



CENTRO
TEPEYAC 
Women's Center

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OUR MISSION

We encourage, educate, and empower women and men to make life-giving decisions for themselves and their unborn children.

We do this by being the first point of contact through gentle, compassionate counseling, practical support, and walking with our clients every step of the way.

This past year, we have seen tremendous growth in the resources and programs we offer to support our moms. Through our four main programs—pregnancy testing and pre-abortion counseling, ongoing pregnancy support, material assistance, and classes and education—we have continued to meet the unique needs of every family we serve. With each encounter, we are reminded that encouraging moms to say “yes” to the life they’ve been given also means making that “yes” possible by equipping them with the tools and resources they need to welcome their baby into the world with confidence and love.



As we reflect on the past year, we celebrate the many ways we have been able to empower women and build a culture of life. These accomplishments would not have been possible without the unwavering support of our volunteers, donors, and community partners, who have joined us in providing hope and compassion to every mother and child.



PREGNANCY TESTING

This is where a mother's journey begins: the moment she finds she is carrying a child. Centro Tepeyac is privileged to share this life-changing moment with the many mothers who come through our doors. During a counseling session, a Life-Affirming Specialist will conduct a pregnancy test and share the results with her in a compassionate, supportive environment. This is far more than a clinical visit—it's an opportunity for new and expectant mothers to express their concerns, fears, hopes, and mixed emotions about their pregnancy.

Our counselors meet each mother at one of the most vulnerable, transformative moments of her life. They do not pressure, shame, or influence her decision; instead, they remind her that she is not alone, that she is capable, and that she is

supported in making a life-giving choice for herself and her child.

This initial conversation is meant to be the first of many. If a mother decides at that moment to carry her baby, Centro Tepeyac promises to walk with her throughout her journey. If she remains unsure, we invite her to continue sharing her doubts and challenges. And if she feels set on abortion, we continue to serve her needs in ways that may help her see other options. Here, no mother walks alone.

248 Pregnancy Tests Administered

LUCIA

When Lucia found out she was pregnant, she shared the challenges she was facing with counselors at Centro Tepeyac: she had been abused by a close family member, her husband had abandoned her, and her baby was facing a complex medical condition. Overwhelmed, Lucia even considered ending her own life.

As soon as Lucia stepped through the door, we accompanied her every step of the way, providing emotional support, listening to her, praying with her, and reassuring her that she was not alone.



Lucia's positive pregnancy test became the first step in a journey of hope and healing. We connected her with doctors and resources to navigate her high-risk pregnancy and helped her build the support system she needed to welcome her child into the world.

Months later, Lucia brought her newborn to Centro Tepeyac, sharing with her counselors, "My life is starting to feel normal again." Her story highlights the critical role our counselors play meeting women at pivotal moments and empowering them to make decisions that affirm their dignity and their child's. Today, Lucia knows that Centro Tepeyac remains a place of refuge and support, a place where the doors will be open to continue helping her.

77% of our mothers did not have health insurance when they found out they were pregnant.

STAFF SPOTLIGHT



LINDAMARYS

At Centro Tepeyac, Linda's role as receptionist and counselor is more than answering phones and scheduling appointments—it's about being the first face of hope and reassurance for women in crisis. Linda describes her mission as creating a space of peace and trust for every client. **"The first thing I want participants to feel when they see me is peace, tranquility, and confidence,"** she says.

"I want them to leave the Center with a smile, knowing they've arrived at the right place where we'll help them as much as we can and that way they will leave the Center with a smile and gratitude for what we have been doing for them. This shows me that we are doing an excellent job."

Each day, Linda takes on tasks ranging from administering pregnancy tests to offering compassionate counseling and preparing baby bundles filled with clothes and diapers. But her favorite part of the job is meeting the babies that are born to mothers she's supported. **"It's a huge satisfaction to see the happy faces of our participants when they share these moments with us,"** Linda reflects.

