book of Ecclesiastes, *“He has made everything beautiful in its time. He has also set eternity in the human heart; yet no one can fathom what God has done from beginning to end.”* Our work isn't done, and our God is faithful and good through it all.

Thank you for your partnership, encouragement and support. It continues to bring **HOPE** and makes the City of Angels shine brighter and brighter.

OUR MISSION

To equip and care
for individuals and their
families *before, during*
and *after* pregnancy and
sexual-health choices.





HOW WE CARE

1,088

PARENTING CLASS PARTICIPANTS

Parenting Classes Include Breakthrough Parenting (court mandated), Childbirth, Potty Training, Fitness, Discipline, and more.

1,772

TOTAL PATIENTS SERVED



"CLARIS HEALTH'S SAFE ENVIRONMENT
WAS A FOUNDATION THAT HELPED MY PARTNER,
STEPHANIE, AND I COME TOGETHER
AND EMBRACE PARENTHOOD.



7817
Students + Parents
in LA received sexual
health education



834
STD + Health
Screening Appointments

THE BONDING TEAM AND EXPERIENCE WITH THE
PRENATAL CARE CLASSES HELPED ME FIND MY
WORTH AS A FATHER." - **CHAD, CLIENT**



BEFORE PREGNANCY

Sexual Health Education [**Reality Check**]
Youth Mentorship
Health Screenings
Sexually Transmitted Disease Testing & Treatment



86%
Pregnant Patients were
equipped to parent after
receiving education and
support at Claris.



DURING PREGNANCY

Pregnancy Testing
Options Education
Early Prenatal Care + Group Prenatal Care
Case Management + Community Resources



99%
Client Satisfaction



3,575
Counseling and
Support Visits



AFTER PREGNANCY

Pregnancy Loss [miscarriage & abortion] Support
Adoption Support
Professional Therapy
Parenting Education + Resources



220
Community Partners

CLARIS HAS JOINED THE LYNWOOD COMMUNITY!

CLARIS IS BRINGING OUR UNIQUE MODEL OF CARE TO ONE OF LA'S MOST VULNERABLE AND DESERVING COMMUNITIES.

Lynwood and greater South LA have one of the highest teen birth rates in LA County, highest percentage of women not receiving prenatal care in their first trimester, highest percentage of adults with difficulty accessing healthcare, and high infant and maternal mortality rates.

With a permanent site closer to many of our new and existing community partners, it is easier for us to make referrals to them and for them to refer patients to us. We're excited to continue meeting our new neighbors!

Visit clarishealth.org/lynwood for more updates and other fun facts.





FROM **OUR COMMUNITY**



Tatiana's Story

"I didn't grow up with a good relationship with my dad because he's been in and out of jail for the majority of my life. My mom was a strong female role model, and she encouraged me to want my own family. But when I found out that I was pregnant, I had a lot of doubts and wasn't sure if I wanted to have the baby. I thought, "Am I really going to be a good mom?" I had so many questions and kept having the self-doubt conversation with God. *In coming to Claris, I got more help than I could have asked for. They reassured me that I could do this, and that is when I started to believe in myself.*

I started the group prenatal care classes when I was in my first trimester. I attended with four other women and by the second class, I knew that I needed them just as much as they needed me. *It helped me so much to know that I was not alone or the only person feeling stressed, anxious, and hormonal every day.* I needed a supportive group where I could say anything and never have to hear about it again, or where I could walk into the room and express, "today was a rough day." I could take all my worries to class and leave them right there in class. I knew I was going to get through it just fine having such strong support from the other ladies.

I am generally a happy person. I love to make others laugh. However, that was not the case during this pregnancy. I suffered from a lot of depression. *I am thankful that I had somewhere to go, someone to talk to and to get the comfort I needed.* Without that, I don't know if I would have gone through with the pregnancy.

"I AM THANKFUL THAT I HAD
SOMEWHERE TO GO,

**SOMEONE TO TALK TO AND
TO GET THE COMFORT I NEEDED."**

I am always referring people to Claris and telling them that if they need help, emotional help not just diapers and wipes, to go visit Claris. The conversations, the checking on your baby every class, *that's what you really need while you're pregnant—it was kind of like the perfect "pregnancy pack."*

Now that my daughter is 5 months old, I will be joining the new parent group, and I feel amazing. Having my little "mini-me" baby girl is so fun. She makes me happy. Thank you, Claris, for thinking of us! *I was able to go to counseling for free, and I was able to walk into a room and get the hug that I needed at that very moment. It helped with everything I needed, and I am truly grateful."*

MOBILE CLINIC UPDATE!

