

# Pregnancy Services for Expecting and New Parents:

## *Staying Informed and Building Your Plan*

Expecting and new parents often have many questions and concerns, especially when the pregnancy was unplanned. This new chapter in your life can seem overwhelming, but we're here to help you find the clarity and confidence you need to move forward.

Whether you are currently pregnant or your baby has already arrived, NCHS's Pregnancy Services helps you make the best decision for you and your child. We'll be there to provide support and guidance along the way, before, during, and after you give birth. Our services are completely confidential and are available to you with no cost or obligation.

### NCHS's Pregnancy Services provides support to expecting and new mothers and fathers through:



Assistance accessing prenatal care



Connections to community resources



Educational resources



Guidance and legal information regarding parenting/adoption rights and responsibilities



Information on the options of parenting and adoption



Temporary newborn care as you make an informed decision



One-on-one ongoing support services



**When it comes to pregnancy and parenting, you have the right to make an informed decision.**

NCHS is here to connect you with experienced professionals that can help you explore options without judgment. Whatever you decide, we will help you prepare and plan for the next steps.

**Simply call our toll-free number at 877.420.4747 or visit [nchs.org](http://nchs.org) for more information.**

