



2025

ANNUAL REPORT

A woman with long, dark, wavy hair is seen from the back, holding a baby up to her face. The baby is looking up at her. They are both wearing blue denim clothing. The background is a bright, indoor setting with a patterned rug.

Care Net offers hope by providing compassionate, practical care, accurate information, biblical truth, and life-affirming resources for pregnancy, sexual health & integrity, and abortion recovery.

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Board Certified OB/GYN

FROM OUR EXECUTIVE DIRECTOR



“All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work.”

2 Timothy 3:16-17

Abortion rates in our state remain high, along with the need for life-affirming services. As women, men, and families continue to face unexpected pregnancy decisions, our commitment to reaching them with hope and compassionate care has never wavered. Thanks to churches, prayer supporters, donors, employees, and volunteers, Care Net of Puget Sound experienced another strong year of growth while continuing to deliver high-quality, compassionate, client-centered services.

To meet the ongoing needs, we expanded support across our locations and programs. In 2025, we served **14,964 people**, offering practical support, medical care, and the hope of Jesus. **Positive pregnancy tests increased by 23% to 2,168**, and **ultrasounds grew by 30% to 1,931**, allowing more women to see their babies and receive accurate information in a caring environment.

Healing Tide, our post-abortion support and pregnancy and infant loss ministry, **grew by 42%, providing a trusted place for healing and restoration 3,130 times**. Our prayer community also expanded, with **prayer partners increasing by 15% to 1,759**, strengthening the spiritual foundation of this ministry. Most importantly, **31 individuals made professions of faith or re-dedications**, reminding us that eternal impact remains central to all we do.

But numbers only tell part of the story. When Jamila discovered she was unexpectedly pregnant, she felt overwhelmed and alone, and she seriously considered abortion. When she came to Care Net of Puget Sound, she expected judgment, but instead found compassion, an ultrasound appointment, and an advocate who truly listened. Through ongoing support, Jamila found hope beyond her pregnancy. On behalf of Jamila and the thousands of women, men, and families whose lives were changed this year, thank you. Your prayers, service, and generosity make this work possible.

As we look to 2026, our vision is clear: expand hours across multiple locations, strengthen our Men’s Programs, and make significant progress toward opening our new center in Port Orchard to better serve Kitsap County.

Thank you for standing with us. We are deeply grateful for your partnership.

With gratitude,

Dave Mitchell
Executive Director

OUR HISTORY

1982 Crisis Pregnancy Center (CPC) of King County was founded.

1984 CPC of King County opened in Renton. CPC of Pierce County added a Tacoma center.

1987 CPC of King County opened a second center in Federal Way and relocated the Renton center to Bellevue.

1988 CPC of Pierce County began to offer post-abortion counseling.

1990 CPC of Pierce County started offering maternity and baby supplies.

1994 CPC of Pierce County opened at Puyallup offering prenatal, family services, and post-abortion support.

1995 CPC of King County was renamed to Life Choices and began medical services in the University District and closed their Bellevue location.

1999 CPC of Pierce County began offering medical services in Tacoma and Puyallup.

2000 Life Choices opened a third medical center in Kenmore on Mother's Day.

2001 The Lakewood center opened across from Clover Park High School.

2002 Life Choices' SHARE program (Sexual Health and Relationships) was known nationwide.

2004 CPC of Pierce County moved the Puyallup center to the Sunrise Medical Campus. STD screening was added to our medical services.

CPC of Pierce County changed its name to Care Net Pregnancy & Family Services of Pierce County.

2006 Care Net of Pierce County opened in Gig Harbor. Life Choices Federal Way center moved to the Commons.

2009 Life Choices of King County and Care Net of Pierce merged to become Care Net Pregnancy & Family Services of Puget Sound.

