

"For I well know the plans  
I have for you, says the Lord,  
plans for your welfare,  
not for woe!

Plans to give you a  
future full of hope.

When you call me,  
I will listen to you.

Yes, when you seek me  
with all your heart,  
you will find me with you,  
says the Lord, and I will  
change your lot."

Jeremiah 29:11-14

*Our goal is to provide  
positive outcomes for  
all parties involved with an  
unplanned pregnancy  
and assist all in the  
decision making process.*

\*\*\*

*For more information or to speak with  
a pregnancy counselor call*

**605-988-3775**

**800-700-7867**



## **Catholic Family Services**

*Is a non-profit, licensed  
child placement agency  
that works with  
domestic, private and  
international adoptions;*

*Offering quality, professional  
pregnancy counseling  
FREE of charge  
to women, men, couples  
and families regardless of  
faith or ethnic origin.*



Catholic  
Family  
Services

523 N Duluth Avenue  
Sioux Falls SD 57104  
[www.sfcatholic.org/cfs](http://www.sfcatholic.org/cfs)

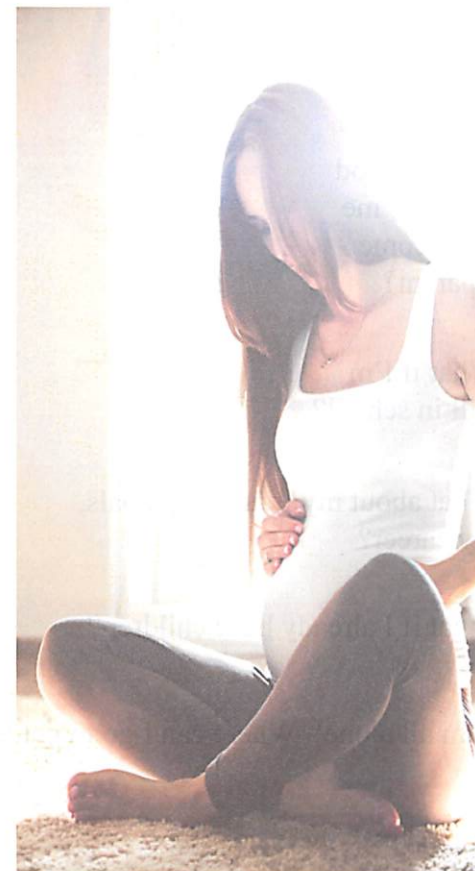
Phone: 800-700-7867 or 605-988-3775  
E-mail: [cfs@sfcatholic.org](mailto:cfs@sfcatholic.org)

& Offices in Aberdeen, Brookings,  
Gettysburg, Mitchell, Pierre & Yankton

## **PREGNANT**

One word  
Many Emotions...

*We Can Help.*



Catholic Family Services



# So many questions ?

What am I going to do?

How will I tell my parents?

What if this is not a good time for me to become a parent?

What if I'm still in school?

What about my future, my goals, my career?

What if I already have children?

I am all alone! Where can I go to get help?

I'm excited...but I'm scared.  
Everyone is telling me what I should do.  
Who should I listen to?



## What is Pregnancy Counseling?

One birth mother describes it...

*"The pregnancy counselors at Catholic Family Services do not judge you nor do they push adoption. They provide realistic counseling and help you with the decision making process. My counselor did not try to sway me to parent nor to place for adoption. It was my decision."*

*I was able to explore my thoughts and feelings in an open and relaxed manner. I did not feel pressured. I developed a trusting relationship with my counselor. I knew she cared about me, not just about the baby!"*

*If you are uncertain of what to do or just need more resources on Pregnancy, Parenting or the risk of Abortion, give CFS a call." Cassie*



## What About Birth Fathers?

Birth fathers are encouraged to contact us. We welcome birth fathers for counseling sessions. These may be alone or with the birth mother. These sessions are free and confidential.

## How can Catholic Family Services Help?

- ◇ You will be given a qualified, compassionate, gentle counselor who will help you sort through your questions and feelings.
- ◇ You will be given information so you can decide what is best for YOU and your unborn child.
- ◇ You will be given assistance to know the community resources available to you, including the *Mother Teresa Endowment* established by the Catholic Diocese of Sioux Falls.
- ◇ You will receive FREE Confidential pregnancy counseling regardless of your race or religion.
- ◇ You will be treated with dignity and respect.
- ◇ You will not be judged.
- ◇ You will be supported in your decision.
- ◇ You will be given accurate information about Parenting, Adoption and the risk of Abortion.