

A RESOURCE OF SERVICES AND SUPPORT

ALL SERVICES ARE FREE AND CONFIDENTIAL

PREGNANCY SERVICES

24-Hour Helpline and Live Chat

Helpline volunteers are available 24 hours a day at 303.295.2288 to listen and connect clients with our services. Live Chat is provided from 10:00 a.m. – 4:00 p.m. Monday through Friday for those who prefer to connect with our staff online at YouhaveAlternatives.org.

Pregnancy Testing and Options Counseling

For women and men facing an unexpected pregnancy we provide a space for clients to process their options around parenting, adoption and abortion before making a life-changing decision. We equip each client with resources, support and non-violent solutions. As such, we do not refer or recommend abortion.

Pregnancy Ultrasound

Alternatives provides an ultrasound to women with a positive pregnancy test to confirm a pregnancy, check the fetal heartbeat and determine gestational age and estimate a due date.

Abortion Pill Reversal Services and Support

As part of the Abortion Pill Rescue Network, women who have taken the first abortion pill and regret their decision can connect with Alternatives for reversal services and care-team support to hopefully save the life of their baby.

Prenatal and Postnatal Resources

Alternatives is committed to helping the infant and maternal mortality rates in Denver by connecting our clients with medical providers that support maternal and newborn health.

Adoption Referrals

During options counseling we assists clients who are considering adoption by working through our Adoption Decision Guide and referrals to local agencies who design individualized adoption plans.

Mom and Baby Gifts

For our clients and any first-time moms and dads in the community, we provide a gift bag with blankets, diapers, clothes, toys and baby care items to make the new journey a bit easier.

Community Resource Guide

Alternatives works with each client to assess their personal wellness needs and connect them to our local community of clinics, agencies and organizations that will further their support and wellbeing.

Medical and Dental Referrals

To support positive health outcomes for mother and baby, Alternatives connect clients to local health clinics, Medicaid providers, obstetricians, gynecologists and dentists.

MEN'S SUPPORT

Alternatives recognizes that male involvement in pregnancy and childbirth influences positive pregnancy outcomes so we provide options for men to process their role in a pregnancy decision. For those who will be fathers we offer a Fatherhood mentoring program for mentors and mentees to meet one-on-one.

STD TESTING AND TREATMENT

Alternatives' medical team focuses on positive sexual health outcomes by providing free and confidential sexual history and risk factor assessments, STD testing for women and treatment for women and their partners. In addition, clients are offered behavioral counseling and education regarding their reproductive health.

COUNSELING AFTER ABORTION

For women and men who have made an abortion decision and experiencing mixed emotions, Alternatives provides a safe and trusted place to talk. Small group connections, one-on-one counseling and support groups are available at no cost and are always confidential.

A PROMISING FUTURE

As a prevention-focused proactive effort, Alternatives developed a program directly focused on honing executive skills that lead to better outcomes for individuals, primarily concentrating on young people ranging from 15-25. Through our custom-written, evidence-informed curriculum, The Diamond Standard, we promote positive youth development, social and emotional learning, life skills education, and healthy relationship cultivation. Our workshops, presentations and classroom instruction empower students and adults alike with tools to impact their behavior for years to come.

PREVENTION OF SEXUAL RISK AND PREGNANCY

Across all programs we work to move our clients, patients and students to a better place of physical, emotional, mental, social and spiritual wellbeing. We recognize the integral role of prevention and we focus on Sexual Risk Avoidance - an educational approach based on the public health model of primary prevention which empowers people to avoid all the risks of sexual activity to achieve the best possible health outcomes and future success.

YouhaveALTERNATIVES.org • 24-Hour Helpline: **303.295.2288**

.....

Office Locations

- Central Denver:** 1440 Blake Street, Suite 200
- West Metro:** 441 Wadsworth Blvd, Suite 225
- East Metro:** 14221 E. 4th Ave., Suite 330
- Castle Rock:** 410 S. Wilcox St., Suite 103

Mailing and Contact

23 Inverness Way East, Suite 101
Englewood, CO 80112
303.298.8815 FAX: 303.295.2288
EMAIL: Mail@YouhaveAlternatives.org

Se habla español.

