

## Pregnant? Need Help?

**24-hour helpline:** 1-800-712-HELP(4357) and to find a location near you. Free help available. Free pregnancy test, free ultrasound, counsel your parents, boyfriend, or husband as needed, and more!

### **A Best Choice Mobile Ultrasound**

Free ultrasounds and pregnancy tests.  
Call Angela Clark, 703-946-3077  
(Espanol y Ingles)

### **A Woman's Choice**

6201 Leesburg Pike Suite 220  
Falls Church, VA 22044  
703-538-4305 (Espanol y Ingles)

### **Gabriel Project**

Arlington Diocese Parish-based  
Pregnancy Assistance:  
1-866-444-3553 or 703-841-3810

### **HOPE**

610 Park Avenue  
Falls Church, VA 22046  
703-536-2020 (Espanol y Ingles)

## POST-ABORTION HELP:

### **Project Rachel**

If you or a friend are hurting from an abortion, please call 703-276-0373 or 1-888-456-HOPE. Your call will be treated with complete confidentiality.

**INJURED?** Have you suffered injury as a result of an abortion? If in doubt, don't wait, call your doctor or a hospital emergency room. For legal referral after your treatment call toll free 1-(800) 401-6494

*(See back of card for side effects.)*

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