

Patient Resources:

All Options:

www.all-options.org/find-support/talkline/

All-Options offers peer-based counseling and support if you are pregnant and unsure how to feel or what to do next, or you want to talk about a past or current experience with abortion, adoption, parenting, infertility or pregnancy loss.
Toll-free: 1-888-493-0092

It's My Choice

www.sexandu.ca/its-my-choice/

This is an online interactive patient decision aid designed by researchers, patients, and clinicians. It's My Choice helps people choose between two options for abortion in early pregnancy, the abortion pill and the abortion procedure."

Exhale

<https://exhaleprovoice.org/after-abortion-talkline> Counselors at Exhale will support you with counseling, which:

- values your emotional wellbeing and welcomes the full range of emotions;
- approaches you as a whole person, recognizing that many facets of your life are part of your abortion experience;
- respects and works within your belief system (religious, social, and political) to support your needs;

Arrange a telephone counselling session by booking online.

Pregnancy Options

If you are facing an unplanned or unwanted pregnancy, we can help. Nearly half of all pregnancies are unintended and we know it can be stressful to find out that you are pregnant when you didn't plan to or don't want to be.

We have Registered Nurses, Social Workers and Physicians who will provide you with the resources and options you need.

Our clinic only accepts self referrals, meaning you have to call yourself to make an appointment. No one can call or refer on your behalf.

We offer medical terminations up to 10 weeks gestation and surgical terminations up to 14 weeks gestation.

You have a positive pregnancy test so what's next?

1. Call our office to self refer and our admin will complete your initial intake. **If you do not get through the first time please be sure to leave one voice message including your name, health card number & the best number to call you back on. Due to high call volumes all calls cannot be returned same day, your call will be returned within 72 business hours.**
2. All our patients require an ultrasound and lab work to be done prior to the physician consultation. If you do not have these done, we can arrange them for you in the community.
3. Once your bloodwork and ultrasound are completed, we will book a phone consultation with our physician to finish up your intake and go over which option is best for you.
4. After your phone consultation with our physician, you will speak to a nurse who will then provide instructions on whichever path you've taken (medical vs surgical) along with follow up instructions.

Early Pregnancy Assessment Clinic (EPAC)

Monday to Friday (not including statutory holidays)

8:00am to 4:00pm

Phone: (306) 655-7637

Our clinic does not accept walk in patients