

- **Family Planning Clinic** – Provides birth control information and pregnancy tests.
- **Adoption Agency** – A good choice if you are already leaning strongly towards adoption. If you are considering adoption, you can still talk with them.
- **Health Department or Social Services** – A welfare or social worker can offer a lot of help. He or she can also help you apply for different government programs so that you can parent your child.
- **Independent Living Programs** – Many states have these available for youth up to the age of 21. Here you will have the opportunity to have a place to live, learn new skills, find a job, and finish school. What a great opportunity to discover if parenting is an option for you as you learn to live on your own.
- **Mental Health Center or Family Services Agency** – Counselors can offer a variety of services to people in all kinds of situations.
- **Churches** – Many churches have services in place to help pregnant women.

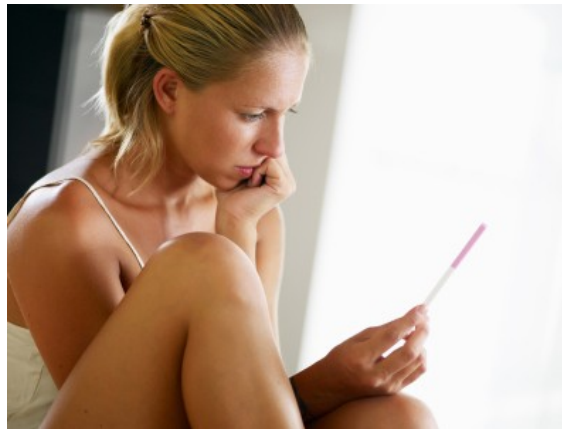
It is important that you make this decision and not feel swayed by an counselor. If at any point you feel that your needs aren't being met and your choice is not being respected, then seek help elsewhere. The agency or counselor should be able to explain how they can help you in any situation, but you choose whether abortion, adoption or parenting is right for you.

Your options

Adoption – is the legal act of permanently placing a child with a parent or parents other than the birth (or “biological”) mother or father. An adoption order has the effect of severing the parental responsibilities and rights of the birth parent(s) and transferring those responsibilities to the adoptive parent(s).

Abortion – is the removal or expulsion of an embryo or fetus from the uterus, resulting in or caused by its death. The spontaneous expulsion of a fetus or embryo before the 20th week is commonly known as a miscarriage. Induced abortion, however, is the expulsion of a fetus or embryo by medical, surgical or other means at any point of the pregnancy for therapeutic or elective reasons.

Parenting – is the process of raising and educating a child from birth until adulthood. Parenting is usually done by the biological



Unexpected Pregnancy



Box 403, 203 Patricia St.
Hudson Bay, SK S0E 0Y0
Phone~ (306) 865-3064
Fax~ (306) 865-3391

hbfamilyandsupport@sasktel.net
www.hbfamilyandsupport.ca

24 Hour Crisis Line
(North East Region)
1-800-611-6349

Unexpected Pregnancy

How do I find out if I'm pregnant?

Take a pregnancy test. There are two kinds:

- **Urine test:** These tests are also called home pregnancy tests. You can buy them at most drug stores, grocery stores and discount stores. Most home pregnancy tests can tell if you're pregnant about the time you're supposed to get your period. The test is typically very accurate if done correctly.
- **Blood test:** This test is done at your doctor's office or at a health clinic. It can tell if you're pregnant about a week before you're supposed to get your period. This test is very accurate.

If you take a home pregnancy test and the test is positive, you should see your doctor to confirm the results. Your doctor will likely do a confirming blood test or urine pregnancy test and a pelvic exam to check the size and shape of your uterus (womb). This will help the doctor determine how far along you are in your pregnancy.

I'm pregnant. What choices do I have?

Deciding what to do about an unexpected pregnancy can be very difficult. There is a lot to think about. You have to make the decision that's right for you. Consider your personal situation and your beliefs.

You have several options:

- You can continue the pregnancy and raise the baby, even if you'll end up being a single parent.
- You can continue the pregnancy and create an adoption plan to allow someone else to raise the child.
- You can terminate the pregnancy.

How soon do I need to make a decision?

If you are thinking about ending the pregnancy, it's best to try and decide as soon as possible. There are fewer risks associated with early abortions.

While making your decision, be sure to take good care of yourself.

- Don't drink alcohol
- Don't smoke
- Don't do drugs
- Eat healthy
- Don't take any medications without talking to your doctor first
- Get plenty of rest
- Exercise

If you are thinking about continuing the pregnancy, you should make an appointment with your doctor.

Signs of Pregnancy

Here are a few signs that many women experience:

- A missed, lighter, or shorter menstrual cycle than usual
- Breast tenderness or enlargement
- Nipple sensitivity
- Frequent urination
- Feeling unusually tired
- Nausea and/or vomiting
- Feeling bloated
- Cramps
- Increased or decreased appetite
- Feeling more emotional than usual

There may be other reasons besides pregnancy that you are experiencing some of the above symptoms.

Where to go for help

Who should you turn to if you are dealing with an unexpected pregnancy? Who can you talk to? Who will help you learn about your options, offer support and not make you feel pushed into making choices you don't agree with?

There are many professionals available to help for little or no cost to you.

- **Crisis Pregnancy Centers**— You can go here to talk to a counselor. The center may also have a maternity center attached where you could live until the baby is born.