2016 The Tacoma center moved to its current location near Allenmore.

2017 Our first mobile clinic began serving 3 locations in King County.

2018 Men's Programs was started.

2019 A mobile clinic was added to serve Bellevue at Jubilee REACH.

2020 The Puyallup center moved to a new owned building off Meridian.

2021 Healing Tide added support for miscarriage, stillbirth, and infant loss.

2023 Care Net's mobile clinic serving King County was totaled in September.

2024 A replacement mobile clinic began serving key cities in King County.

Port Orchard property was purchased in order to move the Gig Harbor center closer to potential clients.

HopeSync Nurse Chat was launched on our client website, adding one more client touchpoint.

2025 The Bothell/Kenmore center celebrated 25 years of service.

A new mobile clinic stationed at Jubilee REACH in Bellevue replaced the outdated unit in July.

2026 PLANS

Lakewood celebrates their 25th anniversary!

Moving to **MEET HER**

Port Orchard Capital Campaign

Since launching the Port Orchard Capital Campaign in Spring 2024, we have raised nearly \$1.5 million toward our \$2.1 million goal to bring much-needed services to pregnant women and families in Kitsap and West Pierce County.

Plans are underway. The property has been purchased. The remodel has been expertly designed. Permits have been applied for. Now we prayerfully await the green light to begin construction.

We are excited to see where God is leading and celebrate the progress already made as we expand life-affirming care into Port Orchard.



Find out more about our plans and how you can help us move to meet her.

MovingToMeetHer.org



Saturday, June 27, 2026
Fort Steilacoom Park

Pacific Northwest
Walk for Life



Register at pnwalkforlife.org or scan QR code.

Monday, July 20, 2026
Meridian Valley Country Club

Swing for Life
GOLF TOURNAMENT



Register at supportcnps.org/events or scan QR code.

*Hope &
a future*

FALL FUNDRAISER

Visit our website for more details.

supportcnps.org/events

HER JOURNEY

Care Net of Puget Sound offers hope and life-affirming care that truly saves and changes lives



1 She suspects she may be pregnant and takes a pregnancy test.



2 Considering her alternatives, she does a Google search and finds 5-star reviews for Care Net of Puget Sound.



3 She schedules an appointment to explore her options and confirm the viability of her pregnancy through an ultrasound.



4 At her Care Net of Puget Sound appointment, she is greeted with compassionate, practical care from our team of medical professionals and advocates.



5 She talks about her options with her advocate, takes a medical-grade pregnancy test and learns about the practical support available for her to choose life.



6 She experiences a life-changing introduction to her child through an ultrasound.



7 With the support and care of Care Net of Puget Sound, she is empowered to choose life!



8 She receives ongoing support through parenting classes and practical resources from day one until her child turns 4 years old. If she chooses adoption, she is connected with trusted adoption agencies who help her build a loving plan for her child.



She chooses life when she sees her child.

1,931

**ULTRASOUNDS
PERFORMED**

+30%
vs. 2024

A free ultrasounds give women facing unexpected pregnancies clarity and a powerful first look at their baby.

87%

**WHO SAW THEIR BABY
ON ULTRASOUND
CHOSE LIFE**

2025: A YEAR OF GROWTH

14,964
PEOPLE SERVED
IN CENTERS AND
PROGRAMS

GIFTS THAT MADE THE DIFFERENCE

TOTAL INCOME	\$4,863,760
Direct Support	\$2,968,304
Capital Campaigns	\$ 987,374
Special Events	\$ 812,622
Other Income	\$ 95,460
TOTAL GIFTS IN KIND	\$505,313
Material Goods	\$308,186
Professional Services	\$178,097
Other	\$ 19,030
SOURCES OF GIVING	
Individuals	80%
Church & Ministries	13%
Businesses	4%
Other	2%
Foundations	1%



CLIENTS WE SERVED

100%
SATISFACTION

RATING FROM CLIENTS
WHO FILLED OUT AN
EXIT SURVEY

300
CHURCHES
DONATED OR
VOLUNTEERED

32,208
VOLUNTEER HOURS
WERE DONATED IN CENTERS,
PROGRAMS, AND SPECIAL
EVENTS

ETHNICITY

■ Caucasian	27%
■ Hispanic/Latin Amer.	21%
■ Other	18%
■ African American	10%
■ Asian	10%
■ Multi-racial	5%
■ African	4%
■ Unknown	3%

MARITAL STATUS

■ Single	38%
■ Married	38%
■ Other*	9%
■ Cohabiting	8%
■ Engaged	7%

*Divorced, separated or widowed

GENDER

■ Women	95%
■ Men	5%

AGE

■ 30+	42%
■ 25-29	27%
■ 20-24	23%
■ 15-19	9%
■ Under 15/Unknown	<1%



Jamila's Story

“I felt the support I never felt before.”

