

## my choices

# options counseling - washington

Decisions around pregnancy can be challenging. While some people feel clear about their feelings and decision-making as soon as they know they are pregnant, many people aren't sure what the best choice is for them right away. However you are feeling is normal. This guide is intended as a tool to learn a little bit more about your options. When someone is pregnant, there are three options for moving forward: continuing the pregnancy and parenting, continuing the pregnancy and making an adoption plan, or terminating the pregnancy (also known as abortion).

### Additional support

If you are pregnant and not sure what to do next, you can always talk to a midwife. We are here for you. You can also call the All Options free talkline at 1-888-493-0092. They can talk to you about abortion, adoption, parenting, or pregnancy loss. You will talk to a non-judgmental, peer-based counselor - someone who can relate to what you're going through. Please note that peer-based counselors are not licensed healthcare providers. For hours and more information, visit [www.all-options.org](http://www.all-options.org).

## Parenting

You may decide to continue the pregnancy and parent. Some people choose to parent after realizing that they are ready and able to do so.

## Reflective questions:

- How will parenting change your current lifestyle and the goals or plans you had for yourself?
- What challenges do you expect? (e.g. financial needs, emotional needs, personal goals)
- How might you meet the challenges listed above?
- After talking to your friends and family, list the types of support they can realistically provide (e.g. childcare, housing – long term or temporary, baby items, emotional support).
- Explore and list community resources available to help people meet parenting needs.
- Is there another parent involved? What do they think and feel about parenting?
- Parenting is a very personal decision. There are no right or wrong answers. It may be helpful to create your own individual list of the pros and cons of parenting.

*Source: Openadopt.org*

## Next steps

If you decide that parenting is right for you and still have some unmet needs, please feel free to reach out to us. We can help connect you to resources and services in your area.

## adoption

An adoption is the act or process of establishing a legal relationship between a child and a parent other than the child's biological parent. While most people think of adoptions occurring outside of the birth family, many adoptions do occur within a family (e.g. a grandparent or other family member adopting their relative).

## Why do some people choose adoption?

Everyone's situation is unique. Some parents choose adoption because they do not feel ready or able to parent a child. Some feel that this choice will give their child a better life than what they can provide. Other factors that play into this decision are familial attitudes, personal goals and values, and financial circumstances.

## Reflective questions:

- Before you were pregnant, what were your impressions of adoption based on your values and cultural/religious/spiritual beliefs?
- What additional information would you like to have about adoption in exploring this choice?
- Do you know what open adoption is? What qualities would you be seeking in an adoptive family? What would you want your relationship with them to look like?
- What are the pros and cons of choosing adoption?
- How might you feel after making this decision?
- What emotional support will you have?
- What are the expectations of your family and community?
- What is your relationship like with the other parent? Will they be involved? If so, in what ways?
- What do you hope your life looks like in five years?

*Source: Openadopt.org*

## Next steps

If you think that adoption might be the best option for you, we encourage you to speak with an advocate or attorney who will keep your best interests in mind. You can use the All Options hotline or contact us and ask to speak to a Quilted Health social worker who can connect you to a reputable adoption agency.

## abortion

A first trimester abortion refers to an abortion that happens through 13 weeks of pregnancy. Second trimester abortion refers to an abortion done at 14 weeks or later. Second trimester abortions are legal and available in Washington State up to 26 weeks of pregnancy (and beyond in cases to protect the pregnant person's life).

## Why do some people choose abortion?

There are many reasons that people choose abortion. Some people do not feel ready and able to parent or to carry a pregnancy and give birth. Some people may have financial, medical, or social concerns about carrying a pregnancy. There is no right or wrong reason for having an

abortion. It is safe to have an abortion even if you are thinking about becoming pregnant in the future.

## Reflective questions:

It can be hard to know where to start when you're making decisions about the pregnancy. Here are ideas of questions you can ask yourself:

- How would my decision affect my future?
- How would my decision affect my family or other children?
- Am I ready to go through pregnancy and childbirth?
- Am I ready to raise a child right now?
- Do I have strong personal or religious beliefs about abortion, parenting, or adoption?
- Is anyone pressuring me to make a certain choice?
- Would my decision change my life in a way I don't want?
- Will my family, my friends, and/or my partner support my decision?

