

## Services Provided by Catholic Charities of O.C.

### Cantlay Food Distribution Center

The Center is open three days a week:  
Tue, Wed & Thu, from 7:30 am - 12:00 pm.  
2020 W. Chestnut Ave, Santa Ana, CA 92703  
714-347-9695 • ccoc.org

### CalFresh Healthy Living

Nutrition Education Program  
cfhl@ccoc.org • 714-347-3646

### CalFresh Food Stamps

Application and Renewal Assistance  
calfreshfood@ccoc.org • 714-347-9623 • ccoc.org

### Citizenship & Deferred Action

Accredited by the Department of Justice  
1800 E. 17th Street, Santa Ana, CA 92705  
To schedule an appointment call 714-347-9610 or  
email ccocimmigration@ccoc.org • ccoc.org

### New Hope Counseling Center

Offers therapy for issues such as anxiety,  
depression, trauma, relationship challenges,  
grief and loss, problems at work, parenting  
challenges, and life transitions.

1820 E. 16th Street, Santa Ana, CA 92701  
Call to make an appointment: 714-347-9625

### New Hope Crisis Counseling Hotline

24/7 Counseling & Suicide Prevention  
714-NEW-HOPE (714-639-4673)

## Society of St. Vincent de Paul

The Society of St. Vincent de Paul can  
provide food, clothing, furniture, appliances,  
transportation, rental assistance, and other  
financial assistance through their  
Conferences of Charity (local volunteer  
groups) located in Catholic parishes. If you  
need assistance, contact the Conference of  
Charity in parish nearest you by clicking link  
for Parish Services at svdpoc.org.  
714) 542- 0448 | requestinfo@svdpoc.org

## Domestic Violence Shelters & Abuse Hotlines

### Human Options

877-854-3594 | humanoptions.org

### Laura's House

866-498-1511 (24 hrs.) | 949-361-3775  
laurashouse.org

### Interval House

562-594-4555 | 714-891-8121  
intervalhouse.org

### Women's Transitional Living Center

714-992-1931 (24 hrs.) | wtcl.org

## Suicide Prevention

### Suicide & Crisis Lifeline

Call/text 988 or chat 988lifeline.org

### Teen Line (Teens helping teens, 6-10 pm)

310-855-4673

## Maternal & Perinatal Health

Every Woman OC is a resource for anyone in Orange  
County who is thinking of becoming pregnant, is  
pregnant, or has a new baby.  
[everywomanoc.org](http://everywomanoc.org)

Bright Steps (CalOptima's Maternity Health Program):  
provided at no cost to CalOptima members.  
To learn more call CalOptima's Health  
Management department at 1-714-246-8895.  
[caloptima.org/BrightSteps](http://caloptima.org/BrightSteps)

## Support for Prenatal Diagnosis

Be Not Afraid: [benotafraid.net](http://benotafraid.net)

Support Organization for Trisomy (SOFT): [trisomy.org](http://trisomy.org)

## Pregnancy Loss Websites

[miscarriagehurts.com](http://miscarriagehurts.com)

[abortionchangesyou.com](http://abortionchangesyou.com)

[lifeperspectives.com](http://lifeperspectives.com)



# Pregnant? Need Help?

Local help is  
available now.

Facing an unplanned pregnancy?

Need someone to talk about your  
options?

Need pregnancy or STD testing?

Pregnant and need supplies and  
support?



ROMAN CATHOLIC  
DIOCESE of ORANGE

877-398-7734 • [rcbo.org/pregnancy-support](http://rcbo.org/pregnancy-support)



## Abortion is not without risks

**These risks are listed on an abortion provider's consent forms:\***

- Blood clots in veins and lungs
- Hemorrhage (heavy bleeding)
- Potential for infection
- Damage to the uterus
- Sterility
- Injury to the bowel and/or bladder
- A possible hysterectomy as a result of injury or complication
- Failure to remove all products of conception that may result in an additional procedure.
- Even death

\*Taken from consent form from Planned Parenthood official website

**Many people also experience...**

- Increased risk of miscarriages and breast cancer
- Trouble sleeping, flashbacks, anxiety attacks
- Feeling of anxiety, grief, guilt, anger or low self-esteem
- Eating disorders, sexual dysfunction and substance abuse
- Depression or thought of suicide
- Withdrawal from relationships
- Repression or denial about thoughts or feelings dealing with the abortion
- Problems bonding with current/future children

## Hope & Healing After Abortion

**The Roman Catholic Diocese of Orange has a ministry available to anyone affected by abortion who is in need of prayer and spiritual support. Call to set up a meeting with one of our trained volunteer companions. All calls and meetings are CONFIDENTIAL: 1-800-722-4356**

## Your baby is alive & growing

### DID YOU KNOW?

**AT 18 DAYS:** A baby's heart begins to beat

**AT 6 WEEKS:** A baby's brain coordinates movements and responds to touch

**AT 8 WEEKS:** All organs are functioning

**AT 9 WEEKS:** Has permanent, individual fingerprints

**AT 10 WEEKS:** Sense of touch (comfort/pain)

**AT 12 WEEKS:** A baby can smile, suck his or her thumb, and make a fist

**Any scientific, medical textbook will confirm what every doctor knows:**

**THAT LIFE BEGINS AT CONCEPTION.**

## Abortion Pill Reversal

**Have you taken the first dose of mifepristone (also known as RU486 or the "abortion pill")?**

**Do you regret your decision and wish you could reverse the effects of the abortion pill?**

**It may not be too late; we can help you!**

**CALL 877-558-0333 FOR HELP**

## You are not alone.

Regardless of which option you are considering for your pregnancy, you probably have a lot of questions. Like choosing to give birth and parent your child or choosing adoption, abortion is not something to be taken lightly. Before making a pregnancy decision, it is important to confirm your pregnancy. FREE Ultrasounds and other resources are available.

## Pregnancy Clinics & Centers

### Horizon Pregnancy Clinic

15061 Springdale Street, Suite 109  
Huntington Beach, CA 92649  
714-897-7500 • horizonpc.org

### Lambertian Ministry Center

Sisters of the Lovers of the Holy Cross  
12211 Magnolia Street, Garden Grove, CA 92841  
Respect Life, Counseling Spirituality, Food Assistance: 657.231.0110

### La Habra Life Center - Pregnancy Clinic

860 E. La Habra Blvd. #150 La Habra, CA 90631  
562-691-9395 • lahabralifecenter.org

### Life Center of Santa Ana (Walking with Moms)

2428 N. Grand Ave., #K, Santa Ana, CA. 92705  
714-835-5433 • lifecenterofsantaana.org

### Obria Medical Clinics

2001 E. First St., Suite 209  
Santa Ana, CA 92705 • 714-516-9045  
obria.org/santa-ana/clinic/santa-ana-ca  
Other Obria clinics: 800-771-5089  
omcsocal.org | \*Free STD testing.

### Vietnamese Pregnancy Hotlines

714-721-2111 • ncp.life@gmail.com  
vietrespectlife.org / Lambertian Ministry

## Shelters

### Casa Teresa & Hannah's House

Accepts pregnant moms 18 years and over, parenting education and placing for adoption.  
Orange, CA • 714-538-4860 • casateresa.org

### Mary's Path

Accepts pregnant and parenting girls under 18.  
Santa Ana, CA • 714-730-0930 • maryspath.org

### Precious Life Shelter

Accepts pregnant moms 18+ years, parenting & placing for adoption. | Los Alamitos, CA  
562-431-5025 • preciouslifeshelter.org