



OPEN ADOPTION & FAMILY SERVICES

AN EMOTIONALLY SAFE PLACE TO TALK ABOUT ALL PREGNANCY OPTIONS.

We're here to empower you with the info you need to make the choice that feels best to you.

We support you no matter what decision you make, and will treat you with dignity and respect as you consider each of your choices:

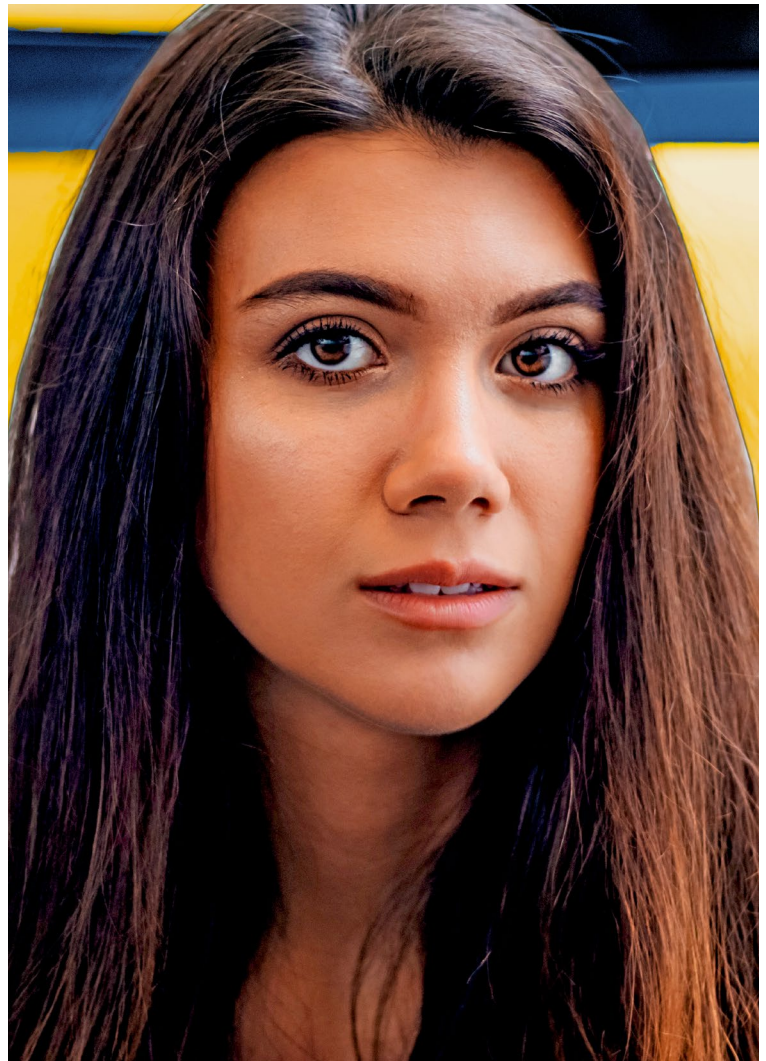
- Parenting
- Abortion
- Adoption

**You have choices. Call us to
get started at 1-800-772-1115.**

Our counselors can talk with you any time, 24/7.
We can meet via phone, in-person or video call.
If you live in the Northwest and want to get together we have offices in Portland, Eugene and Seattle. Or a counselor can come to you!

We help pregnant women and couples anywhere in U.S. And we set up translation services for non-English speakers.

SEE BACK FOR RESOURCES



You'll explore questions like ...

- How would each choice affect my everyday life?
- How do each of the choices fit with my values and beliefs?
- What would each choice mean to the people closest to me?
- Who can I count on to support me through this process?
- What are my plans for the future?





**EXPLORING YOUR
PREGNANCY
OPTIONS? WE WILL
SUPPORT AND
EMPOWER YOU.**



**Info and resources
are enclosed
and online at
openadopt.org.**

Inside you'll find ...

A packet customized for you that includes what to expect during pregnancy options counseling, an overview of our open adoption process, how to compare adoption services, [open adoption testimonials](#), [facts about same sex families](#) and [profiles of prospective adoptive families](#).

Go to openadopt.org to ...

Watch [videos](#) about our program and processes, read stories and see [photo albums](#) of families living in open adoption, [hear from open adoptees](#) about their experiences and [connect with a counselor](#).

**These great organizations
can help you too.**

Planned Parenthood.
Reproductive health care, abortion
services. plannedparenthood.org

US Food and Nutrition Service.
WIC, food stamps and other programs.
fns.usda.gov

Healthy Families America.
Parenting education and support.
healthyfamiliesamerica.org

Birthmom Buds.
Birthmom support for those choosing
adoption. birthmombuds.com



**OPEN ADOPTION & FAMILY SERVICES
1-800-772-1115 OPENADOPT.ORG**

TEXT "OPEN" TO 971-266-0924 (M-F 9A-5P PST). PARA ESPAÑOL 1-800-985-6763.