## When do I need to make a decision about an abortion?

Your abortion options depend on how many weeks pregnant you are. If you are not sure when your last cycle was or how many weeks pregnant you are, it is helpful to have an ultrasound to help in your decision-making process. The two options are medication abortion or an abortion procedure (sometimes called a therapeutic or aspiration abortion).

**Medication abortion:** This is usually available through 11 weeks from the first day of your last period. It involves taking two medications in the clinic and/or at home to pass the pregnancy. You may need to have a clinic visit or take a pregnancy test a few weeks after you take the medication to make sure it worked.

**Abortion procedure:** This is a safe procedure done in the clinic and usually takes about 10 minutes. Later on in the pregnancy, an abortion procedure might take extra time. There are options for different types of medication to help if you are feeling nervous or worried about feeling pain. You do not usually need to return for a follow-up visit unless you are having unexpected symptoms.

## How do I decide where to go for the abortion?

- **Availability:** If one clinic has an appointment time that works better for you.
- **Distance:** Some people choose the clinic that is closest and easiest to get to. For some second trimester abortions, you will be required to stay overnight within 30 minutes of the clinic between visits. Many clinics provide assistance or resources for transportation if this is something you need.
- **Gestational age:** Certain clinic locations are only able to offer medication abortions. Others are only set up to do first trimester abortion procedures. There are a few that are able to do second trimester abortion procedures.
- **Appointment type:** Some clinics, like Cedar River Clinics, offer telemedicine appointments for the medication abortion option. You'd need to pick up the medications at one of their locations, or receive them by mail. You'll need to talk to someone there to figure out if this is an option for you.

## Clinics providing abortion in Washington

**Planned Parenthood:** Multiple clinics in Western and Eastern Washington

<https://www.plannedparenthood.org/abortion-access>

- **Cedar River Clinics:** Clinics located in Tacoma, Renton, and Yakima (starting in 2023). Telemedicine option available for medication abortion.  
<https://cedarriverclinics.org/abortion/>

## Abortion cost

An abortion can cost anywhere between \$0-\$1000. Abortion may be fully or partially covered by private or state insurance, also known as Medicaid or Apple Health.

If you do not have insurance, calling and talking to someone at Planned Parenthood or Cedar River Clinics can be very helpful in figuring out your cost. There may be programs you qualify for that can help pay for the abortion, transportation, hotel accommodations, and so forth. Other sources include the Northwest Abortion Access Fund or the National Network of Abortion Funds.

- **Northwest Abortion Access Fund** [www.nwaafund.org](http://www.nwaafund.org)
- **National Network of Abortion Funds** [www.abortionfunds.org](http://www.abortionfunds.org)

# Other Resources

## All Options Hotline

1-888-493-0092 | Talkline for all pregnancy options. For hours and more information, visit [www.all-options.org](http://www.all-options.org)

## Faith Aloud

1-888-717-5010 | Compassionate religious and spiritual support for abortion and all pregnancy options. For hours and information visit [www.faithaloud.org](http://www.faithaloud.org)

## Pregnancy Options Workbook

Reflections and writing exercises to think through your decision-making process (free to download) [www.pregnancyoptions.info](http://www.pregnancyoptions.info)

## Abortion Resolution Workbook

Emotional and spiritual resolution after an abortion (free to download) [www.pregnancyoptions.info](http://www.pregnancyoptions.info)

## Exhale

617-749-2948 | Nonjudgmental after-abortion support. For hours and information, visit [www.exhaleprovoice.org](http://www.exhaleprovoice.org)

## Choice Network

All-options pregnancy counseling, adoption referrals, LGBTQIA-friendly adoptions [www.choicenetwork.org](http://www.choicenetwork.org)

## “Mom, Dad, I'm Pregnant...”

Conversation guide for talking about pregnancy with your family [www.abortionconversationprojects.org/for-teens-2](http://www.abortionconversationprojects.org/for-teens-2)

## A Heartbreaking Choice:

Support for those who have terminated a wanted pregnancy [www.ahartbreakingchoice.com/Default.aspx](http://www.ahartbreakingchoice.com/Default.aspx)

## Program for Early Parent Support (PEPs)

Peer support for new parents [www.peps.org](http://www.peps.org)