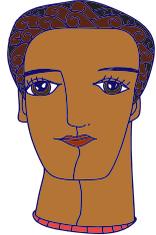


Making an unexpected decision of any kind can be challenging. So can making a decision about a pregnancy.



Depending on their circumstances, each person will react to a positive pregnancy test in their own way.



With every pregnancy, you have choices to make. You may already know what you might choose. Or you may want to learn a little more about all the options available to you before you decide.



Only you can decide what is best for yourself and your situation.

**We can help.**



## Contact us

**Women's Health Clinic (WHC)  
General information & Pregnancy/  
Birth Control Counselling:**

204-947-1517  
1-866-947-1517 (toll-free)

**WHC Abortion Intake:**  
204-477-1887

**WHC Post-Abortion Counselling**  
204-947-2422 ext. 204

**WHC Mothers Program:**  
204-947-2422 ext. 113



women's  
health clinic

For more information and  
decision-making tools, visit:

[www.womenshealthclinic.org](http://www.womenshealthclinic.org)

Think you  
might be...



Whatever you choose,  
**the decision is yours.**

Whatever you decide,  
**we can help.**



women's  
health clinic

## Do you think you might be pregnant?

The sooner you find  
out, the more choices  
you have.

A delay in confirming  
your pregnancy may  
limit your choices.

You can get a free  
pregnancy test from:



**Women's  
Health Clinic\***  
419 Graham Ave.



**community  
health clinic**



**walk in  
clinic**



**nursing  
station**



**your  
doctor**

*\*No appointment necessary*

## About Choice

Not everyone has equal access to the full range of reproductive choices and healthcare services. Barriers like cost, travel, and access to timely services can affect a decision. Please let us know if these are concerns for you.

We can:

- provide information and support for all pregnancy options.
- offer a confidential place to talk openly about the emotions and challenges that come with making a decision.
- help you explore personal values important to you, your goals, resources, and other considerations for decision-making.

Our pro-choice counsellors provide non-judgmental compassionate support, information and referrals for every option: **abortion, adoption, and parenting.**

To learn more please call us at **204-947-1517.**

Please know that **the decision is always yours.**

**We are here to support you,** whatever you choose for yourself.



## Abortion

In Canada, abortion is a safe and legal medical procedure for ending pregnancy. It is part of the range of regular reproductive health care. **You don't need approval from a parent, partner, or doctor to have an abortion.**

There are two types of abortion available in Manitoba:

**Surgical abortion** is a clinical procedure. A trained healthcare provider will insert instruments through the cervix into the vagina to remove the contents of the uterus. In Manitoba, it may be an option for pregnancies up to 19 weeks and 6 days. WHC performs surgical abortions for pregnancies up to 16 weeks.

**Medical abortion** requires taking two different types of medication, mifepristone and misoprostol, to end the pregnancy. The pregnancy will pass through the cervix and out of the vagina. In Manitoba, it may be an option for pregnancies up to 9 weeks.

At Women's Health Clinic, Manitoba Health covers the cost of both types of abortion procedures for people living in Manitoba. At other locations and/or for people living outside Manitoba, insurance or other health plans may cover the cost. Please call us if you have questions or concerns about cost.

### Post abortion support

We also provide free in-person counselling for all Manitobans, no matter where they had the procedure.

**Call us at 204-947-2422 ext. 204**

To make an appointment, or for more information about abortion care, please contact:

**204-477-1887**  
**1-866-947-1517 (toll-free)**

or visit our website  
**[www.womenshealthclinic.org](http://www.womenshealthclinic.org)**

## Adoption

Adoption may be an option if you choose to continue the pregnancy but don't want to parent a child. You can make a plan to place the child for adoption at any time during pregnancy or after giving birth. Regular prenatal care is important for everyone choosing to continue a pregnancy.

To learn more about the different kinds of adoption available in Manitoba, please contact:

Adoption Options  
**[www.adoptionoptions.mb.ca](http://www.adoptionoptions.mb.ca) | 204-774-0511**

## Parenting

You may want to continue the pregnancy and choose to be a parent.

Whether you are considering parenting on your own or with a partner, we can help you find helpful information and resources.

If you choose to continue a pregnancy, you'll need regular prenatal care. You may also want to consider if you want to birth with a doctor or a midwife and where you would like to give birth.

Our Mothers Program offers information and support to help you adjust to the many ways a baby can change your life.

For more information, please call **204-947-2422 ext. 113**  
**[www.womenshealthclinic.org/mothersprogram](http://www.womenshealthclinic.org/mothersprogram)**

The Manitoba government offers an online resource for parents: **[www.manitobaparentzone.ca](http://www.manitobaparentzone.ca)**