

PREGNANT AND CONFUSED— WE CAN HELP YOU

Being pregnant may have you scared and confused. You are not alone. We will not judge you. We will help you and support you. We will respect your decision.

We are birth parent advocates. We will answer your questions, help you think through your choices, and help you decide what to do next.

Our services are **free**, **private**, and **confidential**. You can arrange an appointment at your home or a location convenient for you.

We are here to help you.



635 South Clinton Avenue
Trenton, NJ 08611

*Serving all of New Jersey and
Bucks County, Pennsylvania*

*Accredited by the Council on Accreditation of
Services for Families and Children*

*We've been building healthy families
since 1894*

www.chsofnj.org

**Pregnancy Helpline
1-800-247-6365**

We leave the decision to you.

Pregnant? Confused?



We can help you



**Contact us for free and
confidential services.**

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YOU MAKE THE CHOICES

You may be getting lots of advice from family and friends. Don't be pressured into making a hasty decision. This may be the most serious decision you have to make in your life for yourself and your child.

- Every option is explored.
- You may decide to parent your baby.
- You may decide you need more time to make preparations and consider your choices.
- You may decide to place your baby for adoption.
- If you are having your baby, you do not need to make a permanent decision while you're pregnant.



PARENTING YOUR BABY

If you decide to keep and raise your baby:

- We can refer you to the right places for medical care and information on finances and day care.
- We can help you learn to take care of your baby.
- We can offer you supportive services.

TAKE TIME TO CONSIDER YOUR CHOICES

If you need more time to consider your choices or make preparations:

- Don't make a hasty decision.
- You can choose to place your baby in one of our loving, temporary, and free baby care homes.
- You can visit your baby while he or she is in a baby care home.
- The baby's medical care will be provided free of charge.
- Counseling services are available to you even after you make a decision.

PLACING YOUR CHILD FOR ADOPTION

If you decide adoption is best:

- You can choose the parents for your child from among our approved families, if you wish.
- You can meet the adoptive family if you choose.
- You can hear about your child as he or she grows, if you want to.
- You can ask us to choose an adoptive family, according to your wishes.
- You can choose an adoptive family known to you.
- You can allow us to choose the adoptive family, and you do not need to have any contact with the family.