

Interval House  
712 Victoria Ave.  
(306) 244-0185

YWCA Family Violence  
Recovery Program  
510 25<sup>th</sup> St. E  
(306) 242-8002

### Parenting

Family Support Center  
Teen/Young Parent Program  
315 Ave. M S  
(306) 933-7751

Parenting Education  
Saskatchewan  
244-510 Cynthia St.  
(306) 934-2095

Saskatchewan Institute on  
Prevention of Handicaps  
1319 Colony St.  
(306) 655-2512

Family Service Saskatoon  
102-506 25th St E  
(306) 244-0127

### Legal Assistance

Elizabeth Fry Society  
230 Ave. R S  
(306) 934-4606

Equal Justice for All  
230 Ave. R S  
(306) 653-6260

Lawyer Referral Service  
(306) 359-1767

Legal Aid Saskatoon  
122-3<sup>rd</sup> Ave N  
(306) 933-7820

PLEA  
300-201 21<sup>st</sup> St. E  
(306) 653-1868

Sask. Legal Aid  
Commission (Head Office)  
502-201 21<sup>st</sup> St. E  
(306) 933-5300

### STD's/AIDS

AIDS Saskatoon  
130A Idylwyld Dr. N  
(306) 242-5005

STD Clinic  
100-310 Idylwyld Dr.  
(306) 655-4642

Sexual Health Centre Saskatoon  
314-220 3<sup>rd</sup> Ave. S  
(306) 244-7989

PLWA  
(306) 373-7766

### Housing Agencies

Saskatoon Housing Authority  
525-24<sup>th</sup> St. E  
(306) 668-2700

SaskNative Rentals  
1940 Ave. C. N  
(306) 653-0384

### Homes For Young Mothers

Bethany Home  
802 Queen St.  
(306) 244-6758

Pleasant Hill Place  
130 Ave. O South  
(306) 978-4046

### Safe Shelter

Interval House  
712 Victoria Ave  
(306) 244-0185

YWCA  
510 25th Street E  
(306) 242-8002

### Alcohol/Drug Services

Alcoholics Anonymous  
311-220 3<sup>rd</sup> Ave. S  
(306) 665-6727

Addiction Services  
122 3<sup>rd</sup> Ave. N  
(306) 655-4100

Macsi House  
419 Ave. E S  
(306) 652-8951

New Horizons  
339 Ave C S  
(306) 244-6280

Calder Center  
2003 Arlington Ave.  
(306) 655-4500

### Food

Healthy Mother,  
Healthy Baby  
(306) 655-4633

Saskatoon Food Bank  
202 Ave. C S  
(306) 664-6565

Friendship Inn  
619 20<sup>th</sup> St W  
(306) 242-5122

### Childcare

Saskatchewan Child Care  
Branch DSS  
(306) 933-6071

Maggie's Child Care for Teen  
Parents  
820 9<sup>th</sup> Avenue  
(306) 665-5721

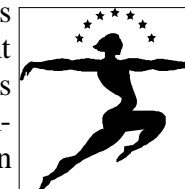
Saskatchewan Child Care  
Association  
510 Cynthia St  
(306) 975-0875  
1-888-658-4408



**Pregnant & Undecided ?  
It's Your Choice**

### *Introduction:*

Women of all ages, races, religions, economic and marital status can be faced with an unplanned pregnancy. A woman may become pregnant because of inaccessible, unaffordable or unreliable birth control methods-no birth control method is 100 percent effective. Sometimes women find it difficult to assert themselves in sexual situations and consequently are not able to protect themselves by using adequate birth control. Women may become pregnant against their will due to rape, incest, or other kinds of sexual coercion. A change in a woman's life situation may cause her to re-evaluate her decision regarding her pregnancy. Deciding whether to have a baby, adopt out or an abortion can be a difficult decision. You have to decide what you believe is responsible, moral and best for you depending on your needs, resources, commitments, and plans for the future.



*The choice  
is yours*

This booklet is intended to guide you through your options. We hope the information in this booklet helps you to make an informed decision that is right for you. When making a decision about an unplanned pregnancy, all women deserve emotional support, a chance to reflect on accurate information. Counsellors at Sexual Health Centre Saskatoon can discuss all of your options with you.

## Signs of Pregnancy

**Missing a period:** A missed period is usually the most common sign of pregnancy, but some women continue to have light periods even when they are pregnant. A missed period does not necessarily mean that you are pregnant. Often periods are irregular or absent altogether due to stress, illness or other factors.

If your period is late or if you have only light spotting at the time your period is due, continue using birth control and have a pregnancy test as soon as possible.

**Nausea (feeling sick to your stomach):** Some pregnant women feel sick to their stomach in the morning, but so called "morning sickness" can happen at any time of the day. Some women do not experience "morning sickness" at all.

