

# RESPECT LIFE RESOURCES

The Respect Life Committee's mission is to develop a culture of life in our parish and community consistent with the teachings of the Catholic Church. We evangelize respect for life at all stages from conception to natural death through prayer, service, and education.

Our goal is to increase awareness in an inclusive, non-judgmental way that promotes healing and changing of hearts.

## ADVOCATE

### PRECIOUS CHILDREN OF PORTLAND.

We have helped over 120 women in the Portland area in difficult situations. They were able to keep their babies and make a life plan that allowed them to accomplish everything in their lives that they had hoped for and more! That is our promise to you. No problem is too big or small. Think of us as your advocate. Email [ruesinktherese55@gmail.com](mailto:ruesinktherese55@gmail.com)

## PREGNANCY CENTERS

### PREGNANCY RESOURCE CENTERS.

Unplanned pregnancy counseling, ultrasounds and referrals. Locations: **SE Portland**, 5117 SE Powell Blvd. #3 503-777-7097; **Gresham**, 104 NW 11th Ave. 503 666-6527; **Beaverton** 4975 SW Watson 503-643-4503. [www.prcofportland.com](http://www.prcofportland.com)

### THE MADONNA'S CENTER FOR LIFE

Outreach program giving pre-and post-natal support for women with unplanned pregnancies. 13800 SE Webster Rd., Milwaukie, OR 97267; 503 653-1595, email [info@madonnascenter.org](mailto:info@madonnascenter.org)

### MOTHER and CHILD EDUCATION CENTER

Connecting, educating and supporting parents during pregnancy and early Infancy. Free. & Confidential. Open every second Saturday for free maternity and baby supplies. 1515 NE 41st, Portland. 503-249-5801 [www.momchildpdx.org](http://www.momchildpdx.org)

### OBRIA MEDICAL CLINIC

Safe, confidential pregnancy tests, ultrasounds, STD testing & more. Monday-Thursday, 9:00 AM to 4:00 PM; 333 Warner Milne Rd., Oregon City; 503 908-0817, [www.obria.org](http://www.obria.org)

### OPTION LINE.ORG

24-hour Pregnancy Help Hotline at 1-800 712 HELP (4357) or text 'HELPLINE' to 313131. [www.optionline.org](http://www.optionline.org)

### STANDUPGIRL.COM

Pregnant, scared, overwhelmed? This is the pregnancy support network you so desperately need at this time in your life. [www.standupgirl.com](http://www.standupgirl.com)

## HEALTH CARE

### HOLY FAMILY CLINIC

Comprehensive, compassionate, life affirming health care for all ages, family medicine, pediatrics, women's health, natural family planning and abortion pill reversal, 21810 Willamette Drive, West Linn 97068; 503-994-4353, [www.holyfamilyclinic.com](http://www.holyfamilyclinic.com)

### PROVIDENCE WOMEN'S CLINICS

SW, NE & SE Portland Provide maternity, wellness, OB/GYN, & surgery, Financial aid is available. St Vincent 9135 SW Barnes Rd. Suite 761, 503 216-2602; East Portland 545 NE 47th Portland, 503 215-6262. See website for more locations: [www.oregon.providence.org/our-services/p/providence-womens-clinic](http://www.oregon.providence.org/our-services/p/providence-womens-clinic)

### PROVIDENCE BEGINNINGS

Maternity care from prenatal through 8 weeks after delivery. Specialized care to help you have the healthiest pregnancy possible. 447 NE 47th St. Suite 200, Portland; 503 215-9160, [www.oregon.providence.org/location-directory/p/providence-beginnings](http://www.oregon.providence.org/location-directory/p/providence-beginnings)

### PROJECT NURTURE FROM HEALTHSHARE OF OREGON

Provides prenatal care, inpatient maternity care, and postpartum care for women who struggle with addictions as well as pediatric care for their infants. [www.healthshareoregon.org/health-equity/project-nurture](http://www.healthshareoregon.org/health-equity/project-nurture)

### MEGAN KREFT, PA-C

Focus is adolescent and adult patients for primary care/urgent care services. She provides NaProTECHNOLOGY care for women facing a variety of women's health issues. Additionally, she works with women and couples providing natural family planning instruction in the Creighton Model System. Call 314 888-5233 ext 1062. [www.mycatholicdoctor.com/resources/doctors/megan-kreft-pa-c](http://www.mycatholicdoctor.com/resources/doctors/megan-kreft-pa-c)

## MATERINITY HOMES

### ROAD-2-HOPE MATERNITY HOME

Road-2-Hope hopes to meet the needs of pregnant young women and their children by providing a safe nurturing community. Helps prepare for the birth and plan for parenting or adoption. Women ages 18-1 year after birth. 503-6484227. [www.road2hopepdx.org](http://www.road2hopepdx.org)

### SAVING GRACE MATERNITY HOME

Healthy, loving home experience for single, pregnant teens up to 21 years old. Call Cindy at 503-407-7217. [www.savinggracematernityhome.org/contact](http://www.savinggracematernityhome.org/contact)

