

Look inside this brochure to learn how our free Care Program helps you stay healthy throughout your pregnancy and prepares you for the next steps.



Human Life Services is a nonprofit agency offering free, confidential services in a nonjudgmental atmosphere.

We offer free parking and are located at the bus stop at the corner of W. Jackson and S. George St.



Care Program

Helping you with your pregnancy



Come to our free sessions and learn about pregnancy and childbirth. We'll also talk about the possibility of adoption and, if you're planning to raise your baby, how to create a loving, safe environment. Our professional nurses are here to answer questions about your pregnancy.



HUMAN LIFE SERVICES

Helping to Make the Right Choice

742 South George Street
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24-hour line

www.humanlifeservices.org

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The tools and support you need right now...and for life

Free pregnancy testing and support from



HUMAN LIFE SERVICES

Helping to Make the Right Choice

1 Helping you with your pregnancy



Learn what the next few months of your pregnancy will be like. Get helpful tips—and earn Baby Bucks—by joining our care program.

Main sessions:

Labor & delivery
Prenatal care
Fetal development
Smoking and alcohol use
Healthy relationships
Post-partum depression
Spiritual and sexual integrity
The adoption option

Everyone's situation is different. No matter what yours is, our caring staff is here to listen.

2 Helping you prepare for a baby

Other topics covered:

Newborn care (bottle or breastfeeding, bathing, clothing)
Baby-proofing your home
Car safety
Single parenting & budgeting
Newborn health risks
Infant illness symptoms
First aid for infants

We get you ready for later challenges of parenting, too, such as toilet-training and disciplining your child.

We're here to help you make the best choices during your pregnancy...and beyond.

Along the way, we'd like to introduce you to the author of life, Jesus Christ. He can give you the hope and strength to live your life with joy, self-respect and freedom.

3 Practical help with supplies

If you choose to raise your baby yourself, earn Baby Bucks by attending our sessions so you can “buy” baby supplies, including clothing.

Earn baby clothing & supplies by:

- * Attending the sessions
- * Completing the homework
- * Keeping your doctor appointments
- * Attending local childbirth classes

Ask about other ways to earn Baby Bucks. Best of all, complete our sessions and receive a crib, stroller or your choice of other available items!

“Being pregnant can be a very overwhelming idea, especially with [a] first child. I am taking these classes with my boyfriend, and I am beginning to feel more and more prepared each day. My relationship has gotten stronger, and together [we're] preparing for the new future that lies ahead of us.”

- Devon