

## About Us

Alternatives Colorado 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.



### Downtown Denver

1391 Speer Blvd.  
Suite 250  
Denver, CO 80204

### Aurora

14221 East 4th Ave.  
Building 2, Suite 330  
Aurora, CO 80112

### Inverness/Englewood

23 Inverness Way East  
Suite 101  
Englewood, CO 80112

### Arvada

8270 W 80th Ave.  
Unit 13, Suite A  
Arvada, CO 80005



24-Hour Helpline & Nurse Texting Line:  
**303.292.4357**

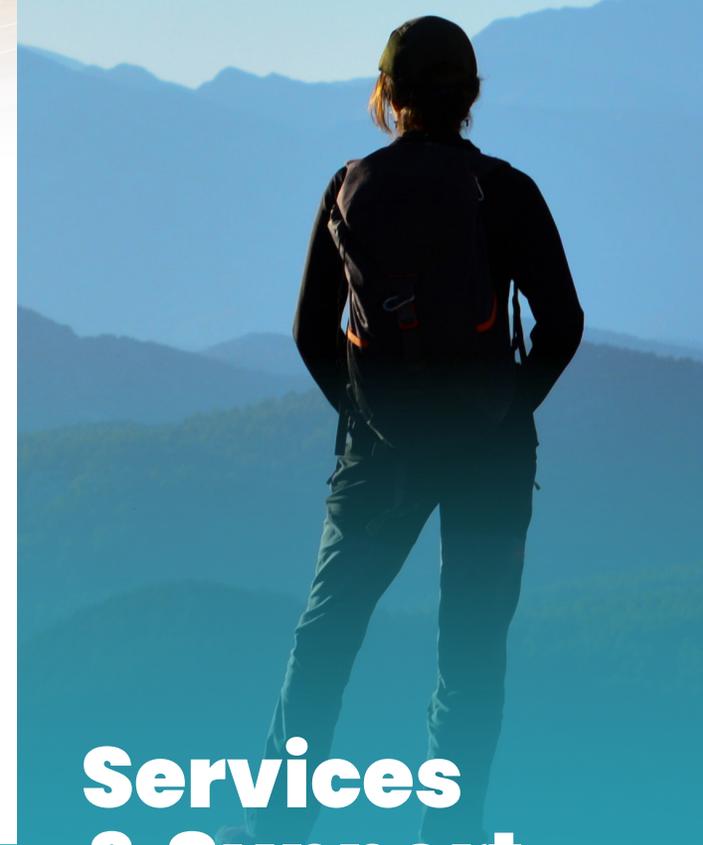
Administration: **303.298.8815**



Se habla español.



Combined Federal Campaign (CFC) # - 46533



# Services & Support

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

All of our services are free and confidential.

## 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.

### Legacy Men's Services

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 Post Abortion Recovery for men struggling with a past abortion decision.

### Case Management

If you are pregnant and currently receiving our services, we will work with you to assess your physical, social, emotional, mental, spiritual and economic needs. Together we will create a holistic support plan to achieve your personal and parenting goals and help you navigate the application process with Medicaid and other local agencies.

### Uber Health Rides

If you are in need of transportation to your appointment, we can provide free transportation for you through Uber Health rides.



## 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.

**Be advised: If you're having second thoughts after taking the first abortion pill (mifepristone), it is possible to interrupt the effects of the medication and continue your pregnancy. Please contact Bella Health + Wellness at 303.789.4968 or call the Abortion Pill Rescue Network at 877.558.0333 for immediate assistance.**

### 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.

**Medical Safety Alert: For your health and well-being, it is vital to confirm every pregnancy with an ultrasound exam.**

### 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.

### 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.



## 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 have a strong network of community partners that we will refer you to for additional support.

### 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.

Care. Compassion. Always.