

Abortion is **not** your only choice. We get it. This is hard. But you don't have to decide anything today. **It is risky to make a final, life-changing decision without all the facts and alternatives.** Don't give into the pressure from those who want to make money off your body.

Just breathe. There is time to consider. We can help you without cost or coercion. Let's just talk about what your hopes and goals are and how we can help you get there. We can connect you with resources and provide someone to walk with you during this challenging time.

FREE & CONFIDENTIAL

- Pregnancy testing
- Ultrasound
- Medical support
- Counseling

Remember, you do not have to decide today.

Let's just talk first. While you wait, why not check out these resources to help you meet your goals: **HERPLAN.ORG**

ABORTION PILL REVERSAL

Did you just take the abortion pill? **Maybe you are having second thoughts.** If you have taken the first dose of the abortion pill (**Mifepristone, Mifeprex or RU-486**) and you feel uneasy about your decision and want to change your mind, we can help you! **It may not be too late.**

There is an effective process called **ABORTION PILL REVERSAL (APR)** that can reverse the effects of chemical abortion and allow you to bring your baby to term. Initial studies show that APR has a 64-68% success rate.

Many women change their minds about their chemical abortion. **IT MAY NOT BE TOO LATE. Contact one of our medical professionals who can guide you towards reversing the effects of the abortion pill.** We will help you every step of the way.

**CALL OUR 24/7 HELPLINE:
(877) 558-0333**

POST-ABORTION HELP

(Project Rachel)

If you, or someone you know, are struggling after abortion, please call **(703) 841-2504**. All inquiries are confidential. For more information, please go to: **www.helpafterabortion.org**.

Men hurt too. For men struggling after abortion, please call **(703) 841-3833**.

WE ARE HERE TO HELP YOU.

We are not here to judge you. Everyone goes through difficult times. We want to be here for **you**.



Help is a click or phone call away!

OPTIONLINE.ORG
1-800-712-HELP

There are people willing to help you **reach your goals** while they support you through your pregnancy.

We can help you reach your dreams while you **get ready to parent**. Why not talk to us to see how we can help?

You have nothing to lose except your problems. **All conversations are confidential.**



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OPTIONLINE.ORG

1-800-712-HELP

So Many Choices!
Here is a sample of resources available now:

Comprehensive Resource List:

HerPlan.org

24/7 National helpline: 1-800-712-HELP(4357)
free counsel and referrals

Local Pregnancy Helpline in English and Spanish 703-841-3810
M-F 8:30 am - 4:30 pm
www.helpforpregnantwomen.org
Free financial support, mentors, materials & more

Fairfax: Free Ultrasound: Call 703-537-0410
or text PregnantSee to 703-209-2544
Appointment only.

Pregnancy Centers by Location

Alexandria, VA
Nova Pregnancy Help Center
703-780-4700
8800-E Pear Tree Village Ct.
www.novapregnancy.org
Free ultrasounds available

MaRiH Center
703-370-4774
3230-B Duke St.
www.marih.org

Annandale, VA
Metro Women's Care
703-354-7272
5101-D Backlick Rd.
www.metrowomensva.com
Free Ultrasounds available

Falls Church, VA
A Woman's Choice
703-538-4305
6201 Leesburg Pike, Suite
220 (west entrance)
www.awomanschoicecenter.com

Options Care Center
7297 L Lee Highway, Falls Church, VA 22042
voice 703-536-2020
text: 702-670-0470
email: optionsdmv@gmail.com
website: optionsdmv.org

DID YOU KNOW?

ONE WEEK after you miss your first period, your baby's developing heart starts to beat.

TWO WEEKS after your missed period, your baby's body systems are present and developing, including the blood circulatory system, the digestive track, nervous system, reproductive system, urinary tract and kidneys.

By the time you miss your **SECOND PERIOD**, your baby's brain is divided into 3 parts—one to experience emotion and understand language, one for hearing and one for seeing.

By the time you miss your **THIRD PERIOD**, your baby is well-proportioned, and about the size of your thumb. Every organ is present. The liver is making blood, the kidneys function, the heart beats steadily.

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