



*If you're facing the challenges of an unexpected pregnancy, choosing whether to parent or place your child with an adoptive family may be the toughest decision you'll ever have to make. But we're here for you, offering unconditional support, regardless of which path you choose.*



Catholic Social Services  
Pregnancy Support Advocate  
907-222-7315 Direct  
907-258-1019 Fax  
888-625-7315 Toll Free



Catholic  
**Social Services**

3710 East 20th Avenue  
Anchorage, AK 99501



**We're here  
for you**

Pregnancy Support at  
Catholic Social Services

Facing an unplanned pregnancy can be a life-altering challenge. You may be feeling lost, confused, and overwhelmed about your pregnancy.

Pregnancy Support Services of Catholic Social Services (CSS) is here to walk beside you regardless of your situation.

CSS can help identify and respond to your personal needs and concerns during this difficult time.

Our services are free and provide you with information and emotional support to help you carefully explore options that are available to you.

Our goal is to assist you in making a pressure-free decision that's best for you and your baby.

## Parenting Support

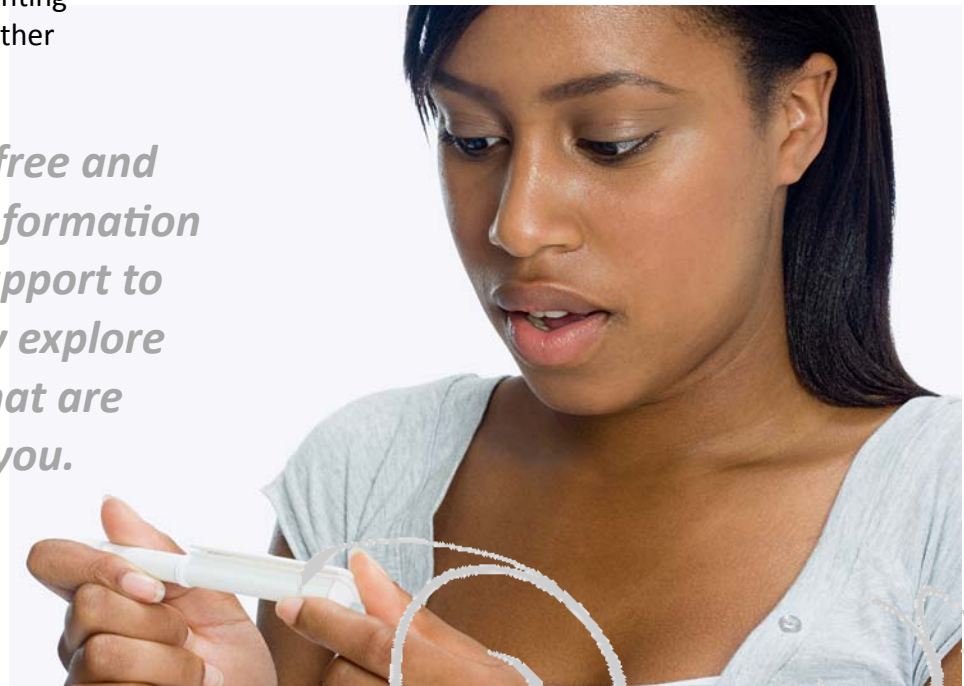
If you choose to parent your child, CSS offers:

- ◆ Free supportive, confidential counseling to guide you in carrying out your plan to parent your child.
- ◆ Informational resources about pregnancy and parenting.
- ◆ Assistance in finding resources in the community for pre-natal care, housing, food, medical expenses, parenting classes, day care, and other needs.

*Our services are free and provide you with information and emotional support to help you carefully explore birth options that are available to you.*

## Adoption Support

When considering the future of your unborn child thinking about adoption can be scary. You might not know where to start. If you don't wish to take advantage of our birth options counseling services, but choose adoption, our staff will help facilitate placing your child with an adoptive family of your choosing. Again, you make your own choices. In fact, your final decision isn't made until after your baby is born.



[cssalaska.org](http://cssalaska.org)