

HOW CAN I SPOT A CRISIS PREGNANCY CENTRE?

- Claims to be a resource centre for pregnancy and pregnant people
- Pays for many public advertisements about their centres
- Uses vague language in Ads, such as “Pregnant?”, “Need help?”, “Offering non-judgmental support”, “Need someone to listen?”, “No one to support you?”, and/or “Pregnant? Worried? Overwhelmed?”
- Uses manipulative language rooted in reproductive coercion to delay, interfere with, or improperly influence a person’s pregnancy decision
 - Ex. anti-choice vocabulary
 - Ex. non-inclusive vocabulary (motherhood, woman, etc)
- Reframes abortion exclusively as something negative to grieve and to be feared
 - Ex. Offering counselling for those “grieving a loss due to abortion”
- Presents themselves in a way that insinuates that they provide medical expertise
- Offers many free items, including maternity clothes, baby clothes, diapers furniture, car seats, blankets, bedding, sleeping bags, baby toys, formula, and other essentials
- Services offered by staff with a bias for anti-choice & pro-life perspectives

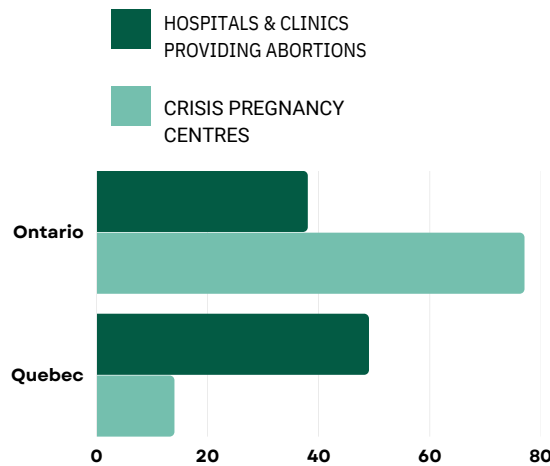


Figure 1. Number of Hospitals/Clinics providing abortion care compared to the number of Crisis Pregnancy Centres in Ontario vs Quebec (Action Canada for Sexual Health & Rights [ASHR], 2020).

EMOTIONAL SUPPORT

People may experience a combination of feelings. All feelings are natural and can be heightened during pregnancy and right after an abortion when hormones are changing.

You can talk to trusted friends and family for support if you feel comfortable, and you can always contact Planned Parenthood Ottawa for free, non-judgmental, pregnancy options counselling and/or post-abortion support. You can reach our **Options Line at 613-226-3234 ext:101**.

WHO WE ARE

Planned Parenthood Ottawa is a pro-choice organization supporting informed sexual and reproductive health choice through education, counselling, information, and referral services.
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CRISIS PREGNANCY CENTRES



You can make your own decision about your pregnancy options free of stigma and coercion.

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Parenthood
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WHAT IS A CRISIS PREGNANCY CENTRE?

As defined by Action Canada for Sexual Health & Rights (2020), crisis pregnancy centres are anti-abortion organizations masked as health clinics that provide counselling and other prenatal services. They share inaccurate information about pregnancy options which interferes with access to abortion, access to contraceptive services, and access to unbiased reproductive & sexual health knowledge.

Many of these centres offer pregnancy tests and ultrasound services, which can blur the line between resource centres with healthcare clinics. Healthcare clinics must adhere to strict policies regarding client confidentiality and privacy while resource centres, though posing as health care clinics, don't have to follow the same policies, or report to the same regulatory bodies.

The intentions of crisis pregnancy centres are to persuade pregnant people with unplanned pregnancies to choose to keep the pregnancy and/or proceed to adoption. These centres are typically heavily affiliated with Christian and political networks with the goal of severely restricting or outlawing abortion entirely.

FREQUENTLY ASKED QUESTIONS

"Is it true that abortion can increase my risk of developing breast cancer?"

This is a claim that's widely circulated in anti-choice circles to try and scare pregnant people out of having an abortion. Rest assured that this claim is actually false! In 2003, the National Cancer Institute concluded that abortion was not associated with an increased risk of breast cancer.

Is the Abortion Pill Reversal safe and effective? Even if you've taken the abortion pill, can you still change your mind?"

Abortion Pill Reversal is a treatment that abortion opponents claim can stop a medication abortion that's already been started. However, this pseudoscientific treatment is widely denounced by medical professionals and organizations such as the Society of Obstetricians & Gynaecologists of Canada, who issued a statement on this issue. If you find yourself in a situation where you change your mind about the abortion pill, please consult with your care provider. We believe that you are the experts of your own life and experiences, and fully support the reproductive and sexual rights of all pregnant people.

"I'm concerned about how I'll feel after having an abortion. Is it true that I'll be at risk of experiencing negative mental health issues if I have an abortion?"

We understand that weighing pregnancy options can be a life-changing decision, and there is no right or wrong way to feel about your own situation. This is why we provide pro-choice, client-centered options counselling support regarding pregnancy options to give our clients a safe space to express all their thoughts and feelings around all pregnancy options - parenting, adoption and abortion. Being fully informed and in control of your options can increase the likelihood of a positive outcome.

Crisis Pregnancy Centres often use the rhetoric of people always experiencing negative mental health issues or extreme regret to further stigmatize abortion and shame people who seek them. While it's true some people might feel complex and/or negative feelings after an abortion, not everyone does. If you are feeling like you need support after an abortion, we're here for you.

"Will abortion affect my future fertility or pregnancies?"

Many other people shared this concern with us so you're not alone! Abortion, when performed in a safe environment with medical supervision, won't affect your future pregnancies, ability to conceive or carry to term.