

# YOUR BABY needs you . . .

Did you know that at just 18 days old, your unborn baby's tiny heart begins to beat? Here are some other milestones in your baby's development:

- ♥ **WEEK 5:** Brainwaves can be detected.
- ♥ **WEEK 8:** All your baby's organs are already present.
- ♥ **WEEK 9:** Your baby has fingerprints.
- ♥ **WEEK 10:** Your baby can squint, swallow and wrinkle its forehead.
- ♥ **WEEK 12:** Your baby sleeps and awakens; turns its head; curls its toes; and opens and shuts its mouth.
- ♥ **WEEK 16:** Your baby now can hear your voice and your heartbeat.
- ♥ **WEEK 20:** Your baby now has eyebrows, eyelashes, and fingernails.

Day by day, your baby is growing and developing inside you. As you confront the challenge of this pregnancy, your baby is depending on you for life.

## Choose life for your baby. We'll help.

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## What am I going to do?

How can I be sure I'm really pregnant?

How can I tell my family?

Can I stay in school? Keep my job?

Where can I get good medical care?

What about finances?

Should I marry my boyfriend?

Where can I live until my baby is born?

Can I keep my baby?

## Who will help?

. . . If you are pregnant and your first thought is: *"No, not me! Oh, please — not me!"*

. . . If you are scared, resentful, angry.

. . . If you feel sick and your nerves are like hot wires.

. . . If your whole world is changing and you don't want to face it — *not now, not yet!*

. . . If you want yesterday back again.

Who will listen and really understand how scared and angry you are?

## We will!

Call any of the centers on the cover of  
*this brochure for free, confidential help.*

## Pregnant? Worried?



## We'll Help!



# ABORTION can hurt you . . .

## *. . . both physically:*

- ◆ Perforation of the uterus or cervix
- ◆ Hemorrhaging
- ◆ Infection
- ◆ Retained placenta or fetal parts
- ◆ Breast cancer
- ◆ Disruption of normal menstruation
- ◆ Infertility

## *. . . and emotionally:*

- ◆ Guilt
- ◆ Anxiety
- ◆ Depression and thoughts of suicide
- ◆ Alcohol and drug abuse
- ◆ Eating disorders
- ◆ “Abortion anniversary” syndrome
- ◆ Obsession with becoming pregnant again
- ◆ Difficulty bonding with present or future children
- ◆ Guilty feelings for being alive when your baby is not

**You deserve better  
than abortion.**

# We will help you . . .

## **. . . right now:**

- Give you a free pregnancy test.
- Refer you for a free ultrasound.
- Offer counseling and alternatives to abortion.
- Counsel your parents, boyfriend or husband as needed.
- Introduce you to a doctor for good medical care.
- Help arrange financial assistance.
- Show you how you can continue school or keep your job.
- Provide referrals for housing.
- Inform you about community resources available to you.
- Refer you to legal aid, if needed.

## **. . . and later on:**

- Ongoing personal counseling.
- Fostering healthy relationships.
- Guidance both before and after your baby is born.
- Furnish maternity clothes and baby things.
- Help planning the future for yourself and your baby.
- Help foster self-esteem, self-respect, and respect for others.
- Provide information on adoption.
- Refer you to short-term and long-term foster care for your baby.
- Assist you in other ways, depending on your needs.

**No judgments made. No strings attached.**

*All services strictly confidential.*