

Every year, we help thousands of expectant parents—like you—think through their options. We can help you make a plan that is best for you and your baby.

Only you can make the decision, but you don't have to make it alone.



**CORPORATE HEADQUARTERS**

901 Eastern Ave NE, PO Box 294  
Grand Rapids, MI 40501-0294

Bethany.org  
(800) BETHANY

**Pregnant? Now What?**

PLAN YOUR NEXT STEPS



**No cost,  
no judgment,  
no pressure**

**Whatever you're  
feeling right now, our  
experienced pregnancy  
counselors will help you  
explore your options.**

#### **MAYBE YOU**

- Have concerns about how your pregnancy will affect your future.
- Want to talk to someone you can trust—who will listen without telling you what to do.
- Want information about your options without feeling pressured.

Whether you decide to parent or make an adoption plan, we're here to help.

#### **WANT TO TALK WITH SOMEONE?**

Our counselors can provide confidential help so you can find your path forward. Call our 24-hour national pregnancy help line.

**TALK ANYTIME:** (800) BETHANY

**EMAIL:** [ImPregnant@Bethany.org](mailto:ImPregnant@Bethany.org)

**CHAT:** [ImPregnant.org](https://www.ImPregnant.org)

#### **FINANCIAL ASSISTANCE MAY BE AVAILABLE**

Pregnancy can create financial strain, putting pressure on immediate needs like rent, food, transportation, and doctor visits.

We may be able to help you meet some of these needs, and we'll work with you to find long-term resources in your community so you can focus on making the best decision for you and your baby.

**“When I found out I was pregnant, I didn't know what to do. It was a huge relief to find someone who listened and answered my questions without making me feel judged.”**

— EXPECTANT MOTHER



**Explore your options at [ImPregnant.org](https://www.ImPregnant.org)**