

Are you or someone you know experiencing an unexpected pregnancy? You are not alone. We can help.

We understand that an unexpected pregnancy may cause anxiety, uncertainty, and fear. There are safe, supportive organizations ready to guide women and couples in making a life-affirming choice.

Free resources and confidential services include:

- Trained advocates to listen and explore options
- Pregnancy testing, ultrasound confirmation, medical exams, and prenatal care
- Help with access to health insurance and government assistance
- Baby items such as diapers, formula, and clothing
- Assistance with finishing school and job training
- Education on Natural Family Planning
- Support groups and parenting classes
- Information about open adoption arrangements
- A safe place to live

Call today!

See Pregnancy Resource Centers on reverse side



By referring a woman in need to the Association for Life, you protect the unborn, support women, and uplift a life-affirming choice.

Life-Affirming Organizations

29: Eleven Maternity Home, San Diego
619-432-7773
29eleven.org

Adoption Center of San Diego
858-535-3033 | Hotline: 619-244-5224
sdadopt.org

Baskets of Love: gift baskets to expectant mothers
858-204-6885

Deeper Still: after abortion healing, Fallbrook
760-297-6745
deeperstillfallbrook.org

Esperanza de Raquel: abortion and miscarriage healing in Spanish, San Diego and Imperial Valley
858-952-2394

Lamb of God Maternity Home, Escondido
760-294-7969 | Hotline: 760-715-6463
agnusdeifoundation.org

Office for Life, Peace & Justice Diocese of San Diego
858-490-8324
sdcatholic.org/office-for/life-peace-and-justice/

Rachel's Hope: after abortion healing, San Diego
858-581-3022 | rachelshope.org

San Diego Walk for Life
858-490-8221 | sandiegowalkforlife.org

Silent No More: speak the truth about abortion
530-412-1573
silentnomoreawareness.org

Pregnancy Resource Centers and Clinics

- 1 **Chula Vista, Silent Voices**
619-422-0757 | silentvoices.org
- 2 **Clairemont, Birthline**
858-270-2491 | birthlineofsandiego.org
- 3 **East County Pregnancy Care Clinic**
619-442-4357 | unplannedparenthood.org
- 4 **El Centro, Birth Choice of Imperial Valley**
760-352-2881 | Hotline 800-395-HELP
- 5 **Escondido, Alternatives Medical Clinic**
760-741-9796 | amc-ca.com
- 6 **Escondido, Culture of Life Family Services**
760-741-1224 | Hotline 877-558-0333
colfs.org | abortionpillreversal.com
- 7 **Fallbrook, Hope Clinic for Women**
760-728-4105 | Hotline 800-712-4357
hopefallbrook.com
- 8 **Kearny Mesa, CAPS Pregnancy Clinics**
619-337-8080 | capspregnancyclinics.org
- 9 **Pacific Beach, CAPS Pregnancy Clinics**
619-337-8080 | capspregnancyclinics.org
- 10 **Poway, Life Choices**
858-486-1738 | sdlifechoices.org
- 11 **Ramona, Pregnancy Care Clinic**
760-789-7059 | Hotline 800-395-HELP
ramonapregnancy.org
- 12 **San Diego, Culture of Life Family Services**
619-692-4401 | Hotline 877-558-0333
colfs.org | abortionpillreversal.com
- 13 **San Diego, Downtown, CAPS Pregnancy Clinics**
619-337-8080 | capspregnancyclinics.org
- 14 **San Diego, Pregnancy Care Clinic**
619-326-8595 | unplannedparenthood.org
- 15 **SDSU, CAPS Pregnancy Clinics**
619-337-8080 | capspregnancyclinics.org
- 16 **San Marcos, Birth Choice**
760-744-1313 | Hotline 800-712-4357
birthchoice.net
- 17 **Sorrento Valley, Turning Point Pregnancy Center**
858-397-1970 | mmpregnancy.com
- 18 **Vista, Pathway Health Clinic**
760-208-8811 | 24 hour text only line
760-945-4673 | pathway-healthclinic.com

Abortion pill reversal 24/7 rescue line 877-558-0333

NOTE: For Pregnancy Resource Centers and Clinics' office hours and locations, contact them directly or visit: sdcatholic.org/office-for-life-peace-and-justice/culture-of-life/

