

Resources for Women and Men Seeking Help with Pregnancy, Childbirth, Child Care, and After Abortion

[pregnancy and parenting support](#)

[Community Pregnancy Center](#)

4231 Lake Otis Parkway
<https://cpcanchorage.com>
Phone 337-9292

[OptionLine](#)

Call 1-800-712-4357
Text 1-800-712-4357
<https://optionline.org/>

[Food & Formula](#)

Anchorage City Church
344-2141
Catholic St. Francis House
222-7300
FISH 277-0818

[Alaska 211](#)

2-1-1 or 800-478-2221
<https://alaska211.org>

Pregnancy tests, ultrasound pregnancy verification, counseling for men and women, limited STD testing for women, material support, men's support, support after abortion, peer counseling

Peer counseling and accurate information about all pregnancy options; without offering or referring for abortion

Food bank 2nd Sat 9-11am, ID required

Call for info; ID and application required

Formula and regular food M-W-F, opens at 8am

Connect to resources across the state for food, shelter, clothing, utility help, transportation, health care, child care, and more

[Parenting support](#)

Thread 563-1966
Parenting with Providence
212-5886
Nurse Family Partnership
273-5072, 729-2490

Classes for parents of children age 0-8

Nurses and educators offer classes, support groups, in-home nurse visits for new parents and more

Support for new parents during pregnancy and into your child's first two years

[support surrounding abortion](#)

[Abortion Pill Reversal](#)

<https://abortionpillreversal.com>
1-877-558-0333 (24/7 urgent help)

If you've taken the first abortion pill in a chemical abortion and regret it – this is an effective process that gives your unborn child a second chance at life – time is of the essence, so call right away.

[Rachel's Vineyard](#)

<https://rachelsvineyard.org>

[Support After Abortion](#)

<https://supportafterabortion.com>

[Project Rachel National](#)

<https://hopeafterabortion.com>

[Project Rachel Alaska](#)

<https://projectrachelalaska.com>
projectrachelalaska@gmail.com
297-7781

All of these groups offer emotional and spiritual support for women and men who have experienced an abortion. Explore healing confidentially and at your own pace.

[Abortion Survivors Network](#)

<https://abortionsurvivors.org/>
1-816-737-8685

Support, connection, and healing for anyone who survived an attempted abortion.

[And Then There Were None](#)

<https://abortionworker.com/>
888-570-5501

Help for people in the abortion industry who want to leave their jobs and rediscover the peace and joy they've been missing. (Call/text)