Linda's work has deepened her commitment to the pro-life mission, especially when she supports mothers considering abortion. She approaches these moments with prayer and dedication to showing each woman the love and resources they need. For Linda, the Virgin of Guadalupe is a source of strength and guidance. **"We entrust ourselves to her every day,"** she shares, **"so that she can help us carry out an excellent job and help us be a light for the participants who come to Centro Tepeyac."**



ONGOING PREGNANCY SUPPORT

Choosing life doesn't happen in a single moment; it's a decision made daily from the moment life is conceived. That's why Centro Tepeyac counselors walk with mothers through their entire pregnancy and the first year of motherhood. Our counselors check in with each mother regularly to ensure she feels empowered and capable of nurturing the life within her. When specific challenges arise, counselors provide referrals and support her until she finds the help she needs.

As the only fully bilingual pregnancy center in our area, we offer this support in the language each mother best understands. For a mother facing acute vulnerability, speaking in her native language brings profound comfort, allowing her to fully express her concerns and feel deeply understood. We recognize this as a vital gift to our

community and an essential resource for the pro-life mission.

This is our opportunity to encounter mothers in a deep way, not just addressing their immediate and perceived needs, but uncovering the underlying wounds or vulnerabilities that require the most healing. This journey is challenging. This is not the one-time, quick-fix "solution" advertised at the nearest abortion clinic. But through this work, mothers feel supported in a real and lasting way.

When they feel truly valued, understood, and supported, only then do they feel capable of supporting their own children. Therein lies our mission: to walk with her.

197 Referrals provided
to mothers

MARISOL

Twenty-four years after her first visit to Centro Tepeyac, Marisol walked through our doors once again, seeking support for a new pregnancy. Her trust in Centro Tepeyac has been unwavering for more than two decades. When she discovered she was pregnant, her first thought was to come back to the place where she had felt so supported and accompanied all those years ago.

For Marisol, Centro Tepeyac was not just a resource during her first pregnancy—it was a constant source of encouragement and care.



The support she received during her initial visit left a lasting impression, showing her that our commitment to mothers doesn't end when they choose life for their baby. Instead, it marks the beginning of a journey where we walk alongside them, offering resources, counseling, and a community to rely on every step of the way.

Her return is a testament to the deep trust and enduring relationships we strive to build with every mother who seeks our help. Marisol's story reminds us that our mission is not just about helping moms make life-giving decisions but also about ensuring they have the support and resources to thrive long after that decision is made.

90% of our mothers only spoke Spanish. Many did not read or write in either Spanish/English.

STAFF SPOTLIGHT



DIOSMARY

At Centro Tepeyac, Diosmary's role is both dynamic and deeply impactful. She serves in a multifaceted position, combining counseling, program coordination, and outreach to ensure each pregnant woman receives the care and support she needs. **"I identify the needs of pregnant women, offer compassionate bilingual assistance, and follow up with high-risk participants, including those considering abortion,"** Diosmary says.

For Diosmary, the most fulfilling aspect of her job is witnessing the growth and transformation of the women she serves. She explains, **"Building trust and meaningful relationships with these women allows me to celebrate their milestones and remind them they are never alone in their journey."**

Diosmary is no stranger to the challenges our clients face. Financial uncertainty, emotional stress, and concerns about immigration are common issues. To help address these needs, Diosmary offers counseling and connects clients to valuable resources such as health insurance, WIC, diapers, and baby supplies. **"By addressing both their practical and emotional needs, my goal is to help them embrace motherhood with confidence so that abortion will never be an option for them due to lack of resources."**

"Serving mothers at Centro Tepeyac has taught me the importance of meeting women where they are, with love, understanding, and practical support," she shares. **"The pro-life mission goes beyond defending life; it is about nurturing the whole family unit and providing tools for sustainable change."** For Diosmary, the guidance and strength of Our Lady of Guadalupe are central to her work: **"Her example of maternal love and her presence as a protector inspire me daily. She reminds me to approach every mom with patience, compassion, and an unwavering commitment to life."**



EDUCATION & CLASSES

Centro Tepeyac hosts weekly classes covering essential topics such as nutrition, healthy pregnancies, birth and delivery, newborn care, and more. This year, we expanded our educational offerings by launching a blog and adding pregnancy resources to our website, complementing the materials we provide in class. We aim to create a space for holistic growth and development, empowering each woman to step into motherhood in an informed and positive way. This is what true women's empowerment looks like.

