



# PREGNANT? YOU HAVE CHOICES. EXPLORE YOUR OPTIONS.

An OA&FS counselor will provide support as you consider your choices: parenting, abortion or adoption.

### How does options counseling help?

During pregnancy options counseling, an OA&FS counselor will listen and offer unbiased support as you consider all your options. We'll provide you with information that empowers you to make the choice that feels best to you. Our options counseling services are free.

**Talk With a Counselor**  
Text 503-300-6130 or Call 1-800-772-1115



### Embarazada? Tienes opciones.

- La crianza • El aborto • La adopción

Asesoría gratis y confidencial sobre todas sus opciones.

Llámanos para hablar con una consejera.

[openadopt.org](http://openadopt.org) 1-800-772-1115

### If you're facing an unintended pregnancy, we believe that you're entitled to ...

- Be treated with respect, compassion and acceptance.
- Freely explore your options without pressure or judgment.
- Access unbiased pregnancy options counseling from qualified counselors.
- Have access to info about all of your pregnancy options.

**Whatever you decide, your choice is honored.**

### Birth families matter.

For those who choose adoption, our services are also available to your family members. In our open adoptions, everyone can be a part of your child's life.



**We welcome and encourage birth family involvement.**

### If adoption is your choice ...

- You choose adoptive parents from a large pool of families who value birth family involvement.
- In our child-centered open adoptions, you and the adoptive parents create a legally enforceable contact agreement.
- We provide ongoing counseling and relationship support free of charge.



Text or call us to talk with a counselor.




## OPEN ADOPTION & FAMILY SERVICES

Counselors available 7 am-9 pm PST seven days a week.  
Text 503-300-6130 or Call 1-800-772-1115  
Connect with us Online at [openadopt.org](http://openadopt.org)



**"It's really great to have an agency that supports you in any option with no judgment."**

*-Expectant Parent*