



Support Services - Pregnancy and Beyond

THE MADONNA'S CENTER FOR LIFE

This is an outreach organization helping unsupported parents of any age who cannot afford basic necessities to care for their babies and young children. Call 503 653-1595.

<https://madonnascenterforlife.org/>

MOTHER and CHILD EDUCATION CENTER

They connect, educate and support parents during pregnancy and early infancy. Free & confidential. Open every second Saturday for maternity and baby supplies or by appointment. 1515 NE 41st, Portland. Call 503-249-5801

<https://momchildpdx.org/>

PREGNANCY RESOURCE CENTERS

They provide help for unplanned pregnancy, STD testing, peer counseling, ultrasounds and referrals. Locations: SE Portland -5117 SE Powell Blvd. #3 503-777-7097, Gresham -104 NW 11th. 503 666-6527, Beaverton - 4975 SW Watson 503-643-4503. <https://prcofportland.com/>

PROVIDENCE BEGINNINGS

Maternity care from prenatal through 8 weeks after delivery. Specialized care to have the healthiest pregnancy possible. Located at 447 NE 47th St. Suite 200, Portland 503 215-9160.

<https://oregon.providence.org/location-directory/p/providence-beginnings/>

Hotlines

OPTION LINE.ORG

24-hour Pregnancy Help Hotline 1-800 712 HELP (4357) or text 'HELPLINE' to 313131

<https://optionline.org/>

STANDUPGIRL.COM

Pregnant, scared, overwhelmed? This is the pregnancy support network you so desperately need at this time in your life.

<https://standupgirl.com/>

Maternity Homes

ROAD-2-HOPE MATERNITY HOME

They hope to meet the needs of pregnant young women and their children by providing a safe, nurturing, community. They help to prepare for the birth and plan for parenting or adoption for women aged 18 and up till - 1 year after birth. Call 503-6484227 <https://road2hopepdx.org/>

SAVING GRACE MATERNITY HOME

They provide a healthy, loving home experience for single, pregnant teens up to 21 years old. Call Cindy at 503-407-7217.

<http://savinggracematernityhome.org/contact>

Healthcare

HOLY FAMILY CATHOLIC CLINIC

This is comprehensive, compassionate, life-affirming health care for all ages. includes family medicine, pediatrics, women's health, natural family planning and abortion pill reversal. 21810 Willamette Drive, West Linn 97068 503-994-4353

<https://holyfamilyclinic.com/>

PROVIDENCE WOMEN'S CLINICS

They provide maternity, wellness, OB/GYN, & surgery. Financial aid is available, located in SW, NE & SE Portland.

St Vincent 9135 SW Barnes Rd. Suite 761 503 216-2602,

East Portland 545 NE 47th Portland 503 215-6262,

<https://oregon.providence.org/our-services/p/providence-womens-clinic/>

(see website for more locations)

PROVIDENCE BEGINNINGS

Maternity care from prenatal through 8 weeks after delivery. Specialized care to have the healthiest pregnancy possible. Located at 447 NE 47th St. Suite 200, Portland 503 215-9160.

<https://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.

<https://www.healthshareoregon.org/health-equity/project-nurture>

OBRIA MEDICAL CLINIC

They provide confidential pregnancy tests, ultrasounds, STD testing & more Mon-Thurs.9-4 333 Warner Milne Rd., Oregon City. Call 503 908-0817.

<https://www.obria.org/>

MEGAN KREFT , PA-C

Megan's focus is adolescent and adult patients for primary care and urgent care services. She provides NaProTECHNOLOGY care for women facing a variety of women's health issues. Additionally, Megan 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

Abortion Pill Reversal

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 <https://reverseabortionpill.com/>

HOLY FAMILY CATHOLIC CLINIC

21810 Willamette Drive, West Linn 97068 503-994-4353
<https://holyfamilyclinic.com/>

MEGAN KREFT, PA-C 314 888-5233 ext 1062

www.mycatholicdoctor.com/resources/doctors/megan-kreft-pa-c

Adoption

CHOICE ADOPTIONS

They help 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.
Call 541 801-0930 , or Taran O'Flynn 503 232-1211, <https://www.choiceadoptions.org/>

Natural Family Planning

NFP is a term for methods used to achieve or postpone pregnancies. The methods are scientifically derived and are based on the observation of the natural signs of a woman's cycle. NFP can also be used to address health concerns like PMS, painful periods, irregular cycles or infertility. There are no side effects because no drugs, devices or surgical procedures are used. Both spouses learn to understand the nature of fertility and share the gifts of human of sexuality, marriage and family. There are several methods to choose from that are easy to use but instruction from a trained educator is key.

