

Get Involved



Together we are stronger

Partner with us in building a community of support where every human being is respected and valued

ALTERNATIVES
PREGNANCY CENTER

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, Dr. Ashley Graves. You will be amazed to see the impact of the contribution of love and support from people just like you!



Let's work together to create a compassionate community of support where we provide tangible resources, meaningful alternatives to abortion and a path of hope for the future.

We look forward to meeting you!



Lori Ann Satriano Arfsten

LORI ANN SATRIANO ARFSTEN

Director of Communications & Community Engagement

SERVICES & SUPPORT

MEDICAL & COUNSELING

Pregnancy Test and Options Consultation

For women and men facing unplanned pregnancies, Alternatives provides a space to process options around parenting, adoption and abortion before making life-changing decisions. We equip each person with support, resources and non-violent solutions. We do not refer for – or provide – abortion.

Pregnancy Ultrasound

Registered Diagnostic Medical Sonographers and Registered Nurses provide a pregnancy ultrasound to women with positive pregnancy tests to confirm pregnancy, check fetal heartbeat, determine gestational age, estimate a due date, and educate on fetal development.

STD Testing & Treatment

Our team of licensed, registered nurses work in the care and treatment of women with sexually transmitted diseases and focus on positive sexual health outcomes. Patients are offered additional coaching and education regarding their sexual health.

Counseling After Abortion

For women or men experiencing mixed emotions after an abortion decision, Alternatives provides a safe and trusted place for one-on-one counseling or group support.

Fertility Education & Medical Management

Alternatives' nurse manager helps women understand their reproductive health through our free Fertility Education and Medical Management (FEMM) training. Through FEMM, clients learn how to identify hormonal shifts to achieve their health and fertility goals.



SUPPORT

Momma Mentoring

With Momma Mentoring, Alternatives has trained volunteers who come alongside pregnant and parenting moms to equip them for motherhood. Through a caring relationship with their mentor, moms experience pregnancy support, education and helpful advice from another woman who has walked the road of parenting.

Legacy Men's Services

We help men process their unique circumstances in an unplanned pregnancy when it comes to fatherhood, placing for adoption or abortion before making a life-changing decision. Through male staff and interns we offer pregnancy options consultation and support. For new fathers we offer Fatherhood mentoring through our team of trained, male mentors. It is our goal to equip men to support their partner through pregnancy and beyond, providing education and helpful advice from an experienced father.

Case Management

Alternatives staff assess the physical, social, emotional, spiritual, mental and economic needs of each person to create a holistic support plan that includes local community connections that help women achieve their personal and parenting goals.

**All services are
free and confidential**

SERVICES & SUPPORT

RESOURCES & REFERRALS

MEDICAL RESOURCES

The continued sexual health and positive health outcomes for women and children are extremely important to us. Through our Medical Resource guide, we connect clients and patients with medical providers that help them thrive.

COMMUNITY RESOURCES

Alternatives has an extensive connection to local organizations where our clients and patients can receive additional assistance and support for services.

Adoption Referrals

Alternatives offers education and referrals to licensed agencies that provide individualized adoptions plan and continued counseling related to adoption.

Mom & Baby Gifts

Pregnant women are in need of tangible resources. Through our mom and baby gift program, we accept donations of diapers, wipes, baby clothes and supplies to pass along to moms in our clinics and in the community.





YOUTH EDUCATION

A Promising Future

A Promising Future (APF) is the life-skills development and relationship-education department of Alternatives Pregnancy Center. Through our customized, evidence-based curriculum The Diamond Standard, APF helps young adults develop critical life skills and healthy relationships. This transformational program created for youth-serving professionals combines classroom instruction, parent workshops and curriculum training.

Sexual Risk Avoidance

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

Pregnant Student Support

Our counseling/coach staff is available to help pregnant high school and college students navigate this season in their life. If transportation is an issue, we offer Uber Health rides at no cost.

**All services are
free and confidential**

VOLUNTEER POSITIONS

Together we can change lives and impact generations.

As a volunteer, you will serve alongside staff as a Volunteer Partner to reach our community with the example of Christian love as we seek to meet the physical, emotional and spiritual needs of the men, women and teens we serve.

We look for Volunteer Partners who...

- Have a passion for our Mission and Vision
- Have a calling to work in the Pro-Life Movement
- Possess the heart of a learner
- Seek humility and glorifying God in all that they do

Alternatives sees the value of inviting you, a Volunteer Partner, to contribute in various ways to the glory of God. All positions have a great impact on our work. At Alternatives, we have a passion to place and equip our Volunteer Partners effectively. Scan the QR code to see how your gifts and skills make a life-changing impact.

If you have any questions please reach out!



