



YOU ARE NOT ALONE,
WE CAN HELP.

We know you may be in a difficult situation. There are local centers that can help you and your baby right now and after birth!

- All services Free and Confidential
- Pregnancy Tests, Counseling, Ultrasounds
- Baby Supplies and Maternity Clothes
- Financial and Material Resources for groceries, food, transportation, childcare options, healthcare, and more
- Housing and Safety Help
- Parenting and Adoption Help

See inside for local centers
or find one at:
ADifficultChoice.com

If you've taken the abortion pill, there
may still be time to save your baby!
1-877-558-0333 AbortionPillReversal.com
(More information on Abortion inside)

Support is available after your baby is born!
Visit LouisianaWic.org for information about Louisiana's supplemental nutrition program for pregnant, breastfeeding and postpartum women.

PAUSE. BREATHE.
YOU ARE NOT ALONE.
THERE IS HOPE.

National Sexual Assault Hotline
1 (800) 656-4673 Hotline.Rainn.org/Online

National Domestic Violence Hotline
1 (800) 799-7233 TheHotline.org

National Suicide Prevention Lifeline
1 (800) 273-8255 SuicidePreventionHotline.org

National Human Trafficking Hotline
1 (888) 373-7888 TraffickingResourceCenter.org

**If you are struggling with a past abortion,
there is hope for healing:**

Louisiana Abortion Recovery
504-233-2832 SpeakHope.net

Project Rachel Ministry
1-888-456-HOPE (4673) HopeAfterAbortion.com

ARE
YOU
SURE?

YOU DO HAVE OPTIONS
HELP IS NEARBY



For Immediate 24/7 Help:
1-855-449-4003 ADifficultChoice.com

ABORTION

NO ONE CAN FORCE YOU TO HAVE AN ABORTION:
NOT YOUR PARENTS,
YOUR PARTNER, OR YOUR BOSS.
IF YOU ARE BEING THREATENED OR COERCED,
YOU CAN CALL 911 IMMEDIATELY.

ABORTION CAN HURT YOU

Common side-effects of abortion include hemorrhaging, uterine puncture and tearing, infection from retained tissue, and even the inability to carry another child to term and the possibility of breast cancer.

Following an abortion women can experience depression, intense grief and suicidal thoughts. Likelihood of Post Traumatic Stress Disorder (PTSD), increased substance abuse, and experience difficulty in relationships.

ABORTION HURTS YOUR BABY

MEDICAL ABORTION

Abortion by pill involves chemicals (Mifeprex) that weaken the lining of your uterus and cause the starvation and eventual death of your baby. The pills you will be prescribed include chemicals (Misoprostol) that will cause strong contractions, bleeding, and the expulsion of the baby while you are at home.

THERE IS HOPE

If you've taken the abortion by pill there may still be time to save your baby!
1-877-558-0333 AbortionPillReversal.com

SURGICAL ABORTION

During your aspiration abortion, the baby is torn from the uterus and sucked into a tube, either whole or in pieces. But when the baby's tissues and bones are more developed, the baby is first sliced up with a sharp instrument to aid aspiration. A surgical abortion may require forceps to grasp, twist, tear apart, and remove the baby's body piece by piece.

HEY MOM...

My heart is beating...
for you! Since I was 18 days old!
I'm eating, moving, and growing!
I can't wait to meet you!

At 6-weeks-old, I have fingers and toes!
My eyes are forming so I can see you
one day. I have a tiny nose and mouth.
And I have an active brain!



By the end of 12 weeks together,
all of my organs are formed!
I can squint, swallow,
and suck my thumb.
I have my own fingernails!
I'm even practicing breathing.

Between 12-16 weeks, my eyes
have eyelashes and color,
maybe the same as yours.
I've been hearing your
heartbeat and now I can
hear your voice.
That makes me smile.
Can you feel me kick yet?
If not, just wait a little longer
because I am doing
sommersaults inside you!



Feel Alone? Frightened? Unprepared? That's ok!
Most moms feel this way, and there is support available for you.
Whatever your circumstances, even if you've received a
difficult prognosis for your baby, you can call us!

For Immediate 24/7 Help:
1-855-449-4003 ADifficultChoice.com

The Child Care Assistance Program (CCAP)
provides financial assistance to families while
they are working or in school: LouisianaBelieves.com

ADOPTION

Choosing adoption can benefit you now and in the future if you think you are not prepared to parent. Here's how an adoption plan is a great option for your child:

NOW

- complete your educational goals.
- receive health care coverage during your pregnancy and delivery.
- choose a loving family for your child.

LATER

- observe your child's milestones through pictures, cards, and even visits.
- build a family when you feel prepared emotionally and financially.

Learn more about adoption at
YourOptionHope.com

NORTHERN LOUISIANA LOCAL CENTERS

Care Pregnancy Center
Shreveport 318-861-4600 CarePregnancyHelp.com

Mary's House
Shreveport 318-220-8009 MarysHouseofLa.com

Life Choices of North Central LA
Ruston 318-202-2021 LifeChoicesNCLA.org

Life Choices Pregnancy Resource Center
Monroe 318-323-2200 LifeChoicesofMonroe.com

Seeds Women's Center
Minden 318-639-0907 NWLPC.org

For more local centers across Louisiana:
ADifficultChoice.com

For centers in Texas and Arkansas:
HelpInYourArea.com/texas
HelpInYourArea.com/arkansas