Call 800-712-4357 Option Line Please explore all choices before you choose abortion.

You have time, you don't have to do this today! Talk story with a counselor! You have options!

## CARE RESOURCES

FREE pregnancy test, ultrasound, counseling, pregnancy support.

## Pearson Place

(808) 942-0328 / Honolulu
www.pearsonplace.org
*A Place for Women in Waipio (808) 678-3991
*Oahu Preg Center RV Mobile Clinic Thursdays, Kroc Center, Kapolei Fridays, One Love Kakaako, Honolulu (808) 688-3760
www.OahuPregnancyCenter.com

## Aloha Pregnancy Center

 (808) 234-7233 / Kaneohewww.alohapregnancy.com

## Harvest Family Life Hawaii

Hanai/Foster/Adoption Care \& Support
Kokua Closet - FREE store for
keiki/ohana (Hawaii/Oahu)
(808) 694-0000 HFLHI.ORG

## Embrace Grace

Men and women with unplanned pregnancies find a place of belonging.

Embracegrace.com
Have Insurance? Need an Ob/Gyn?
Try these private physicians:
Ko'olau Women's Healthcare
Honolulu \& Kailua
808-888-3449
Dr. Richard Oh, Ewa, 808-677-7793
Dr. R. Rojales, Honolulu 808-842-9113
Dr. Emma Avilla, Honolulu or Ewa, 808-842-1585
Dr. Angel Willey, Kaiser, 808-432-2000

Abortion Pill Reversal Hotline 1-877-558-0333 24/7 HELPLINE
www.abortionpillreversal.com
Human Dignity:
HopeafterRapeConception.org
Victims of Human Trafficking Polaris
www.polarisproject.org
888-373-7888
Prenatal Diagnosis, Fetal Anomaly:

## Be Not Afraid

Free case management support to help understand the diagnosis you have been given, provide you with information of the option of carrying to term. Support through pregnancy
delivery \& whatever follows.
www.benotafraid.net
Support for Special Kids:
Down Syndrome 'Ohana of Hawaii
www.dsohawaii.com
(808) 366-6706

Support for Severe Morning Sickness:
Connect with a volunteer network of compassionate and knowledgeable HG survivors. Find a doctor to support you. www.hyperemesis.org

Financial Assistance to pay bills?
Call or text 888-550-1588
www.Loveline.com
Open to Adoption:
(working thru a pregnancy center an option) www. afamilytree.org

808-589-2367
For info on 40 Days for Life, Honolulu, contact James, 808-302-5968.

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## Heal P

## POST-ABORTION HEALING

Alt. Birth Control Resource:

## Billings Ovulation Method

Natural fertility management tracking ovulation.
www.billings.life
Teresa, RN, 808-224-2765

## Fertility Planning, Guiding Star

 Women can take control of their own fertility when they're empowered \& guided by trained Fertility Awareness Based Methods (FABM).guidingstarproject.com

## Learn about birth control choices:

The Guttmacher Institute reports $\mathbf{5 1 \%}$ of U.S. abortion patients report using contraception
the month they got pregnant.
https://studentsforlife.org/learn/contraception/
REPORT AN ABORTION CLINIC
VIOLATION:
Experienced a perforation or excessive
bleeding after your abortion?
Concerned with health standards, parental notification or informed consent laws not followed? Questioning abortion provider credentials?
Please report violations you have personally experienced or witnessed in an abortion facility:
Center for Client Safety
https://reprotection.org/report-a-violation/
Home/Housing
Support for Pregnant Moms: Mary Jane Home (all islands):
https://www.catholiccharitieshawaii.org/mary-jane-homel 808-261-9776

On-island Post-Abortive Help:
Catholic \& Interdenominational retreats for men and women.
Emotional \& spiritual healing postabortion.
(808) 349-5071
rvinhawaii@gmail.com
rachelsvineyard.org

## A Place for Women in Waipio

 Emotional support after abortion. Individual, groups; men \& women.(808) 678-3991

AbortionRecoveryHonolulu.com/free-

## services

Freeing the abortion-wounded heart GoDeeperStill.org
deeperstillhawaii@gmail.com Healing weekend retreats.

International Helpline/Military \& Veterans, Abortion Recovery:

InternationalHelpline.org
24/7 confidential helpline for women, men \& families + recovery weekends.
1-866-482-LIFE
SupportAfterAbortion.com Military + veterans. Hotline, online
virtual support groups.
1-844-289-HOPE
Help to leave a job in the abortion industry:
Financial assistance, legal
representation, employment opportunities, emotional healing. Text or call 888-570-5501 AbortionWorker.com


Heal *

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