Dizziness, fatigue or sleepiness.

Peeing more often.

**Increased vaginal discharge:** Vaginal discharge changes during pregnancy. Greater amounts of clear or white discharge from the vagina is normal. If you notice yellow, clumpy, smelly, or itchy discharge, see your doctor since this may be a sign of infection or a sexually transmitted disease. Pregnant women are more susceptible to yeast infections.

**Breast Changes:** Some women experience a "tingling sensation", or a feeling of tightness in the breasts. Nipples may become very sensitive.

Breasts usually get bigger during pregnancy and the dark area around the nipples (areola) usually gets darker and bigger.

Fluid from the nipples. Colostrum (yellowish, watery fluid made by the breasts during pregnancy) may begin to appear as early as the 11th week of pregnancy. Actual milk is made after the baby is born.

## Referrals

If you need further information or help please call Planned Parenthood at 244-7989.

### Abortion Counseling

Serena  
(306) 934-8223  
Sexual Health Centre Saskatoon  
301-115 2nd Avenue North  
(306) 244-7989

Westside Community Clinic  
631 20th St. W  
(306) 664-4310

Saskatoon Community  
Clinic  
455 2<sup>nd</sup> Ave. N  
(306) 652-0300

### Adoption Counseling

Social Services  
122 3<sup>rd</sup> Ave. N  
(306) 933-5961

Post Adoption Registry  
11<sup>th</sup> Floor 1920 Broad St  
Regina, SK.  
S4P 3V6  
(306) 787-3654  
1-800-667-7539

Saskatoon Family Support  
Center  
315 Ave. M S  
(306) 933-7751

### Birth Control

Drop-in Birth Control Clinic  
(Thurs. 6-8pm)  
100-310 Idylwyld Dr. N  
(306) 655-4642

Sexual Health Centre Saskatoon  
314-220 3<sup>rd</sup> Ave. S  
(306) 244-7989

Serena  
(306) 934-8223  
1-800-667-1637

### Childbirth Education

Healthy Mother, Healthy Baby  
310-100 Idylwyld Dr. N  
(306) 655-4633  
Pre-natal classes  
(306) 655-4800

Pre-natal classes for singles  
(306) 655-4633

Family Support Center  
315 Ave. M S  
(306) 933-7751

### Counseling Services

Catholic Family Services  
200-506 25<sup>th</sup> St. E  
(306) 244-7773

Family Service Saskatoon  
102-506 25<sup>th</sup> St. E  
(306) 244-0127

Mental Health Services  
715 Queen St.  
(306) 655-7950

Sexual Assault and Information  
Center  
201-506 25<sup>th</sup> St. E  
(306) 244-2224

Student Counseling  
104 Qu'Appelle Hall  
U of S  
(306) 966-4920

Youth Resource Center  
311 20<sup>th</sup> St. E  
(306) 655-4900

Mobile Crisis Unit  
103-506 25<sup>th</sup> St. E  
(306) 933-6200

Egadz Youth Center  
301 1<sup>st</sup> Ave. N  
(306) 931-6644

Family Support Center  
315 Ave. M S  
(306) 933-7751

Indian and Metis  
Friendship Center  
168 Wall Street  
(306) 244-0174

DSS Emergency Services  
122-3<sup>rd</sup> Ave. S.  
(306) 933-5961

Crisis Management Services  
103-506 25<sup>th</sup> St E  
(306) 933-8234

Crisis Nursery  
1020 Victoria Ave  
(306) 242-2433

Social Services  
Foster Program  
122 3<sup>rd</sup> Ave. N  
(306) 933-5961

## *How to get a pregnancy test*

Some of the things to do and to be careful of are:

- Infection. If you have a fever, aches, nausea, etc., these could be signs of infection and you should seek medical attention quickly at a local hospital.
- Haemorrhaging. Most women bleed after an abortion anywhere from 3 to 10 days. (It is also normal to not bleed at all.) However if you are soaking more than a heavy pad in an hour you could be haemorrhaging and you need to seek medical attention quickly at a local hospital.
- Use pads not tampons until all bleeding has stopped. When your period returns to normal (usually within a month) you may resume using tampons.
- You may return to work/school etc., whenever you feel like it but avoid strenuous activity for 2-3 days.
- Avoid taking baths for a couple of weeks in order to reduce the risk of infection.
- Avoid sexual intercourse for three weeks. It is possible to become pregnant again and there is a higher risk of infection.
- Check with your doctor to see when you should begin taking the birth control pill again.
- Be sure to have a check-up with a doctor after 2-3 weeks.

