

*Pregnant and need help or someone to talk to ?  
You are not alone - Let us help you.*

**ABBA - A Woman's Resource Center 1250 Forest Ave Portland**  
207-535-5555 or 800-712-HELP(4357) or text 207-200-5746

**Catholic Charities Maine - Birthline 307 Congress St. Portland**  
1-800-781-8550

**Alpha PRC 6B Washington St. Suite 100 Sanford**  
(207) 324-5752

**Regret taking the Abortion Pill? (RU-486)**  
**Call 1-877-558-0333**

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