



# Hello from Alternatives!

You may have questions about who we are and what we do. Here are some answers to common questions and an invitation to advocate for teens, women, men and the preborn.

## Who is Alternatives Pregnancy Center?

Alternatives is a community of individuals and organizations unified in the belief that every human life, born and preborn, has inherent worth and dignity. We believe that teens, women and men in the greater Denver area deserve access to non-judgmental, compassionate care and medically accurate education when faced with a life-altering pregnancy decision. Together, we believe we can rise up to meet the challenge of a culture of dehumanization through non-violent solutions and authentic support. All at no cost. Ever.

## What is the daily work of Alternatives Pregnancy Center?

Alternatives is a faith-based, life-affirming resource in the Denver area. Through options consultations, medical care and holistic education, we provide a trusted and safe place for people to make informed decisions regarding unintended pregnancy and compromised sexual health. We provide resources that can bring healing and encouragement for those who have experienced abortion. We engage with the educational community, youth pastors and other youth-serving professionals to reach youth and emerging adults with relationship education and life-skills development. It is our desire to come alongside teens, women and men and be a support to help them move from a place of suffering to thriving!

## How are you able to provide your services at no cost?

We offer free services because of the financial generosity of individuals, churches, businesses and community members who are passionate about the dignity of human life and inspired to be an active part of positive solutions in the community!

## How can I stay updated on your news and events?

Join our online community by scanning the QR code and signing up for our emails. Follow us on Facebook and Instagram @youhavealternatives! You will hear stories from our clients, get insights from our team and stay engaged with what is happening at Alternatives and how you can make a difference.



## How can I see one of your clinics?

To set up a visit, just scan the QR code and schedule a time to have coffee and a tour with our Executive Director, Linda Pace Saccomano. You will be amazed to see the impact of the contribution of love and support from people just like you!



We need you to help us stop the tragedy of abortion by building a community of support where every human being is respected and valued from conception to natural death.

We look forward to meeting you in the future!



*Lori Ann Satriano Arfsten*

**LORI ANN SATRIANO ARFSTEN**

Director of Communications & Community Engagement

**All services are free  
and confidential.**

# ALTERNATIVES

PREGNANCY CENTER

You have **ALTERNATIVES.org**

24-Hour Helpline: **303.295.2288** • Administrative: **303.298.8815**  
23 Inverness Way East, Suite 101, Englewood, CO 80112  
1391 Speer Blvd., Suite 250, Denver, CO 80204  
14221 East 4th Ave., Suite 330, Aurora, CO 80011

## 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.

### 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.

### Fertility Education & Medical Management

Returning in March 2024. 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.

## 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](http://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.

## 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.

## 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.

### All services are free and confidential.

*Alternatives Pregnancy Center is a nonprofit organization that provides a safe and trusted environment to process a pregnancy decision, compromised sexual health or mixed emotions after an abortion. Privacy and confidentiality are a priority. Our compassionate and qualified staff take pride in offering holistic care to address physical, mental, emotional and spiritual health. All services are available at no cost. We do not provide emergency contraception. We do not refer for or perform abortions; therefore, Alternatives receives no financial gain from a pregnancy decision. We do 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 treat all people with dignity and respect.*