Women may experience a range of emotions following an abortion. It is normal to feel relieved, happy, sad and depressed at the same time. Your own adjustment may depend on the circumstances leading to the abortion, and the support you have from your partner, family, friends, and the medical staff. There are agencies and counsellors available to help provide support, both before and after the abortion. Counsellors at Sexual Health Centre Saskatoon are available to provide support and referrals.

## *Conclusion*

The decision you are making regarding your pregnancy is an important one. Many women feel that, regardless of the choice they made, it was important for them to explore all of their options and to have support for their decision.

The Staff at Sexual Health Centre Saskatoon hopes this booklet has assisted you in your decision making process.

If you think you might be pregnant, it is a good idea to have a pregnancy test, whether or not you wish to continue the pregnancy. Urine tests can usually detect pregnancy from the first day of a missed period. In certain situations where it is important to confirm pregnancy before a missed period, a doctor can order a blood test that can detect pregnancy about 5 days before a missed period. A pregnancy test kit detects human chorionic gonadotropin (HCG), a hormone produced by the placenta during pregnancy. When a woman is pregnant there is HCG in her blood and urine (pee).

If you have a test done and the result is negative (not pregnant) but you still suspect you are pregnant wait a week and repeat the test. A negative result could mean that the test was done too early in the pregnancy or the urine was not concentrated enough. Urine from first thing in the morning is most concentrated and should be collected or tested then.

Sexual Health Centre Saskatoon offers free and confidential pregnancy testing and pregnancy options counselling. Pregnancy tests are also available through walk-in clinics and family doctors. You'll be asked to catch a small amount of urine into a container for the test. The Public Health Birth Control and STD Clinic also provides free pregnancy testing. Home pregnancy test kits are available at drugstores and many supermarkets. Sometimes the results of home pregnancy tests can be confusing. Since reading the results of a home pregnancy test can be confusing it is a good idea to have a lab test to confirm your results.

A pregnancy is calculated as 40 weeks starting from the first day of the last menstrual period. This is because most women know when their last period began but not exactly when an egg was fertilized. For example: If your period started on February 1 and you have a positive pregnancy test on March 8 you will be 5 weeks pregnant.

If you are faced with an unplanned pregnancy you have three op-

## *How many weeks are you pregnant?*

tions:

1. Continue the pregnancy and parent the child
2. Continue the pregnancy and make adoption plans for the child
3. End the pregnancy (abortion)

Some women know almost immediately what they will do once they discover they are pregnant, for others the decision isn't so clear. Al-

## *If you are pregnant*

though ultimately the decision is yours to make, there are various agencies and services that are available to offer information and support in choosing the option that is best for you.

The following list of questions is intended to get you thinking about some of the issues you might want to keep in mind while making your decision. Answer these questions as honestly as you can, they might help you to clarify some of your feelings regarding the options available to you.

Funding to the Sexual Health Centre has been partially provided by:



sterile conditions. Abortions that are self-induced or performed by unqualified people are extremely dangerous and sometimes fatal.

Abortions are the safest when they are performed early in the pregnancy (between 7-13 weeks from the first day of a woman's last menstrual period). In Saskatchewan abortion is available up to the 14th week of pregnancy (12 weeks in Saskatoon and 16 weeks in Regina) and is covered under Saskatchewan Health. In Canada access to the procedure varies from province to province. For example, in Alberta it is done up to 19 weeks (covered under Saskatchewan Health). Some clinics in the United States will perform abortions up to approximately 24 weeks but these procedures are not covered under your SaskHealth plan and travel costs are incurred as well.

The type of abortion procedure used will depend on how many weeks pregnant the woman is. Vacuum aspiration is the most common and safest abortion procedure. It is performed up to 14 weeks from the first day of the last menstrual period. In vacuum aspiration the doctor gradually opens the cervix and inserts a small tube. This tube is attached to a machine which gently suctions the inside of the uterus. The entire procedure takes about 10 minutes. In Saskatoon abortions are usually performed under general anaesthetic (you will be asleep for the procedure). In Regina a local anaesthetic (freezing) is used.

Dilation and evacuation (D&E) is performed 14-19 weeks from the first day of the last menstrual period. It is similar to a vacuum aspiration abortion. Because it is done later in pregnancy, it requires a larger suction tube and some additional instruments. This procedure takes about 10-30 minutes.

In most cases the woman can bring her partner, friend or family member along for support. Usually women are ready to go home about one hour after the abortion.

Women having an abortion are tested for sexually transmitted infections (STI's). STI's are treated before the abortion because an infection increases the risk of complications.

Abortion is a safe medical procedure. There are however possible problems that can occur. Complications might include bleeding, infection or injury to the cervix, uterus or nearby organs. These problems are rare, and usually aren't serious. Most are easy to treat when symptoms are reported right away.