Aspen

Volunteer Development Manager
Aspen@YouhaveAlternatives.org
303.298.8815



VOLUNTEER PARTNER POSITIONS

Prayer

Join our group of prayer warriors and pray for the current needs of our clients, staff and volunteers through our bi-monthly prayer email and quarterly virtual prayer events.

24-Hour Helpline Information Assistance

Listen to and assist callers with information about Alternatives services after clinic hours during the week and on weekends. One weeknight and one-weekend shift is required each month. Training provided.

Spanish Client Services Interpreter

Join our client services team to translate spoken or written Spanish into English and English into Spanish between staff and clients/patients. Must be proficient in both Spanish and English, and able to speak, read and write fluently in both languages.

Volunteer Nurse

Provide patient care and medical services in Alternatives' STD medical clinics maintaining professional standards of care by following the ANA Code of Ethics.

Mentors

Momma Mentor/Fatherhood Mentor

Walk with a mom or dad as they enter the journey of parenthood. Provide education and support to help them be the best mother or father they can be. Mentorship extends from pregnancy until her child is one year of age.

Community Engagement

Church Liaison, Medical Ambassador, Tabling Representative

Raise awareness of the programs and services of Alternatives in churches, community agencies and medical providers throughout the city of Denver.

Assistants

Office Manager Assistant, Volunteer Training Assistant

Assist and support Alternatives staff through administrative tasks and volunteer training events.

Administrative Support

Administrative, Food Services

Play a key role in helping us carry out our mission by providing important administrative support for successful operations.

Together we are stronger

WAYS TO TAKE ACTION & GIVE

WAYS TO TAKE ACTION

Join our Prayer Chain

Join a group of prayer warriors and pray for the current needs of our clients, staff and volunteers.



Gather Mom and Baby Gifts

Scan the QR code for needed baby items we distribute to new parents.



WAYS TO GIVE

Alternatives is fueled by generosity. Here are ways you can partner with us financially:

- Become a Monthly Lifeline Partner
- One-time Gift
- Workplace Giving and Matches
- In Honor or In Memory
- Planned/Estate Gifts
- Donor Advised Funds and Stocks
- Baby Bottle Bank Fundraiser
- Mom and Baby Gifts
- Donate a Vehicle, Boat or Trailer
- Colorado Gives Day

OTHER WAYS TO GIVE

King Soopers

Set Alternatives as your community rewards organization on your Sooper Card.

More Information

For more information about generosity opportunities, contact us.



Mike Rice

Director of Development

Mike@YouhaveAlternatives.org

303.295.2873



7-DAY PRAYER GUIDE

The following is a 7-day, at-home guide for you and your family to support the respect and protection of human life through prayer and action. Thank you for uniting with us as we strive to share the love of Christ with the world.

DAY 1 – Lord God, I am taking time today to consider your gift of life to me. I praise you because I am fearfully and wonderfully made. I praise you because I am made in your image. What a sacred gift you have given to me. May I never take this gift for granted. May I be open to sharing with others how they are loved and valued by you, the creator of the universe. Thank you Lord!

DAY 2 – Lord God, I want to understand your heart for all created life. Will you give me a deeper knowledge so that I can love all my brothers and sisters with a more profound love? Help me see every person I talk to today as your creation and speak to them in a way that reflects your love for them.

DAY 3 – Lord God, Today I am thinking about the unborn. They are defenseless and voiceless. Yet their lives are thrown away so easily. Give me the strength to stand up to this tragic loss of life in a peaceful, loving and respectful way. Help me to commit myself to give a voice to the unborn by defending life.

DAY 4 – Heavenly Father, Today I am praying for fathers. I pray that you will lift them up to see their value and the importance of the role you have for them. Lord, I am asking for men who are about to be fathers to seek the help of a mentor or someone who can give them wise counsel stepping into the sacred role of fatherhood.

DAY 5 – Lord God, My prayer today is for women who are facing an unplanned pregnancy decision in the city of Denver. Lord, may they be protected from the cultural narrative about devaluing pregnancy. May your light shine into their hearts for a full understanding of the beautiful life being created inside them. Lord, may they reach out to Alternatives Pregnancy Center for compassionate help and support.

DAY 6 – Lord God, today I am praying for our nation. Lord we know it is only with your help that we will return to a nation that proclaims and lives out liberty and justice for all – not just for some. Lord, may we truly live out Micah 6:8 “to do justice, love mercy and walk humbly with our God.”

DAY 7 – Lord God, there are many women who have made choices about a pregnancy that they regret. Lord, today I am praying for a healing in their hearts. Lord, may they know your loving kindness and their worth as a child of God. May they seek help for any physical, mental or emotional health issues lingering from a past abortion decision so they can lead the abundant life you have planned for them.

ENGAGE WITH US ON SOCIAL MEDIA



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Alternatives Pregnancy Center



PROMISING FUTURE

MY CHOICE
My Story



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Youtube
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Youhave**ALTERNATIVES**.org

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