

Options Counseling Resources Page

Options Counseling

- <http://www.pregnancyoptions.info/pregnant.htm>
- <http://www.openadopt.org/>

Abortion

- [Planned Parenthood](#). The nation's leading sexual and reproductive health care provider and advocate.
- [Guttmacher Institute](#). Sexual and reproductive health research, policy analysis and public education.
- [Ibis Reproductive Health](#). Information resources for sexual and reproductive rights and health.
- [Advancing New Standards in Reproductive Health \(ANSIRH\)](#). Reproductive health care and policy.
- [Pregnancy Options Info](#). Guides and workbooks that provide information on pregnancy options.
- [Backline](#). Free confidential talk line for women to discuss their feelings about pregnancy options without judgment.

Parenting

- [211info](#). Comprehensive list of resources.
- [US Government Parenting Resources](#). An index of links and information on parenting compiled by the US Government. Includes WIC, food stamps, TANF, breastfeeding, Healthy Birth Initiative, Healthy Start, Head Start, childcare credit.
- [Zero to Three](#). Informs, trains and supports professionals, policymakers and parents in their efforts to improve the lives of infants and toddlers.
- [Healthy Families America](#). Strives to provide all expectant and new parents with the opportunity to receive the education and support they need at the time their baby is born.
- [Parenting Now](#). Parenting groups, support, advice and networking.
- [Insights Teen Parenting Program](#). Provides positive options for young parents.
- [Oregon Parenting Education Directory](#). Programs listed by county compiled by Oregon State University.
- [Parent Helpline](#). Emotional support from trained advocates to become an empowered and stronger parent.
- [The Push Back](#). Pushing back against ignorance, bitterness and prejudice to show what young parenthood really looks like.
- [Squires](#). Group for teen fathers.
- [Children's Relief Nursery](#). Parent-Infant attachment group for 0-12 months and 12-18 months.

Adoption

- [Open Adoption and Family Services](#). Providing women and couples with a safe, non-judgmental place to explore all their pregnancy options. For those who choose to plan an adoption, they are supported and empowered as they build an open adoption relationship with their child's adoptive family.
- [Birth Mom Buds](#). Peer counseling, support, encouragement and friendship for pregnant women considering adoption or who have already placed children.