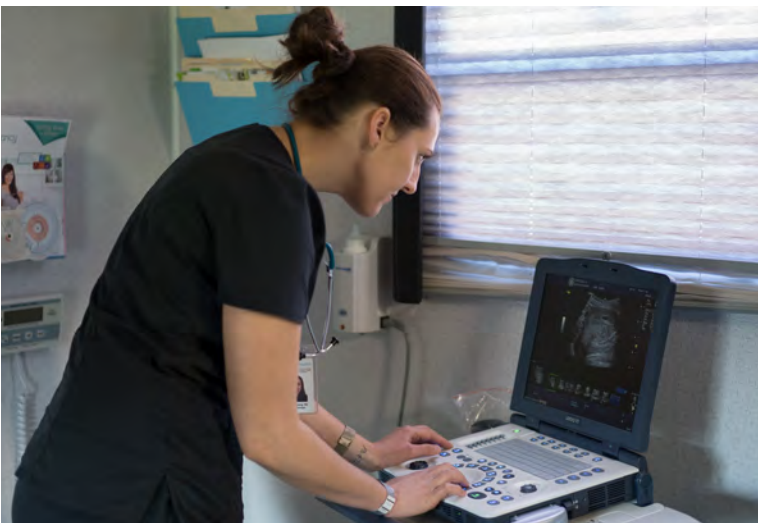
OUR MOBILE CLINIC (#CLARISONWHEELS) HAS SERVED OVER 3400 PEOPLE WITH DISTRIBUTIONS, PREGNANCY TESTING, ULTRASOUNDS, HEALTH SCREENINGS, STD/STI TESTING, CASEWORK, REFERRALS, & RESOURCES!

During the pandemic, we began using the mobile to distribute food, essential baby items, and hygiene kits around the city.

Our wheels have driven through more streets than we could have ever imagined in South LA, Hollywood, Downtown, and more! Visit clarishealth.org/mobile to see our calendar of sites each month.

Also, Claris is no longer LA's best kept secret as we've been in the press! Check out clarishealth.org/press to view all the exciting features from ABC 7, Spectrum News 1, NBC 4 Los Angeles, and so much more!





FROM **OUR COMMUNITY**



Katelyn's Story

"A few months after my twentieth birthday and a few weeks after moving across the country for college, I found myself staring in disbelief at a positive pregnancy test. I was in too much shock to be overwhelmed. I had only had sex that summer twice with my boyfriend. In my mind I saw my life unfold and rewind. I would return home and become a mom. I was raised in a tight-knit, faith-based community by parents who loved me unconditionally, and unintended pregnancies always ended in marriage.

Before my abortion, life felt whole and abundantly good. I was optimistic and excited about the future. After my abortion that was all replaced with a deep, unbearable ache. An even deeper resentment grew towards my then-boyfriend who made me choose between him or the baby. That spite and ache turned into years of darkness, self-loathing, anxiety and panic attacks. I believed I was unworthy. Shame became my identity.

It was ten years later while sitting in church that I heard about Claris, and knew it was time to face the truth about my life. Later that week I sat in my car on my lunch break, hands trembling, and called Claris to ask about the post-abortion groups. I remember being warmly welcomed by Nancy's calm and understanding voice. *My entire body and soul took its first exhale, a long overdue deep sigh of relief.*

The post-abortion group was not easy work, *but for the first time in my life I did not feel alone.* To walk alongside others mourning the same loss was life-giving and restorative. *The healing, support and encouragement I received going through the group led to a freedom I had not known since before my abortion.* The ache has begun to wane. I no longer suffer from the debilitating anxiety attacks. I am hopeful for the future.

"I AM HOPEFUL

FOR THE FUTURE"

For years I looked back at my life and there was a clear divide drawn in time before and after my abortion. Now when I look back, the divide is before and after receiving healing and restoration through the Claris post-abortion support group. *For everything Claris has done for me, and for other women and men who have gone through the same experience, I could not be more grateful."*

PARTNERS & SUPPORTERS

WITH #CLARISONWHEELS,

we've served **2,974 people** through mobile food distributions, as well as **499 people** with pregnancy testing, ultrasounds, health screenings, STD testing, casework, community referrals, resources and more!