Our classes also serve the vital purpose of building community. They provide an additional space for connection, allowing us to develop one-on-one relationships with each mother and

ensure her needs are met. The classes also foster a sense of companionship among mothers. First-time moms can meet more experienced mothers, or connect with others their age who understand their experiences. Learning and growing together helps create the supportive community so essential throughout pregnancy, motherhood, and beyond. This is the task of building the "village" it takes to raise a child.

Some of our classes focus solely on this mission, such as our makeup classes, designed to nurture self-confidence and foster connections. Our primary learning objective in every class is for each mother to know: you matter, you are capable, and you are not alone.

5 We implemented 5 new classes with guest speakers from the community.



NUTRITION

We hosted nutrition classes tailored to the needs of pregnant mothers, emphasizing the importance of healthy eating for both mom and baby. Participants learned how to create balanced meals, manage pregnancy cravings, and ensure proper nutrition for a healthy pregnancy.

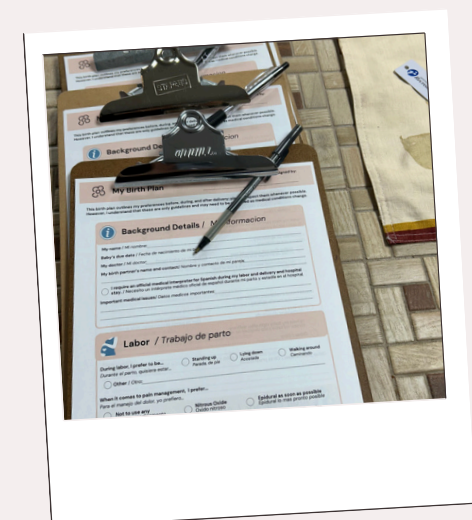
EMPLOYMENT WORKSHOPS

We offered employment workshops that helped moms envision creative ways to provide for their children and pursue financial goals throughout pregnancy and motherhood. Participants gained practical advice and resources to confidently pursue their goals.



CAR SEAT SAFETY

Car seat safety was a priority this year, with classes that guided moms on selecting, installing, and using car seats correctly. These sessions helped mothers prepare for their baby's arrival by learning the guidelines and laws around car safety.



BIRTH PLAN WORKSHOPS

We provided birth plan workshops to help expecting mothers prepare for labor and delivery. These sessions offered guidance on creating personalized birth plans, exploring birthing options, and understanding how to communicate preferences with medical providers.

BEA

In addition to supporting Bea throughout her pregnancy, Centro Tepeyac has been with her on her journey to becoming a confident and capable mom. Through our nutrition classes, she learned how to eat well and care for her baby. In our parenting sessions, she picked up valuable tips for raising her child. Recently, Bea attended our child car safety class, bringing her newborn daughter along for the first time.

After the class, Bea sat down with our counselors to share her

experiences as a new mom and the challenges she was facing. The class not only provided her with practical tools to install and use her car seat safely but also offered her a space to seek advice and find encouragement from her community. Before leaving, Bea expressed her gratitude, saying she was glad to introduce her baby to her "tías," or aunts, at Centro Tepeyac—a testament to the relationships she has built here.

Bea's story underscores the importance of continued education and the sense of community that these classes foster. For new moms like Bea, Centro Tepeyac offers more than parenting tips; it provides a "village" of support, ensuring that no mother has to face the journey of parenthood alone.

Another young mother after attending car seat class: "I can only express my gratitude for such an interesting class and for everything I have received with the other moms here. We appreciate you a lot."



STAFF SPOTLIGHT



MARIA

Maria plays a vital role at Centro Tepeyac as our Marketing Specialist. Maria's favorite part of her job is setting and implementing new strategies: **"There are a lot of mothers out there who only hear about Planned Parenthood. If we don't act strategically, we will never become that first choice for the most vulnerable."**

This year, Maria spearheaded the launch of Centro Tepeyac's blog, an essential component of our online presence. She explained its significance: **"The blog is an educational space. If a woman searches for what the abortion pill is, it's better to have it explained by a pro-life center's blog rather than Planned Parenthood, who will try to sell her their product."**

Maria's work is shaped by the lessons she has learned from the moms we serve. **"I've learned the immense courage of women who choose life for their babies. This year, I became a mother myself. I think daily about how much I rely on my husband's love and support. I can't imagine the horror of facing motherhood alone—or, worse, with someone who mistreats you...the mission of Centro Tepeyac has shown me that being pro-life is about much more than saving a baby. It's about restoring a sense of human dignity through compassionate, concrete acts of love."**

Finally, Maria shares how Our Lady of Guadalupe inspires her work. **"She is our Patroness, and I entrust the results of my work to her. I do my best, but it's Our Lady who touches the hearts of the women we serve, guiding them to choose life."** Maria's dedication, faith, and strategic vision are a driving force behind Centro Tepeyac's outreach efforts. We are blessed to have her on our team!



