

Housing

Washington Information Network 2-1-1

<http://www.crisisclinic.org/>

Looking for community resources? Search their online directory of health and human service programs to find resources like food banks, food pantries, emergency shelters, transportation, health clinics, rent or utilities assistance, legal help, and many more. If you need additional assistance, you can also call 2-1-1 to speak directly with an Information & Referral Specialist.

Vine Maple Place

<http://www.vinemapleplace.org>

425-432-2119

Vine Maple Place is a Christian organization that breaks the generational cycle of homelessness by working with single parents and their children.

Adoption

Catholic Adoption Services of WA

<http://ccsww.org/get-help/child-youth-family-services/adoption-services/adoption-services-birth-parents/>

206-328-5921 or 1-877-865-5944

Provides adoption planning for birth mothers and adoptive placement services throughout Washington State. You do not have to be Catholic to receive services.

Antioch Adoptions

<http://antiochadoptions.org>

425-558-0921 or 1-800-455-5110

12316 134th Ct. NE

Redmond, WA 98052

A non-profit, licensed child placement agency providing no-fee adoption services to Christian families.

Medical

3W Medical Clinic

<http://www.3wmedical.org/>

206-588-0311

4528 8th Ave. NE, Unit 1A, Seattle (U-District)

3W Medical Clinic provides compassionate sexual health services and education necessary to make informed healthcare decisions. 3W believes women deserve healthcare that does not profit from a woman's medical decisions.

Get Your Care

<http://getyourcare.org>

GetYourCare.org is a resource brought to you by the pro-women and pro-life movements of America. Their goal is to give women everywhere in America access to information about the thousands of quality health care options available to women.

RU-486 Abortion Pill Reversal

Abortionpillreversal.com

1-877-558-0333

If you've taken the abortion pill, it may not be too late. Call the number above right away. They can help you!

Resource list provided by St. Stephen's Respect Life Ministry

Additional brochures are downloadable at:

<https://ststephenslife.com/respect-life>

Look under 'Downloadable Documents', and select 'Pregnancy Resource Brochure'

PREGNANCY RESOURCE

**Are you
pregnant
and need help?
Even
considering
abortion?**



Please know you are NOT alone during this difficult time and abortion is NOT your only option.

There are people and organizations ready and waiting to offer you the compassionate help that you need. We know you love your baby and want to help you.

FREE HELP

The enclosed organizations offer free and confidential help:

- Medical help
- Financial help
- Clothing
- Counseling and support
- Adoption
- A place to live

Pregnancy Support Services

Care Net Pregnancy & Family Services of Puget Sound

www.carenetps.org

1-877-NOT-ALONE or 1-877-668-2566

1414 S 324th St #B-105

Federal Way WA 98003

Pregnancy Testing - Ultra Sounds - Option Counseling - Abortion Recovery Counseling - Parenting Classes & Baby Boutique - STD/STI Screening - Sexual Health Education

PREPARES

<http://preparesforlife.org>

206-737-9264

Pregnancy & Parenting Support

Free of charge tools that include: Rapid Response & Referrals for Urgent Needs, Mentors, Support Groups, Adoption Help, Family Planning

CCS Catholic Community Services

<http://ccsww.org/get-help/child-youth-family-services/pregnancy-and-parenting-support/>

206-707-1501 Pregnancy Support

Pregnancy Support provides adoption services, counseling, parenting support, maternity and baby clothing. They also help with referrals for housing, medical and financial assistance. You do not have to be Catholic to receive services.

Pregnancy Aid/Kent

<https://www.pregnancyaidwa.org>

253-852-1201

1209 Central Ave S, Kent, WA 98032

Pregnancy Aid provides immediate assistance for any pregnant woman, pregnancy testing, counseling, food and maternity and baby clothing. They also provide help with financial and medical problems through referral to professionals and the community.

Next Step Pregnancy Services

<https://www.nextstepnw.com>

425-329-4569 or 1-866-892-5125

17602 Hwy 99, Suite 170

Lynnwood, WA 98037

They serve those who face unplanned pregnancies, regardless of race, color, religion or marital status. They are dedicated to serving, with compassion and dignity, the immediate and long term needs of those facing unplanned pregnancies. Their aim is to preserve the dignity of women in this difficult time by providing confidential support, peer counseling, and friendship.

Gabriel Project

1-888-9-AN-ANGEL or 1-888-926-2643

The Gabriel Project provides immediate assistance for any pregnant woman. They offer friendship and emotional support, pastoral care and counseling, transportation, baby items, food, clothing, and financial assistance. They also help their clients find community and professional resources to obtain pregnancy testing, medical care, counseling, education, employment, housing, and adoption counseling.

Post Abortion Healing

Care Net of Puget Sound

Healing Tide Abortion Recovery Program

1-877-NOT-ALONE or 1-877-668-2566

Email: healingtide@carenetps.org

They provide free and confidential counseling for men, women, siblings, grandparents or anyone else that might be hurting emotionally, physically or spiritually due to an abortion.

Project Rachel

<http://www.hopeafterabortion.com>

1-800-888-HOPE or 1-800-822-4673

Rachel's Vineyard offers post-abortion counseling and provides weekend retreats for post-abortion healing.

Silent No More Awareness

<http://www.silentnomoreawareness.org>

425-231-6943

The campaign seeks to expose and heal the secrecy and silence surrounding the emotional and physical pain of abortion.

- Reach out to people hurt after abortion, encouraging them to attend abortion after-care programs.
- Invite those who are ready to break the silence by speaking the truth about abortion's negative consequences and the path to healing.
- Educate the public that abortion is harmful emotionally, physically and spiritually to women, men and families, so that it becomes unacceptable for anyone to recommend abortion as a 'fix' for a problem pregnancy.
- Share our personal testimonies of hurt and healing to help others avoid the pain of abortion.