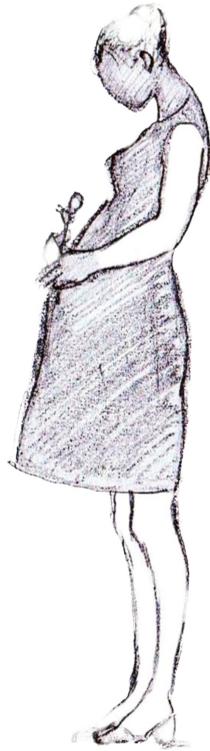


Resources and Support for

MOMS IN NEED



Pro-Life Support

*for Pregnant and Parenting Families
in The Greater Portland Community*



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Pregnancy Support Services

AVA Health

Provide help for unplanned pregnancy, STD testing, peer counseling, ultrasounds and referrals. Locations: SE Portland 5117 SE Powell Blvd., Gresham 104 NW 11th.
Beaverton 4975 SW Watson 971 358-3797. <https://avahealthpdx.org/>

Birthright of Hillsboro Oregon

Support to women who are pregnant or think they might be. Focus is on loving the mother
Offers love, friendship and support. 503 648-6788 email: hillsboro@birthright.org
232 NE Lincoln St., Suite F Hillsboro, OR 97124

Help Me Grow - Oregon

Link families to compassionate childhood development experts and resources. Serves children and their families from pregnancy to 6 years old. Links to healthcare and prenatal services, parenting education, child care programs, early intervention, developmental disabilities programs, OHP enrollment and Essential needs (WIC or energy assistance). <https://www.helpmegroworegon.org/>

Let Them Live

Financial help, counseling and coaching to help women choose life. Email: info@letthemlive.org,
call 260 200-3789, <https://letthemlive.org/>

Loveline

National support line provides case Management in difficult situations so that mothers feel confident in their ability to raise a child. 888 550-1588 call or text, <https://loveline.com/>

Mother and Child Education Center

They connect, educate and support parents during pregnancy and early infancy. Open every second Saturday for maternity and baby supplies or by appointment. Located at 1515 NE 41st, Portland. Call 503-249-5801
<https://momchildpdx.org/>

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/>

St. Pius X Baby Corner

Ministry that focuses on helping families or individuals in need of baby items and childrens clothing, diapers, and shoes. Items should be picked up during parish office hours Mon 8:30-3 PM, Tues-Thu 8:30-4 PM at 1280 NW Salzman Rd, Portland 97229. Email babycorner@stpious.org



Hotlines

Optionline.org

24-hour Pregnancy Help Hotline call or text to 1-800 712 HELP (4357) <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/>

Sisters of Life VIS Center

Connect with The Sisters of Life for free, safe, compassionate support . Call or Text 480 389-5650
<http://viscenter.org>



Healthcare

Holy Family Catholic Clinic

Comprehensive, compassionate, life-affirming health care for all ages. Includes family medicine, pediatrics, women's health, natural family planning and abortion pill reversal. 503-994-4353
21810 Willamette Drive, West Linn 97068 <https://holyfamilyclinic.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/>

Obria Medical Clinic

Provides confidential after abortion support, parenting classes, pregnancy tests, and ultrasound services. Mon-Thurs.9-4 333 Warner Milne Rd., Oregon City. Call 503 908-0817.
Text: 503-908-2359 <https://www.obria.org/>

Dr. Bill Toffler, M.D.

A family physician who sees patients of all ages from conception and obstetric to natural death. He can address all medical concerns including acute and chronic conditions. 314 888-5233 ext 1233.
<https://mycatholicdoctor.com/resources/doctors/william-l-toffler-md/>

Dr. Kristin Burgher, MD, FCP, CrMSMC

Sees patients of all ages, with special emphasis on women's health and fertility concerns and instruction in the Creighton method of natural family planning (FertilityCare). She also provides progesterone support in pregnancy and treats postpartum depression.

*English/Spanish 314 88-5233 ext 1240

<https://mycatholicdoctor.com/resources/doctors/kristin-burgher-md-fcp-crmsmc/>



Abortion Pill Reversal

Abortion Pill Reversal

Regret taking the abortion pill, Mifepristone or RU486? Talk to a medical professional who can guide toward reversing the effects. Call 24/7 877-558-0333 <https://reverseabortionpill.com/>

Local (see Healthcare)

Holy Family Catholic Clinic

503-994-4353 <https://holyfamilyclinic.com/>

Dr. Bill Toffler, MD

314 888-5233 ext. 1233 <https://mycatholicdoctor.com/resources/doctors/william-l-toffler-md/>

Dr. Kristin Burgher, MD, FCP, CrMSMC

314 888-5233 ext. 1240 (English or Spanish)

<https://mycatholicdoctor.com/resources/doctors/kristin-burgher-md-fcp-crmsmc/>



Natural Family Planning or Fertility Awareness Methods

Natural Family Planning (NFP) or Fertility Awareness 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 such as 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 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 (see Healthcare above)

Holy Family Catholic Clinic

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

Dr. Kristin Burgher , MD, FCP, CrMSMC

314 888-5233 ext 1240

<https://mycatholicdoctor.com/resources/doctors/kristin-burgher-md-fcp-crmsmc/>

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/>



Maternity Homes

Road-2-Hope Maternity Home

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

Saving Grace Maternity Home

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>

Hope's Garden Maternity Home

The mission is to give women, who may otherwise be homeless, a place to live and grow and become the women and mothers God has planned for them. Call 971 282-7911 or email jennifer@growinghopesgarden.org, <https://www.growinghopesgarden.org/>

Adoption

Choice Adoption

They help courageous pregnant women make an informed, confident choice. There is sharing by adoptive families, birth mothers, and children of adoption. Adoption is worth considering. 12901 SE 97th Ave. Suite 150, Clackamas, OR 97015. Call 541 801-0930. <https://www.choiceadoptions.org/>

Catholic Adoption

An unexpected pregnancy can be confusing and may leave you feeling unsure of where to turn. You can maintain your Catholic faith and secure that faith for your baby as well. If you choose adoption, you can choose adoptive parents who will raise your child in the Catholic Church. If you are pregnant and considering adoption call or text at 1-800-923-6784 at any time. <https://catholicadoptiononline.com/>



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. 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/>

Red Bird Ministries

Ministry that guides individuals and couples through the complexity and trauma that happens with the loss of a child. 337 223-2019 ,Email kelly@redbird.love
<https://www.redbird.love/>



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

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/>

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/>



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

Equip families and vulnerable communities to end the cycle of homelessness. 971-217-8949

<https://www.familypromisegwc.org>

St. Andrews Legal Clinic

Serve low-income families with family legal needs. 503-281-1500, 9-5 weekdays

2950 SE Stark Street, Suite 200 ,Portland, OR 97214 , 232 NE Lincoln St, Hillsboro, OR 97124

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

Society of St. Vincent de Paul

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 Pantries go to

website <https://www.svdppdx.org/a150/>

Disclaimer

Our parish/Archdiocese is not affiliated, associated, authorized or endorsed by these resources. This partial list was compiled by volunteers conducting research, from personal experience or association outside our diocese. Please be advised to research and make the best decision for yourself and your family in regards to using these resources.