

# 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 clinician you trust



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

Connecting to pregnancy & parenting resources in your community



Talking to your clinician about family planning & birth control options after delivery



Choosing a clinician you trust



Eating healthy foods



Taking a prenatal vitamin

Researching adoption agencies & finding one you trust



Talking to your clinician about family planning & birth control options after delivery

Finding out how far along you are in your pregnancy



Choosing a health clinic that provides abortions & scheduling an appointment

Planning for travel & other associated costs



Talking to your clinician about family planning & 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.