LOCAL

HOLY FAMILY CATHOLIC CLINIC

21810 Willamette Drive, West Linn 97068 503-994-4353 email:info@holyfamilyclinic.org
<https://holyfamilyclinic.com/>

MEGAN KREFT, PA-C 314 888-5233 ext 1062

www.mycatholicdoctor.com/resources/doctors/megan-kreft-pa-c

NORTHWEST FAMILY SERVICES

503 546-6377 <https://www.nwfs.org/natural-family-planning.html>

NATIONAL

Pope Paul VI Institute, 402-390-6600, <https://popepaulvi.com/>

One More Soul NFP Center, <https://onemoresoul.com/>

Natural Family Planning International, <https://www.nfpandmore.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. Email: info@isaiahspromise.net <https://isaiahspromise.net/>

CARRYING TO TERM

This a place for support if facing a life-limiting, prenatal diagnosis. They provide support, tools, and resources necessary to navigate the months ahead. <https://carryingtotermin.org/>

BE NOT AFRAID

This is comprehensive case management for parents carrying to term following a poor prenatal diagnosis. Staff and peers strive to develop a relationship of trust while providing for the emotional and tangible needs of parents. <https://www.facebook.com/BeNotAfraid.Net/>

Miscarriage, Stillbirth, Death of a Child

M.E.N.D.

They provide 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, <https://www.mend.org/>

KINDRED GRIEF CARE

Kindred is a ministry for women that exists for grieving parents. Whether you've experienced a miscarriage or stillborn birth, are post-abortive, or placed your child for adoption, your journey and your grief matters. They walk with you to help make sense of the pain and see it transformed into something beautiful. Confidential voicemail 503 256-0808 <https://kindredgrief.org/>

Post-Abortion Healing

PROJECT AURORA

Provides help for all who have been affected or involved in abortion; including emotional, psychological and spiritual support, always private and confidential. Project Aurora is an independent non-profit organization licensed by Rachel's Vineyard™ to use their retreat healing model. For Oregon retreats in Portland, Eugene, and Medford call 541-942-2861, email info@project-aurora.org, <http://project-aurora.org/> , www.facebook.com/projectaurora.oregon

SAVE ONE

Provides help for men and women who have experienced an abortion .

Call Terri Nordone 503 999-6333 email saveonesalem@q.com, www.saveone.org/chapters/69

SUPPORT AFTER ABORTION

They provide healing, help and recovery for abortion regret and grief, They understand first-hand how to care for women and men impacted by abortion. Call 844 289-HOPE <https://supportafterabortion.com/>

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, text HELP to 233733 1-888 373-7888, <https://humantraffickinghotline.org/>

OUR MOTHER'S HOUSE/GLOBAL HEALTH PROMISE

In Portland - their 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 <https://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
<https://thejusticefoundation.org/cafa/>

NATIONAL SEXUAL ASSAULT HOTLINE

1 800 656-4673 Live chat available online, <https://centers.rainn.org/>
In Multnomah County Call to Safety 503-232-9751
https://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, <https://www.thehotline.org/>

GATEWAY CENTER FOR DOMESTIC VIOLENCE - MULTNOMAH COUNTY

10305 E Burnside St, Portland, OR 97216 . Call during regular business hours for one-on-one experienced advocates who will help develop a personal plan , 503 988-5333.
24-hour crisis lines: "Call to Safety" 1-888-235-5333 and "Proyecto UNICA" 503 232-4448.
<https://www.multco.us/dv/gateway-center-domestic-violence-services>

A SAFE PLACE - CLACKAMAS COUNTY

They bring many agencies and professionals together to provide support and safety planning for anyone impacted by domestic violence, sexual violence, human trafficking, and elder abuse.
256 Warner Milne Rd, Oregon City, OR 97045 M-Th 8-4, F 8-1PM 503-655-8600
24-hr crisis line 503-654-2388 <https://www.asafeplacefjc.org/>

Other Social Services

CATHOLIC CHARITIES - HEALTHY HOUSING

They work to build and maintain affordable housing for those experiencing or at risk of homelessness across Oregon. Services for residents include mental health, and financial wellness assistance, help acquiring benefits, employment training, and referrals to healthcare providers, legal services, and other important resources. 971-222-1880

<https://www.catholiccharitiesoregon.org/services/healthy-housing/>

FAMILY PROMISE OF GREATER WASHINGTON COUNTY

Their mission is to equip families and vulnerable communities to end the cycle of homelessness.

971-217-8949 <https://www.familypromisegwc.org>

ST. ANDREWS LEGAL CLINIC

They serve low-income families with family law needs. 2950 SE Stark Street, Suite 200
Portland, OR 97214 503-281-1500 (Hillsboro office closed due to fire)

<https://www.salcgroup.org/>

SOCIETY OF ST. VINCENT DE PAUL

They provide emergency financial assistance for rent and eviction notices, financial assistance for utilities and shut-off notices, emergency food boxes. For rent and utilities call 503 -235-8431.

For food Monday-Friday 9:30 AM - 12:00 PM and 1:00 PM- 3:30 PM, Emergency Food Boxes

Drop-In Pantry: Tuesday and Friday 1:00 PM - 3:30 PM

<https://www.svdppdx.org/al50/>

9/15/2022



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. No problem is too big or too small.

Contact us for confidential, judgment-free support.



preciouschildrenofpdx@protonmail.com