2019 GALA HIGHLIGHTS

620 attendees, raising over **\$580,000** in one-time and monthly contributions!

220 COMMUNITY PARTNERS

Creating a network for our clients that provides housing, medical care, mental health services, job assistance, abuse counseling, food, and so much more.

947 ACTIVE DONORS

Including **229 Clarity Makers** (*a group of individuals committed to providing consistent monthly support*)





THANK YOU to the volunteers who donated close to
\$155,000 + 900 hours in services...
including legal assistance, construction, interior design, and IT help.

OUR FINANCIALS

FOR EVERY *dollar* SPENT...



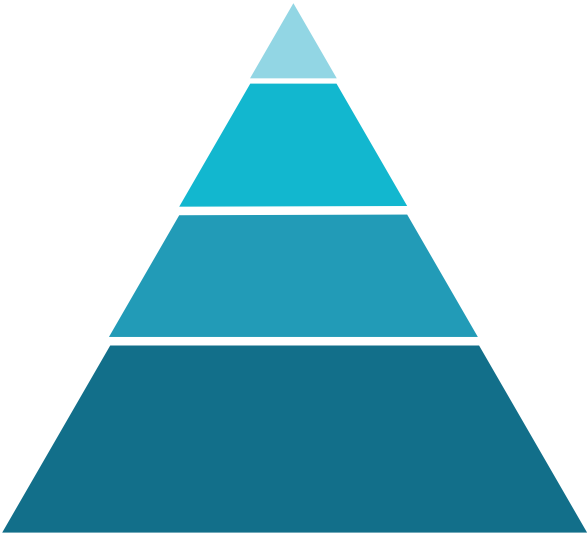
\$.81 programs*

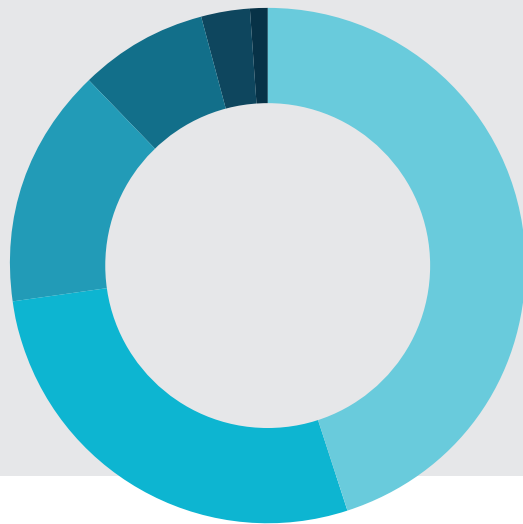
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*PROGRAM *dollars* SPENT...

- 9% **MOBILE CLINIC**
- 20% **SEXUAL HEALTH EDUCATION**
- 29% **SUPPORT/COUNSELING**
- 42% **MEDICAL**





Support & Revenue

- 45% Donations
- 28% Fundraising Events
- 15% Grants
- 8% Gifts In-Kind
- 3% Programs
- 1% Other



Expense

- 81% Programs
- 10% Fundraising
- 9% Administration

Statement of Activities

Fiscal year ending June 30 each year

	FY 2020	FY 2019
Support & Revenue		
Fundraising Events	\$488,782	\$476,794
Programs	\$56,026	\$69,483
Grants	\$259,161	\$198,200
Donations	\$805,989	\$664,274
Gifts In-Kind	\$154,655	\$141,778
Other	\$8,893	\$9,737
Total	\$1,773,506	\$1,560,266
Expense		
Program	\$1,421,177	\$1,093,668
Administration	\$148,095	\$157,680
Fundraising	\$177,870	\$177,035
Total	\$1,747,142	\$1,428,383

Statement of Financial Position

As of June 30

	2020	2019
Assets		
Cash	\$991,253	\$784,027
Fixed Assets	\$239,959	\$59,744
Vehicle Deposit	\$0	\$110,875
All Other Assets	\$36,673	\$29,295
Total	\$1,267,885	\$983,941
Liabilities & Net Assets		
Total Liabilities	\$242,750	\$74,642
Net Assets	\$1,025,135	\$909,299
Total	\$1,267,885	\$983,941

