

CHOICES

If you are facing the overwhelming problems of an unplanned pregnancy, you may have already decided that your only way out is to have an abortion.

Maybe you've received counseling from a facility which does abortions. Abortion providers profit from your abortion; therefore the other options may not have been fully explained. Abortion is not the only way out. YOU HAVE A CHOICE.

Even in the best of circumstances the first months of pregnancy are less than stable. Don't rush a decision you will have to live with the rest of your life. Abortion providers may try to hurry you. After all, they want your business. But they're not the ones who have to live with the results of this decision! TAKE YOUR TIME.

Even if the laminaria has already been inserted, IT IS NOT TOO LATE to reconsider your decision, contrary to what abortionists might tell you. Laminaria can be safely removed at a hospital emergency room, or by the following physicians: Drs. Bair, Zuelke, or Adler, 297-4545 or 228-0246.

Slow down, think, talk with someone who cares. Listed in this pamphlet are people you can talk to, places you can go, to get the help you need. These people really care. They'll be there for you now - and later. YOU'RE NOT ALONE.

You have nothing to lose by talking with them. You can always make another appointment later. Please, let them help you to CHOOSE LIFE.

RESOURCES

BIRTHRIGHT Services, free of charge, include pregnancy testing, help in obtaining medical care, maternity clothes, baby clothes and furniture, housing, jobs, and preparation classes for labor and delivery.

Portland:	1515 N.E. 41st	249-5801
Bend:	841 N.W. Bond #8	382-5505
Eugene:	132 E. Broadway	687-8651
Hillsboro:	527 E. Main	648-6766

Lakeview:	636 S. "H" St.	947-4373
Medford:	125 S. Central	772-5971
Newport:	145 N.W. 10th	265-2404
Salem:	339 Washington S.E.	585-2273
Vancouver:	404 S. Andresen	(206) 694-8156

CRISIS PREGNANCY CENTERS offer free pregnancy testing, housing, clothing, counseling, referrals and help in obtaining medical care.

Portland -
Crisis Pregnancy Center
12709 N.E. Halsey 97230 255-7342

Lovejoy Ministries 254-3702

Beaverton -
Crisis Pregnancy Center of the
Portland Metro Area
4240 S.W. Cedar Hills Blvd. 643-4503

Corvallis -
Corvallis Crisis Pregnancy Center
2130 N.W. Fillmore Ave., Apt. 1-A
Corvallis, OR 97330 757-9645

Milwaukie -
Caring Pregnancy Center
3990 S.E. Roethe Rd., PO Box 68504
Milwaukie, OR 97268 659-3336

Molalla -
Crisis Pregnancy Center
319 N. Molalla Ave., PO Box 129
Molalla, OR 97038 829-COPE

North Bend -
Coos County Crisis Pregnancy Center
750 Central Coos Bay 267-5024
North Bend, OR 97467 267-2156

Ontario -
Intermountain CPC
255 S.W. 4th Ave., PO Box 42
Ontario, OR 97914 889-4272

Salem -
Crisis Pregnancy Center
355 Belmont N.E.
Salem, OR 97301 364-2464

Sandy -
Sandy Family Services
39332 Proctor Blvd., PO Box 106
Sandy, OR 97055 668-9123

St. Helens -
Columbia Crisis Pregnancy Center
125 North 21st St.
St. Helens, OR 97051 397-5469

Sweet Home -
Willamette Crisis Pregnancy Center
1025 Main St., Suite 207, PO Box 5
Sweet Home, OR 97386 367-2447

Umqua -
Douglas County Crisis Pregnancy Center
PO Box 105
Umqua, OR 97486 459-5180

Vancouver, WA -
Crisis Pregnancy Center of Vancouver
214 E. 17th St.
Vancouver, WA 98663 (206) 699-5433

HOMES FOR PREGNANT WOMEN & GIRLS

Portland -
New Life Home (Bible Temple Church)
7600 N.E. Glisan 255-2224 (Tom Taylor)

White Shield Center (for unwed pregnant
teenagers who are wards of the court)
2640 N.W. Alexandra 226-4053

Redmond -
Candle Home
3323 N.W. Maple
Redmond, OR 97756 923-LIFE

Salem -
St. Brigid Group Home 585-7213
(Evenings: 393-1722)

PREGNANCY HOTLINES offer pregnancy tests,
counseling, and referrals.

Corvallis Pregnancy Hotline 757-9645

Eugene Pregnancy Hotline 345-0400

MISCELLANEOUS RESOURCES

LOVING OPTIONS provides counseling on the alternatives of parenting and adoption. Shelter homes are available.

PLAN 472-8452 (Portland: 242-1467)
203 E. 3rd, PO Box 667
McMinnville, OR 97128

WOMEN, INFANTS AND CHILDREN NUTRITION PROGRAM (WIC) supplies vouchers for milk, cheese, cereal and fruit juice during pregnancy; and cereal, juice and formula for baby after birth. For referral to appropriate county, call: 229-5697.