## BIRTH CONTROL/ FAMILY PLANNING

Natural Family Planning (NFP) is the a safe natural name for a collection of methods which use the natural, biological signs of a woman's menstrual cycle to predict fertility. With that knowledge, husbands and wives can adjust their intimacy to increase their chances of conceiving a child or – for grave reasons – to postpone or avoid pregnancy. [www.pastoralministry.archdpdx.org/natural-family-planning](http://www.pastoralministry.archdpdx.org/natural-family-planning)

## **Holy Family Clinic**

503 913 4353, [www.holyfamilyclinic.com](http://www.holyfamilyclinic.com). Creighton Method

## **Megan Kreft PA-C**

314 888-5233 ext 1062, [www.mycatholicdoctor.com/resources/doctors/megan-kreft-pa-c](http://www.mycatholicdoctor.com/resources/doctors/megan-kreft-pa-c). Creighton Method

## **Northwest Family Services**

Sympto-Thermal Method of Fertility Education [www.nwfs.org/natural-family-planning.html](http://www.nwfs.org/natural-family-planning.html)

## **ADOPTION**

### **CHOICE ADOPTIONS**

Helps courageous pregnant women make an informed, confident choice. There is sharing by adoptive families, birth mothers, and children of adoption. It is both professional and confidential. Adoption is worth considering. 12901 SE 97th Ave. Suite 150, Clackamas, OR 97015, 541 801-0930 or Tara O'Flynn at 502 232-1211. [www.choiceadoptions.org](http://www.choiceadoptions.org)

## **ABORTION PILL REVERSAL**

Regret taking the abortion pill, RU486? Talk to a medical professional who can guide toward reversing the effects. Call 24/7 877-558-0333. [www.reverseabortionpill.com](http://www.reverseabortionpill.com)

### **Holy Family Clinic**

21810 Willamette Drive, West Linn 97068 503-994-4353. [www.holyfamilyclinic.com/](http://www.holyfamilyclinic.com/)

### **Megan Kreft, PA-C**

314 888-5233 ext 1062. [www.mycatholicdoctor.com/resources/doctors/megan-kreft-pa-c](http://www.mycatholicdoctor.com/resources/doctors/megan-kreft-pa-c)

## **MISCARRIAGE, STILL BIRTH, DEATH OF A CHILD**

### **M.E.N.D.**

Provides support, resources and groups for families who have lost children through miscarriage, stillbirth and early infant death. They break down the barriers associated with the isolation and sadness of pregnancy and infant loss and strive to turn your children's lives into legacies 972-506-5000, [www.mend.org](http://www.mend.org)

## **POOR PRENATAL DIAGNOSIS**

### **ISAIAH'S PROMISE**

Support for families carrying to term after a severe or fatal prenatal diagnosis. For over twenty years, they have helped families find some hope, recover their joy and discover opportunities to celebrate and honor their baby's life. They support you as you take this journey. You are not alone. [info@isaiahspromise.net](mailto:info@isaiahspromise.net); [www.isaiahspromise.net](http://www.isaiahspromise.net)

## VIOLENCE AGAINST WOMEN

### National Human Trafficking Hotline

If you or someone you know is a victim of human trafficking call 888 373-7888, 24 hours a day, 7 days a week, every day of the year in more than 200 languages. Email, [help@humantrafficking.org](mailto:help@humantrafficking.org), text HELP to 233733. 1-888 373-7888, [www.humantraffickinghotline.org](http://www.humantraffickinghotline.org)

### Our Mother's House/Global Health Promise

In Portland -mission is to improve the maternal health of mothers who are trafficked or in sex work and the health of their children 503-913-1336. Email [bwillis@globalhealthpromise.org](mailto:bwillis@globalhealthpromise.org). [www.globalhealthpromise.org/contact](http://www.globalhealthpromise.org/contact)

### The Justice Foundation — Center Against Forced Abortion (CAFA)

Forcing or coercing a mother into an abortion is illegal. To get help and protection in this situation, call 210 614-7157 email [info@txjf.org](mailto:info@txjf.org). [www.thejusticefoundation.org/cafa/](http://www.thejusticefoundation.org/cafa/)

### National Sexual Assault Hotline

1-800-656-4673. Live chat available online at [www.centers.rainn.org](http://www.centers.rainn.org). In Multnomah County Call to Safety 503-232-9751. [www.centers.rainn.org/details.cfm/rape-crisis-center-details/Call-to-Safety-Portland-OR\\_100118](http://www.centers.rainn.org/details.cfm/rape-crisis-center-details/Call-to-Safety-Portland-OR_100118)

### National Domestic Violence Hotline

1-888799-7233. Live chat available online. text 'START' to 88788. [www.thehotline.org](http://www.thehotline.org)

## POST ABORTIVE COMPASSIONATE HEALING AND SUPPORT

### Project Rachel

Offers help for all who have been affected or involved in abortion; including emotional, psychological and spiritual support, always private and confidential. National call 1-888-456-HOPE (4673). Weekend retreats, Portland/Eugene. Email [projectaurora@aol.com](mailto:projectaurora@aol.com), call 541 942 2861, [www.project-aurora.org](http://www.project-aurora.org)

