



EXPLORE ALL OF YOUR PREGNANCY OPTIONS.

- PARENTING
- ABORTION
- ADOPTION

At Open Adoption & Family Services (OA&FS), we support pregnant women and couples in making decisions about their pregnancy options in an atmosphere of dignity and respect:

Here you can make the decision that feels best to you – one that reflects your beliefs and values. We'll empower you with the information you need to make your choice.

How does counseling help?

During pregnancy options counseling, an OA&FS counselor will listen and provide support as you consider your options of parenting, abortion or adoption. We provide you with a compassionate, non-judgmental space to talk about your thoughts and feelings. Here you'll find the understanding and support you're seeking.

What makes us different from most adoption agencies?

OA&FS is a pro-choice agency that welcomes diversity. Our fully open adoptions include ongoing visits and lifelong services. We're non-profit and not religiously affiliated. We support and empower you no matter what decision you make.



How do I get started?

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. All services are provided to expectant parents free of charge.

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

Are you pregnant or parenting? Speak with a counselor now.



Call 1-800-772-1115



Text "open" to 971-266-0924



Online Contact Form: openadopt.org



Para Español 1-800-985-6763



“My counselor went above and beyond and really made me feel even better about my decision. She was there when it mattered most.”
– OA&FS Expectant Parent

Information and resources for expectant parents.

- [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](#)
- [Profiles of prospective adoptive families.](#)
- [And other info customized for you.](#)
- [Connect with a counselor.](#)

Our program and processes.

- 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.

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
- ✓ **Oregon MothersCare**
Supporting healthy pregnancies. tinyurl.com/uagarhw



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