

# PREGNANCY OPTIONS



## Signs of a Pregnancy

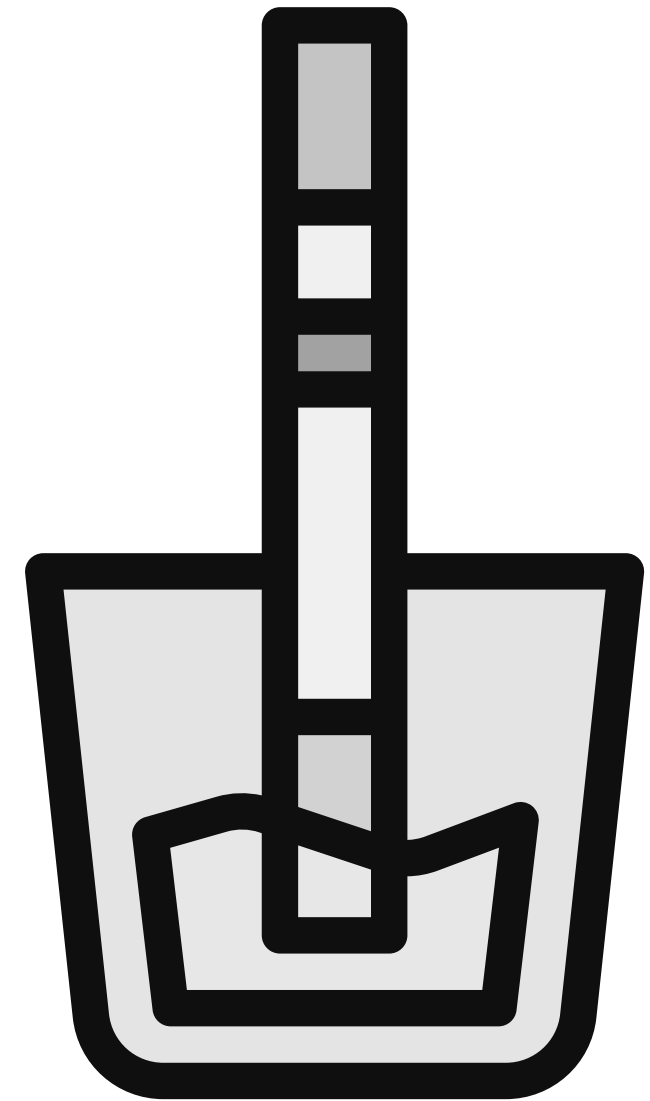
- Changes of missed period
- Wanting to throw up
- Peeing more
- Feeling really tired
- Weight gain or loss
- Sore or tender breasts
- Mood swings
- Changes in appetite

If you think you could be pregnant take a pregnancy pee test.

They are free at health centres, teen clinics, and nursing stations. You can also buy them from pharmacies.

## Things to consider

- How do I feel about being pregnant?
- How do I feel about abortion? adoption? parenting?
- What option will I choose?
- What's important in my life right now?
- Who can I go to for support?
- If my partner is pregnant, how will I cope if I don't agree with their decision?



## Drinking and Pregnancy

- Drinking while pregnant could cause a baby to be born with FASD
- Stopping drinking, and other drug use, while pregnancy is recommended
- If you can't stop, even reducing the amount helps

# Looking for Support?

## Go somewhere non-judgemental with accurate info



- Do they listen to my concerns and answer questions in an easy-to-understand way?
- Do they offer clear info on all 3 options without saying one is better than another?
- Will they get you the help you need no matter if you choose abortion, adoption, or parenting?
- Do they use words like 'unplanned' or 'unintended pregnancy' (pregnancy places with words like crisis may not give you factual info on all 3 options)?
- You should not feel pressured into any option

## Resources

- Kids Help Phone (24hr).....1-800-668-6868  
Support for all youth      kidshelpphone.ca  
Text 68 68 68
- Women's Health Clinic.....204-947-1517  
Health clinic in      womenshealthclinic.org  
Winnipeg that  
offers accurate info and support for  
abortion, adoption, and pregnancy
- Adoption Options.....204-774-0511  
Infor and support      adoptionoptions.mb.ca  
for adoption
- Postpartum Warmline.....204-391-5983  
Postpartum support. Not a 24 hr service.  
Leave a message and they'll call you back
- Teen Clinics - Find one at  
teenclinic.ca
- Villa Rosa.....1-866-643-0733  
Housing      villarosa.mb.ca  
support for new  
or soon to be moms

