

Services & Support



You have **ALTERNATIVES**.org

Downtown Denver | Lakewood | Aurora | Castle Rock | Englewood

24-Hour Helpline: 303.295.2288 • Administrative: 303.298.8815
23 Inverness Way East, Suite 101, Englewood, CO, 80112

Se habla español.



All services are **free** and **confidential**.

MEDICAL & COUNSELING

Pregnancy Test & Options Consultation

We provide pregnancy tests and options consultations designed to help you process your unique circumstances and support you as you explore all of your pregnancy options including parenting, adoption and abortion. We do not refer for or offer abortion services. We provide you with accurate medical education and compassionate care as you are faced with making a life-altering decision.

Pregnancy Ultrasound

If you have received a positive pregnancy test in our clinic or obtained a physician's letter confirming your pregnancy, we may offer a limited ultrasound scan to confirm pregnancy, check fetal heartbeat, determine gestational age, educate on fetal development and estimate a due date.

STD Testing & Treatment

Based on a personalized risk assessment, we provide women with STD testing for a wide range of STDs and treatment options based on results. Our medical care team provides a safe space for you to process decisions related to your sexual health.

Abortion Pill Reversal

If you're having second thoughts after taking the first abortion pill, we offer progesterone hormone therapy to attempt to rescue your pregnancy. Initial studies have shown that there is a 64-68% success rate. The goal is to start the protocol as soon as possible after taking mifepristone, the first medication in the abortion pill process.

Counseling After Abortion

If you made the decision to terminate your pregnancy, we want you to know you are not alone. We offer a safe and professional place to navigate your emotions through individual or group counseling sessions. We are committed to walking with you whether your experience was recent or many years ago.

SUPPORT

Momma Mentoring

If you're pregnant and need parenting education and support, we have mentors who can walk the journey of motherhood with you and empower you to be the best mother you can be.

Men's Support

If you are a male partner, we will help you process your involvement in a pregnancy decision. For new fathers, we offer Fatherhood Mentoring to help you become the best dad you can be. We also offer individual Counseling After Abortion for men struggling with a past abortion decision.

RESOURCES & REFERRALS

Medical Resources

Your continued sexual health and the positive health outcomes for you and your baby are important to us. Through our Medical Resource Guide, we connect you with medical providers that will help you and your baby thrive.

Community Resources

If you need assistance connecting to local organizations, we will work with you to assess your physical, social, emotional, mental, spiritual and economic needs to create a holistic support plan that helps you achieve your personal and parenting goals.

Adoption Referrals

If you are considering adoption, we offer education and referrals to licensed agencies that will provide continued counseling and education and make an individualized adoption plan with you.

Mom & Baby Gifts

We offer new moms and dads a gift bag filled with diapers, wipes, baby clothes, blankets, toys and more to help you get off to a good start.

EDUCATION

A Promising Future

Through our custom-written, evidenced-informed curriculum, *The Diamond Standard*, we help young adults develop critical life-skills and healthy relationships. We offer classroom instruction, parent workshops and curriculum training for youth-serving professionals. Learn more at APromisingFuture.com.

Student Services

If you are a pregnant high school or college student, we can help you advocate for resources and support through Title IX related to housing, childcare, school leave, financial aid and athletics.

Fertility Education & Medical Management

Fertility Education & Medical Management (FEMM) is a comprehensive women's health and wellness program for optimal reproductive health. This natural, breakthrough, science-based program helps you learn more about your body and how to identify daily hormonal shifts to achieve your health and fertility goals.

Alternatives Pregnancy Center does not discriminate against anyone on the basis of sex, race, color, ancestry, religious creed, national origin, physical disability (including HIV/AIDS), mental disability, medical condition, age, sexual orientation, gender identity or marital status. We are committed to treating all people with dignity and respect.