

OUR FREE SERVICES

Pregnancy Testing & Options Consults

- Lab-quality, same-day result urine test
- Pregnancy options consultations
- Limited ultrasounds, must qualify
- Pregnancy verification & WIC paperwork
- Referrals to community resources

Earn While You Learn Classes

- Education and skills for your pregnancy, birth & parenting babies/toddlers journey
- In-person & virtual classes available
- Earn and shop our store as you learn!

Material Support - we are not a diaper bank

- Baby & toddler clothing, as available
- Diapers, pull-ups & wipes, as available
- Toys, strollers, potty seats, blankets, books, bath, feeding, & nursing supplies
- Maternity clothes & nursing supplies

Additional Support Services

- Reproductive Loss & Grief Care
- Birthing Classes & Lactation Support
- Birth Mom Support

HOPE - Healing, Options, Purpose, Education - Women's Abortion Recovery

- Individual or small group studies & retreats
- Confidential and compassionate care that leads to healing & restoration

Support for Men

- Resources, brotherhood, & mentorship for men to step up their dad game
- Abortion & grief recovery support

Serving all of Northern NV!

Please contact us to make an appointment.

Midtown Reno

Call 775-826-5144

Text 775-230-7354

info.midtown@realchoicesnv.org

Fernley

Call 775-223-1035

Text 775-230-7240

info.fernley@realchoicesnv.org

Learn More...

www.realchoicesnv.org

Follow Us...



@rcwomenscenter

REAL CHOICES IS A REGISTERED 501(c)(3) NON-PROFIT ORGANIZATION.

FREE TO ALL.

WE DO NOT PROFIT FROM YOUR SEXUAL HEALTH OR PREGNANCY DECISIONS.



REAL CHOICES
women's centers

Midtown Reno | Fernley

PREGNANT? WHAT ARE YOUR OPTIONS?

PARENTING

Sometimes life's best adventures are the unplanned ones. Few people feel fully "ready" for a baby. We are here to help support you during your pregnancy and baby's first few years of life with classes, necessary supplies, community, and support! You've got this!

ADOPTION

If right now is not the right time for you to be a parent, adoption allows you to place your baby in a loving, forever home. We can help walk you through this process and offer post-adoption support.

ABORTION

Abortion is an expensive medical procedure that sometimes requires surgery. You deserve a place to learn about options and procedures without any pressure.

If you are considering an abortion, or the abortion pill, an ultrasound should be performed before, and after to protect your health and future fertility.

A pre-abortion ultrasound can help determine if the pregnancy is occurring within your uterus, has the potential for natural miscarriage, as well as, determine how far along you really are. A post-abortion ultrasound ensures your uterus is healthy, and clear of infection or complications.

"Visiting the center, I realized how much help is actually available."

- CLIENT TESTIMONIAL

WHO WE ARE

We are a network of centers that have served Northern NV since **1983**. We are a **friendly, no-pressure place** where you can safely and confidentially express your feelings, and receive factual information to make a decision about your pregnancy that works for you.



HOW WE CAN HELP

Facing an unplanned pregnancy can be **emotional, scary, and stressful**. Making the choice to parent, adopt, or abort **will change your life**. We can help you take the time you need to make your decision carefully, and with all the information you deserve.

All of our services are **FREE** and **CONFIDENTIAL**.

We do not provide medications. We do not refer for or perform termination procedures. We are a non-judgmental, educational, free community resource.



WHY VISIT US FIRST...



SERVICES JUST FOR YOU

- **FREE** medical-grade testing to confirm your pregnancy.
- **Accurate** and **compassionate** info about abortion, adoption and parenting.
- **Personalized** info about the changes happening in your body.
- **Zero pressure, non-judgmental staff** who truly care and want to help you process your unique situation.
- **Limited ultrasounds.**
- **Abortion healing** services.

YOU MATTER

We are committed to providing you with everything you need to make an informed pregnancy decision.

We believe women and men have a **right** to get **evidence-based information** from a resource that **will not profit** from the choices and pregnancy decisions they make.