Our baby boutique provides crucial material assistance to mothers as they prepare for their baby's arrival and throughout their first year of motherhood. By addressing their most visible and immediate needs, we help mothers feel more prepared and capable of providing for their child. After giving birth, each mother receives a Centro Tepeyac Baby Bundle with all the essentials for bringing her baby home, and she is welcome to return for additional support if needed.

Our Baby Boutique relies almost entirely on donations from generous community members like you, including diapers, wipes, clothing, formula, and more. Dedicated volunteers sort, organize, and package these donations, praying over each item and the mother and child who will receive it.

This means that when a mother receives a baby blanket or onesie, she is also wrapping her child in the prayers and love of Centro Tepeyac's volunteers and donors. This tangible form of giving is a powerful way to show mothers they are loved and supported.

Meeting immediate and material needs allows for the stability to face the deeper, more intangible obstacles. Our material assistance program is an opportunity to encounter mothers where they're at. From here, we invite them into deeper relationships through our counseling and educational programs where we are able to make more long-lasting change.

255 Baby Bundle Distributions

SANDRA

As Sandra prepared for the arrival of her first baby, she found Centro Tepeyac to be a consistent source of support throughout her pregnancy. With no other family in the area besides the baby's father, Sandra relied on the center not only for emotional encouragement but also for practical resources during this new and uncertain chapter of her life.



At Christmas, Sandra came to us with a significant concern: she did not have a crib to welcome her baby. Thanks to the generosity of our donors, we were able to provide her with a crib and other essential items, ensuring she could prepare for her baby's arrival with dignity and joy. Sandra expressed her gratitude for the tangible support, which gave her both confidence and reassurance as she prepared for motherhood.

Her story highlights the profound impact of our material assistance program. By providing essential items like cribs, diapers, and clothing, we affirm the dignity of both mother and child, showing them they are valued and supported. For Sandra, the material resources were more than practical gifts—they were a testament to the compassion and love that form the heart of Centro Tepeyac's mission.



AMPARO

VOLUNTEER SPOTLIGHT

This year, Centro Tepeyac highlights the dedication of Amparo, a volunteer whose work in our baby boutique has become a cornerstone of support for the moms we serve.

Each week, Amparo organizes the boutique and assembles baby bundles filled with essentials like diapers, onesies, and blankets.

But her contributions go beyond logistics—each item she prepares is wrapped in prayer for the child and family who will receive it.

“Centro Tepeyac has given me such purpose,” Amparo shared. Her thoughtful care embodies our mission to provide practical assistance with love and compassion. The baby boutique is a vital resource for our moms, offering not only essentials but also a tangible reminder that they are supported and cherished.

Amparo’s dedication is an inspiring example of how volunteers can transform lives. Whether assembling a baby bundle or preparing the boutique, she ensures every mother feels accompanied on her journey. Her work, and that of our other volunteers, reminds us that small acts of love create a profound impact, helping us fulfill our promise to build a **“civilization of love.”**

LEADERSHIP

A Letter from the Interim Executive Director, Miriam Bethencourt

What an incredible year it has been at Centro Tepeyac! When I stepped into the role of Interim Executive Director in June 2024, I was immediately struck by the care, prayer, and professionalism that define this team. As Julie Kilmer, our former Executive Director, transitioned to continue defending life in the U.S. Army, our team embraced the mission of advancing the pro-life cause right here in Silver Spring. I am immensely proud of all we have accomplished together.

