



- **Crisis Pregnancy Hotlines:**

Women experiencing an unplanned pregnancy, who are scared, confused, worried or alone, please know that there is real help available.

Two wonderful, caring, local centers that offer free counseling, pregnancy testing, ultrasounds, post-abortion counseling and other services are shown below. Please contact one of these centers before making a decision. You may also seek help, advice and spiritual direction by contacting our parish offices.

- **Life Centers of Ventura County** – Helpline 800-973-7334 <https://www.vclifecenters.com/>

“Know Your Options – Get all the Facts”

This is a licensed medical clinic providing free & confidential support services, including peer counseling, pregnancy tests, ultrasounds, post-abortion counseling & adoption information. They have friendly and caring nurses to help.

- **Conejo Pregnancy Center** – Personal & confidential 805-373-1222  
<http://conejopregnancycenter.com/get-connected/>

“You matter. Your choice Matters.”

They provide free pregnancy testing, free ultrasounds and other free and low cost services.

- **9 Reasons Not to Have an Abortion** – Article by Emily Brown of the American Life League

<http://lifedefender.org/2016/07/10-reasons-not-to-have-an-abortion/>