Although abortion is a relatively safe medical procedure, complications can happen. You will also require certain care after an abortion.

the right option for them.

There are many different kinds of adoptions: Open, semi-open, private, step-parent, and independent adoption. Each varies in levels of contact between birth and adoptive parents. Sexual Health Centre Saskatoon has a more detailed list of these adoptions.

There are several ways of arranging adoption in Saskatchewan:

1. Crown Ward Placement through Social Services. A social worker will help the birth parent(s) arrange to place the child with a family. Social Services has requirements that prospective adopting families must meet. Birth parent(s) can be as involved as they want to be in the adoption process. They can help select a suitable adoptive family, and can choose to stay involved in the child's life after it has been adopted. When you meet with the social worker you do not have to be certain you want to place the child for adoption.

2. Through a private adoption agency. There is an agency located in Saskatoon called Christian Counselling Services that arranges private adoptions.

3. By independent placement. Independent placement is when the birth parent(s) arrange to place the child with a family she/they already know. This type of adoption is arranged by the birth parent(s) with the assistance of a lawyer.

Remember, as the birth mother you will have control over the adoption plan that you make. For more information about open adoption or adoption in general, contact your nearest Social Services office (933-5961), or Christian Counselling Services (244-9890).

You should also check with Social Services regarding rights of the birth father and other family members.

## *Deciding on abortion*

**Warning : if abortion is one of the options you are considering, be aware there are agencies and groups strongly opposed to this option. Check carefully when you are calling for help. Ask what the agency's policy is regarding abortion. Look for an agency that will respect your right to choose.**

All abortions must be performed by an experienced doctor under

1. How do you feel about being pregnant?

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2. Do you know what your three options are? How much information do you know about your three options?

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3. Do you have any religious or moral beliefs that will affect your decision? How important are these beliefs compared to your other values and goals?

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4. What are your future plans? How will they be affected by each of the three options?

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5. What is your financial situation? How would it be affected by each of the three options?

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6. Do you know about help available to you in the community such as financial, legal and counselling support?

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7. What is your relationship with the father of your baby? Have you discussed your options with the father?

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8. Will the father be supportive of your decision both emotionally and financially?

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9. Do you want your family and/or friends to have any input in your decision?

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You may find that you are faced with pressure from your partner, family or friends to make a decision that they think is right. Listen to what they are saying but most importantly listen to your own feelings. You are the one who will be most affected by your decision.

## *Pregnancy*

If you have chosen parenting (or adoption), caring for yourself and the developing fetus needs to start right away. Looking after yourself properly during pregnancy can have a positive effect on your labour, delivery, and how you feel afterward, as well as the health of your baby at birth.

It is important to see a doctor early in your pregnancy and to have checkups regularly. Prenatal classes will be of great benefit to you and your unborn child as well as helpful for the birth of the baby. Eating nourishing food and getting lots of rest is also important. Don't worry about gaining too much weight during pregnancy you can lose it after the baby is born.

Smoking, alcohol or drugs have a harmful effect on the fetus and increase the risk of mental and physical handicaps.

Getting regular exercise will help you feel great, keep muscles firm and make labour and delivery less tiring.

Not only will your body go through many changes during pregnancy, you will experience many emotional changes as well. It is normal to feel confused, happy, scared and excited. If you are with your partner, talk to him about your feelings and remember that he is also preparing for a big change in his life.

## *Deciding on parenting*

If you decide to parent, there are agencies in the community that offer many services to parents and their children. These services include: prenatal classes, parenting programs, housing assistance, financial assistance (Social Assistance and/or helping with budgeting), legal assistance, child care and child care subsidies, education and skill development.

Many second hand shops sell inexpensive adult & children's clothes and furniture. Accept offers from your family and friends to help you with clothes, furniture, child care, and meals. Look for help and support from as many people as you can during your pregnancy and especially once the baby is born.

During pregnancy is the time to get information about feeding, diapers, and other baby needs. Keep in mind that babies really only need the most basic clothes and equipment. If there is love and attention, warmth, food, and dry diapers the baby will thrive.

It is hard to be a new mother or father no matter what your age, financial situation or relationship. A demanding baby can be really stressful. It is normal to feel overwhelmed, however shaking a baby out of frustration can cause damage to the baby's brain. Find ways to get a break from a fussy baby by asking family or friends for help. Try to make some time for yourself.

## *Deciding on adoption*

Some women want to continue the pregnancy through to childbirth but feel for various reasons they are not able to give a child the necessary care and support it will need. They may feel they could not raise a child at this point in their lives. These women may decide that the best alternative is to place the baby for adoption. There are several agencies that can help women and their partners decide if this is