

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 client services 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 pregnancy, check fetal heartbeat, determine gestational age, estimate a due date, and as a tool to educate on fetal development.

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. National statistics through AbortionPillReversal.com show a 64-68% success rate.

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 assist clients who are considering adoption by working through our Adoption Decision Guide and referring them to licensed local agencies to design an individualized adoption plan.

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 get new families off to a good start.

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 connects clients to local health clinics, Medicaid providers, obstetricians, gynecologists and dentists.

MEN'S SUPPORT

Research by Care-Net.org reveals the male to be the most influential in a woman's pregnancy decision. Alternatives provides counseling for men to process their role in a pregnancy decision and promotes supportive male involvement. For those who will be fathers, we offer Fatherhood Mentoring to invest in fathers-to-be.

STD TESTING AND TREATMENT

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

COUNSELING AFTER ABORTION

For women and men who have made an abortion decision and are 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.

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.

A PROMISING FUTURE

A Promising Future casts a vision for our high school students and young adults that they can achieve their goals and dreams. Through our evidence-informed curriculum, The Diamond Standard, we promote positive youth development, social and emotional learning, life-skills education and healthy relationship cultivation. Our team provides classroom instruction, leads parent workshops and trains other youth-serving professionals in implementation of The Diamond Standard curriculum.

Clinic 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

Administrative Office

23 Inverness Way East, Suite 101

Englewood, CO 80112

303.298.8815 FAX: 303.295.2288

Email: Mail@YouhaveAlternatives.org



A Promising Future

23 Inverness Way East, Suite 101

Englewood, CO 80112

303.298.8815 FAX: 303.295.2288

EMAIL: Info@APromisingFuture.com