OUR LEADERSHIP

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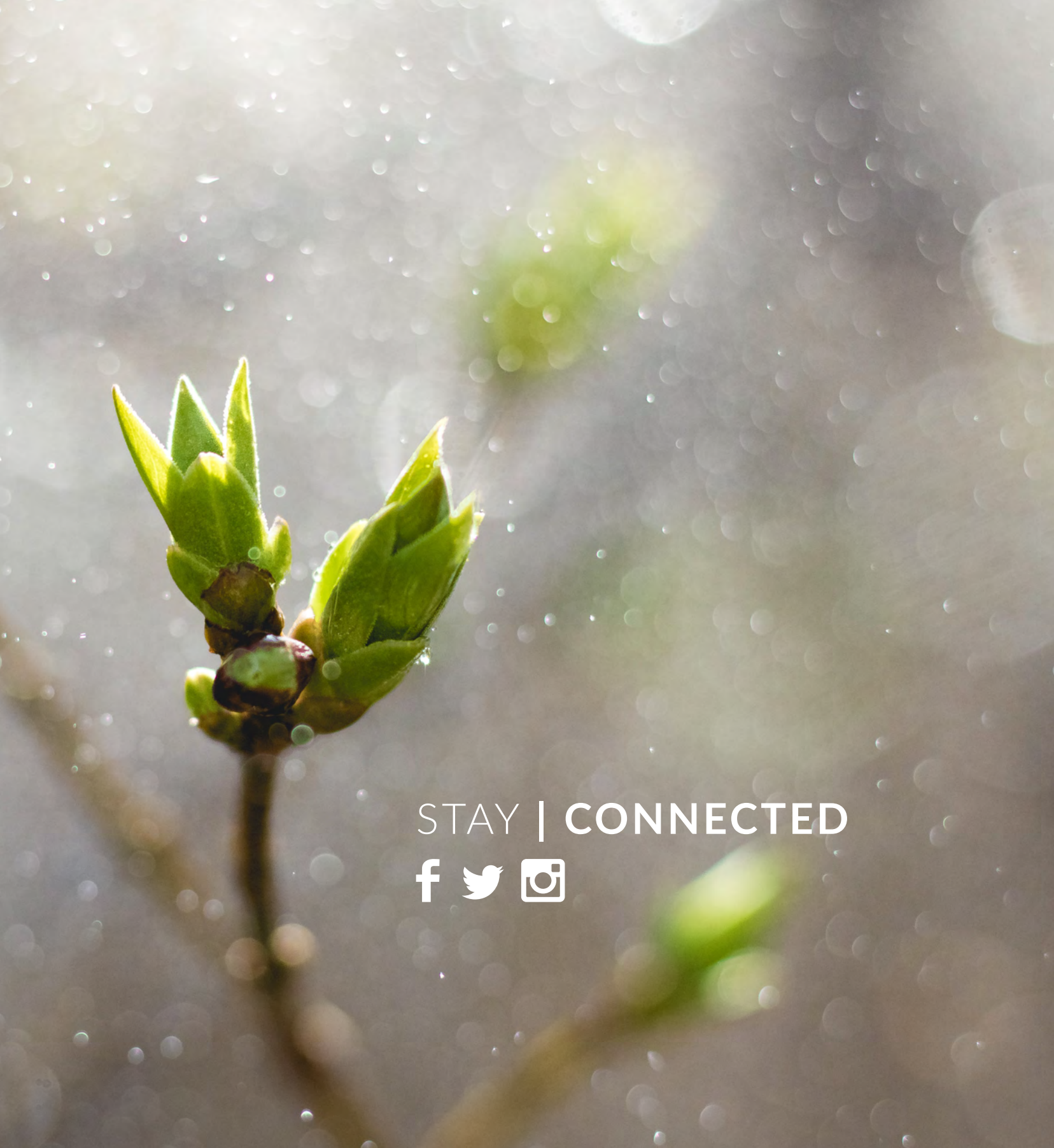
Christine Metzler

Seth David Mitchell

Tracie & Chris Shepard

Craig Tschudi

Christa Workman, Esq.



STAY | CONNECTED





WWW.CLARISHEALTH.ORG

501(c)(3) community-based,
non-profit organization
in Los Angeles, California