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.

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**FOCUS ON**

- 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

**FOCUS ON**

- 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

**FOCUS ON**

- 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.