



Family Planning Association of Maine
Your statewide voice for family planning

Your Pregnancy Options

You can decide to:

- continue the pregnancy and plan to parent.
- continue the pregnancy and plan for adoption or foster care.
- end the pregnancy by having an abortion.

If you decide to continue the pregnancy... it is important to see a healthcare provider right away for prenatal care. Your family doctor, local hospital, or family planning center can refer you to a doctor or midwife. For help during the pregnancy or with parenting, call the Maine Department of Health and Human Services toll-free at 1-800-452-1926 for information on:

- Healthcare coverage
- Food stamps
- Income assistance
- Visiting nurses
- Adoption
- Foster care
- Child care
- Other resources for parents

If you decide to make a plan for adoption or foster care... an adoption agency can provide help. Call toll-free the Maine Department of Health and Human Services at 1-800-452-1926 or the National Adoption Information Clearinghouse at 1-888-251-0075 for information on a licensed adoption agency near you.

If you decide to have an abortion... we at the Family Planning Association of Maine will provide you with the highest quality abortion care and give you the information and supplies you need to avoid an unplanned pregnancy in the future.

For more information about your options:

- Your local family planning center provides options counseling.
- Your family doctor can be a resource for you.
- “Pregnancy Options Workbook: A Resource for Women Making a Difficult Decision” Available in print and on the web at www.pregnancyoptions.info.
- **Backline** is a toll-free pregnancy options talk-line 1-888-493-0092.

*Only you can decide what is right for you at this time.
Our role is to support you in the decision you make.*

For more information call us at 207-626-3243.