Jamila's story is a beautiful reminder of what can happen when a woman is met with compassion, support, and hope in her moment of fear.

Scan to watch Jamila's story.



Zaria's Story

Zaria (not her real name) was a single mom to a two-year-old, just one month removed from an abusive marriage. Focused on rebuilding her life, she had no reason to think she was pregnant.

When she began to suspect she might be pregnant, she came to Care Net of Puget Sound for an ultrasound, simply hoping to learn how far along she was. The news stunned her, she was already 29 weeks pregnant.

Overwhelmed and fearful, Zaria left unsure of what to do next. Our team continued to pray for her and her baby.

About a month later, we received word that her son had been born nine weeks early. Though premature, he was stable and expected to do well.

Today, Zaria is embracing life as a mother of two. While she parents alone, she is not without support. Care Net provided essential baby items, a car seat, and enrollment in parenting classes, turning shock and uncertainty into a story of resilience and hope.



Kendall & Ray's Story

Kendall and Ray (not their real names) were high school juniors when they walked through the doors of one of our centers. They were facing an unexpected pregnancy and were so overwhelmed, unsure of what the future held.

Upon seeing an ultrasound of their baby, they chose to continue the pregnancy, but they didn't want to do it unprepared. Together, they enrolled in parenting and childbirth classes, returning session after session throughout Kendall's pregnancy. They learned what to expect, how to care for their baby, and how to plan wisely for their future.

Nine months after welcoming their child, Kendall and Ray still stop by regularly smiling, confident, and grateful. What began as fear has grown into stability, hope, and a young family equipped to thrive.



Men helping men become great fathers

In 2025, Care Net of Puget Sound was selected as one of only 15 centers nationwide to participate in the Pacific Northwest Fatherhood Project grant from Care Net National.



1,174
FATHERS ATTENDED
APPOINTMENTS

MEN'S PROGRAMS

SMART PROGRAMS

Research-based relationship education
for youth in schools and churches



4,832

STUDENTS HEARD ABOUT
HEALTHY RELATIONSHIPS
IN PUBLIC & PRIVATE
SCHOOLS

HEALING TIDE

Healing for women,
men and couples
grieving the loss
of a child



3,130
TIMES
HEALING TIDE
OFFERED HEALING



ADMINISTRATIVE OFFICE

1924 S Cedar Street, Suite B, Tacoma, WA 98405
253-383-6033 • administration@carenetps.org
Website: supportcnps.org

CLIENT SERVICES 24/7 Helpline: 877-668-2566

Website: carenetps.org

Center Locations

BELLEVUE 425-837-3643

Parked at **Jubilee REACH**
14200 SE 13th Place, Bellevue, WA 98007

BOTHELL/KENMORE 425-398-5820

6524 NE 181st St, #9, Kenmore, WA 98028

FEDERAL WAY 253-941-2664

1414 S 324th St, # B-105, Federal Way, WA 98003

KING COUNTY MOBILE CLINIC 206-926-7860

See website for dates, times and locations.

LAKWOOD 253-984-6222

10828 Gravelly Lake Dr SW, #101, Lakewood, WA 98499

PUYALLUP 253-770-8697

10215 125th St Ct E, Puyallup, WA 98374

TACOMA 253-383-2988

1924 S Cedar St, #B, Tacoma, WA 98405

PORT ORCHARD

COMING SOON! Find out more at **MovingToMeetHer.org**



Learn more about the ministry at
SUPPORTCNPS.ORG



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