



LifeDesign Maternity Counseling provides services related to the issues of pregnancy, preventative choices, emotional education and social support.

WHO DO WE HELP?

We help women coping with unplanned pregnancies, individuals and families needing additional support, women facing difficult life circumstances, women with postpartum concerns, and those considering adoption.

WHAT DO WE DO?

We help women to make individual decisions based on deeper self-understanding, education and personal assessment by providing the following services:

► **Assessment.** We assess the individual's economic resources, nutrition, stressors and coping skills, familial and social support, education and personal goals.

► **Professional Counseling.** We discuss feelings about the individual's unplanned pregnancy, readiness for adoption or parenthood, life circumstances and stressors, and personal goals for family and future. We help facilitate healthy conversations between families regarding decision making in a safe, supportive environment.

► **Education.** We help educate our clients in the areas of pregnancy and risk factors, resources, parenting needs of children, parenting skills and adoption (if raising a child does not seem feasible).

► **Referrals.** We help refer our clients to resources in the community for needed services.

FREE
of charge

Contact us today at
1-800-441-2670
or scan the QR code.

