

Pregnancy Options

Am I pregnant? How can I tell?

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Changed or missed period
Wanting to throw up
Peeing a lot
Feeling really tired
Weight gain or loss
Sore or tender breasts
Mood swings
Change in appetite



Think there's a chance you might be pregnant? Get a free pregnancy test at any teen clinic, community health centre, nursing station, or buy one at a pharmacy.

Things to think about:

- How will I cope if I don't agree with my partner's decision?
- How do I feel about abortion? adoption? parenting?
- What option will I choose?
- What's most important in my life right now?
- What are my plans and dreams for the future?
- Does my drinking influence my decision?
- Who can I go to for support?

If pregnant, drinking less or stopping drinking can reduce the chance of a baby being born with FASD.

Resources

www.projectchoices.ca - Talk to a counselor to help find ways to be safer and reduce the risk of alcohol use and pregnancy. Call 204.784.4072.

www.womenshealthclinic.org - A feminist health clinic in Winnipeg offering health and wellness services, including pregnancy and abortion services, and info on parenting options. Call 204.947.1517.

www.teenclinic.ca/ - Find a teen clinic near you.

www.adoptionoptions.mb.ca/ - Providing info on adoption from a Winnipeg based organization.

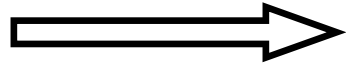
www.sexualhealthandrights.ca - A resource centre for sexual and reproductive health information and services.

Postpartum Warmline— Support after someone has given birth; call if feelings of sadness do not go away after a few weeks. 204.391.5983

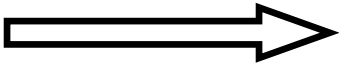
Pregnancy Options:

Abortion, Adoption and Parenting

CHECKLIST



Is this a good place for more information and help about which pregnancy option to choose?



- Do they listen to concerns and answer questions in an easy to understand and non judgmental way?
- Do they offer clear, supportive information on all of the options: abortion, adoption, parenting - and not say that one option is better than the others?
- Will they get you the help you need no matter if it is for abortion, adoption or parenting?
- Do they use words like “unplanned” or “unintended pregnancy” ? (Places that have “crisis” or “distress” in their name may not give you all the facts about each pregnancy option.)
- Are they clear about what information they will keep private?
- You should not feel pressured into an option—you have the right to choose.

Supporting a pregnant partner or friend:

- Listen to them supportively without judging.
- Offer to go with them to any appointments.
- Be there for them after they have made their decision.
- Get information about pregnancy and options.
- Find support if being a helper is starting to overwhelm you.
- Hang out with them and do fun stuff like watch a movie, listen to music, go for a drive or walk.
- If they plan on giving birth, be supportive after the birth as well.

