

WHAT SHOULD I KNOW ABOUT CRISIS PREGNANCY CENTRES?

In Canada, there are more “crisis pregnancy centres” than abortion providers.

Here’s some information to help you find the right services for you.

WHAT ARE CRISIS PREGNANCY CENTRES?

Crisis pregnancy centres (CPC’s) look like real health centres but do not offer all medical options.

They are run by anti-abortion organizations and spread misinformation and lies about sexual health, birth control, pregnancy and abortion.

They may try to scare, shame or pressure you out of getting an abortion.

Most are not legitimate medical clinics, but may try to look official with professional staff, equipment and websites.

Unlike real health providers, these clinics don’t have to follow PHIPA and keep your health information private and safe.



THEY MAY BE KNOWN AS:

“Abortion Alternatives”

“Birthright”

“Pregnancy Crisis Centre”

“Pregnancy Resource Centre”

“Women’s Resource Centre”

“Pregnancy Help Centre”

“Pregnancy Care Centre”

“CPC’S” IN TORONTO

- **Aid to Women Crisis Pregnancy Centre** (aidtowomen.ca)
- **Birthright International** (birthright.org)
- **Pregnancy Care Centre Toronto** (www.iamnotalone.ca)
- **Visitation Centre Pregnancy Support** (visitationcentrecanada.org)



Abortion Rights Coalition of Canada **list of anti-choice organizations across Canada:**

<https://www.arcc-cdac.ca/media/2020/06/list-anti-choice-groups-province-city.pdf>

FIND A PROVIDER NEAR YOU

Teen Health Source:
Abortion Providers
in the GTA



WARNING SIGNS

They offer free services like pregnancy tests, counselling, pre-abortion screening or abortion education, **but do not help you get an abortion.**

They don’t provide effective birth control methods like condoms, the pill, patch, ring, shot, IUD or implant.

They tell you these myths about abortion:

- “You can reverse an abortion”. **This is not true.**
- “Abortion is unsafe or increases your risk of other health issues like cancer, infertility or mental health challenges”. **This is not true**, abortion is one of the safest medical procedures and does not increase your risk for these health issues.

They try to talk about religion even if you don’t want to. **They pressure you into continuing your pregnancy** or into placing the future baby for adoption.

HOW TO FIND OUT IF A CLINIC IS A PRO-CHOICE HEALTH CENTRE

Call the clinic and ask about their services. If they are not clear about services, or say they don’t provide abortion or effective birth control methods and won’t help you find a clinic that does, they probably are not a pro-choice health centre.

Trust your intuition! If you feel uncomfortable at a clinic, you have the right to leave at any time. **Pro-choice health centres will give you truthful information without judgement about all your options so you can decide for yourself what’s right for you.**

HAVE QUESTIONS?

Action Canada for Sexual Health and Rights Options Hotline provides information about sexual health, pregnancy options, abortion, and safer sex. They also provide referrals to sexual health providers.

- **Call 1-888-642-2725 or text 613-800-6757, 9AM - 9PM EST 7 days a week**

PlannedParenthood.org provides reliable information and resources about sexual and reproductive health.

- **Live chat through the website or text your question to 774636**



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