

## Preparing to Parent

Do you feel anxious about your unexpected pregnancy?

Do you need help with medical and/or living expenses?

Do you have the needed parenting supplies?

Are you eating healthily and taking pre-natal vitamins?

Are you smoking?

Do you have questions about the birth process?

Do you have enough information about community resources: Denali Kid Care, WIC, daycare, etc.?

Are you drinking alcohol and/or using street drugs?

*The Catholic Social Services' Pregnancy Support Counselor can help you answer these questions and provide guidance and helpful referrals during this important time of your life.*

## What Catholic Social Services provides:

- Pregnancy Support Counseling
- Education about pre and post partum care
- Education about legal rights
- Parenting supplies (maternity & baby clothes, diapers, etc.)
- Adoption planning
- Life-long post-placement counseling
- Home studies for
  - \* Infant Adoption
  - \* International Adoption
  - \* Office of Children's Services' Special Needs Adoption



## Catholic Social Services' Pregnancy Support & Adoption Services



*To help you prepare for your baby.*

3710 East 20th Avenue  
Anchorage, AK 99508  
907-276-5590 (phone)  
907-258-1091 (fax)  
cssalaska.org

 **Catholic Social Services**  
Providing Help  
Creating Hope

## Mission

The Pregnancy Support and Adoption Services program of Catholic Social Services supports the tradition of family life and affirms the belief that every child is a creation of God. The program assists the family of origin and the family of adoption to make a confident and loving plan for their own and their child's future. With education and respect, the families grow to an understanding of lifelong commitment and love.



Pregnancy Support & Adoption Services program provides infant adoption awareness training to health care professionals and social services. Our professionally trained staff is also available to provide a variety of community-based educational workshops to non-profit organizations, counselors, and students studying in the human services and/or medical fields.



### Pregnancy Support's Baby Boutique

Tuesdays & Thursdays

11:00 a.m.— 3:00 p.m.

3721 East 20th Avenue

*offering free maternity wear and baby supplies as available*

#### Baby Supplies Available

formula

diapers

clothing—newborn to 24 months

sheets

maternity clothes

blankets

shoes

*All items available thanks to our generous and caring donors. To donate please call 276-5590 or drop off items at 3710 East 20th Avenue between the hours of 9:00 a.m.—5:00 p.m.*

If you are considering making an adoption plan Catholic Social Services will guarantee that...

- The primary focus is the child's best interest.
- Free counseling is provided by qualified professionals who consider the moral and legal rights of all parties.
- Comprehensive adoptive family assessments are an integral part of adoption planning.
- The birth parents are given time to make the best decision for their child.
- Birth parents select the adoptive family.
- Full, legal relinquishment services always occur.
- Free life-long emotional support and services are provided to both birth and adoptive families.