At Centro Tepeyac, our mission is to encourage, educate, and empower women and men to make life-giving decisions for themselves and their unborn children. This year, we have been blessed to see that mission come alive in new and remarkable ways. In my role, I have had the privilege of meeting children who faced the risk of abortion, now safely wrapped in blankets from our Baby Bundles. I have met the young mothers who carry them—brave women who have embraced the journey of motherhood. I've watched them learn, grow, and navigate the challenges that come with being new mothers—and I have been deeply inspired by their strength.

Since joining Centro Tepeyac, the pro-life mission has become more than a firm conviction in the sacredness of human



dignity. It is now defined by the names and faces of real mothers, real babies. It is a mission of love, first and foremost led by profound compassion and respect for the lives that come through our doors, and a desire to care for them as Our Lady of Guadalupe, our Blessed Mother, would. This is what the pro-life mission is truly about.

And this mission is only possible because of the generosity and faithfulness of our community. Every partner, parish, and volunteer that has supported our work has offered more than a donation, monetary gift, or act of service—they have strengthened our mission with tangible acts of love and hope. I am deeply moved by all of you who work and support mothers you may never meet, babies you may never hold, and yet you continue to care for them each and every day.

It is now my privilege to pass the baton. I am delighted to introduce Bridie McGroarty as Centro Tepeyac's permanent Executive Director. When I first met Bridie, I was thrilled to see the entrepreneurial spirit she brought to her pro-life stance. Not only does she carry a heart that is deeply dedicated to serving mothers and protecting life, but she also brings a wealth of experience and a creative mind that will seek to serve them in new and better ways each year. I am profoundly grateful to Our Lady of Guadalupe for guiding her to this mission, and I am confident that she will lead Centro Tepeyac with courage, creativity, and faith. Please join me in welcoming Bridie!

As we move into this new year, I want to thank you—the community at Centro Tepeyac—for entrusting me with this most important mission for life. I look forward to all that is yet to come!

Sincerely,



Miriam Bethencourt



Welcoming Bridie McGroarty

I am honored to join Centro Tepeyac as the new ED. As a Catholic University graduate originally from Washington, DC. I've volunteered at various pregnancy centers across the DMV for the past six years in both general and counseling roles. At Centro Tepeyac, I look forward to implementing a robust volunteer program across the counseling and administrative areas, growing our client programming, and expanding our reach to more women.



THANK YOU

This year, we have been blessed with incredible support from our community! In addition to the generous donors who fund our life-giving services, we would like to extend our heartfelt thanks to the special members of our community who have contributed to our cause through the Baby Bottle Campaigns, donation drives for baby supplies, and other initiatives. Your dedication and efforts make a meaningful difference in the lives of the families we serve.

St. Andrew Apostle Church
Our Lady of Mercy Church
Archdiocese of Washington
St. Michael the Archangel
Holy Cross Church
St. Jude Regional Catholic School
St. Bartholomew Catholic Church
St. John the Baptist Catholic
St. John the Baptist Knights of
Columbus Council 11106
St. Bernadette Catholic Church
Our Lady of Good Counsel HS
Little Flower Convent
Mision San Andres
St. Rita Catholic School

Asociación Virgen de la Caridad
Basilica of St. Mary
Saint Bernadette Catholic Church
Our Lady Queen of the America
Catholic U Cardinals for Life
St. Stephen's Food Pantry
American Heritage Girls
America's Charities
Christian Hope Ministry, Inc
St. Patrick Catholic Church
Immaculate Heart Of Mary
St. Raphael
St. Hugh of Grenoble
The Avalon School
The Deeper Dive Podcast



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Open 10:00am-3:00pm,
Mon-Fri.

Centro Tepeyac accepts donations every day of the week: new and gently used baby items and supplies, diapers, formula, wipes, and more.

All photos included in this end-of-year review are the property of Centro Tepeyac Women's Center © 2024. Any images featuring our clients have been used with care, and names have been changed to protect their privacy. We are committed to maintaining the dignity and confidentiality of the women we serve while sharing the impact of our mission.

Staff

Miriam Bethencourt, *Interim Executive Director*
Brigid McGroarty, *Executive Director*
Maria Marcolin, *Marketing and Outreach Coordinator*
Diosmary Reynoso, *Director of Operations*
Lindamarys Vazquez, *Receptionist & Counselor*

To contribute to our mission, visit
centrotepeyac.org/donate.

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