

# You are pregnant. Now what?

Knowing your options can help you decide.



## Parenting



Prenatal care is important for you and your developing baby.

## Adoption



Open, closed, and in-family adoption are options if you decide to continue your pregnancy, but choose not to parent.

## Ending the Pregnancy



Abortion is a legal and safe procedure performed by experienced health professionals.

FOCUS ON

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Choosing a doctor you trust



Finding information on birth options that are available in your area  
(midwifery, Ob-Gyn, birth center, hospital birth, others)

Connecting to pregnancy and parenting resources in your community



Talking to your doctor about family planning and birth control options after delivery



Choosing a doctor you trust



Eating healthy foods



Taking a prenatal vitamin

Researching adoption agencies and finding one you trust



Talking to your doctor about family planning and birth control options after delivery

Finding out how far along you are in your pregnancy



Choosing a health clinic that provides abortions and scheduling an appointment

Planning for travel and other associated costs



Talking to your doctor about family planning and birth control options after you're no longer pregnant

Talk to us about any of these options.  
We'll support your choice with resources and information.