



CENTER HOURS:

Saturdays: 9:00am - 12:00pm, walk-ins welcome.
Any other time, please call for an appointment.

OUR MISSION:

We're here to help women and families
make informed choices about their
pregnancy and lives.

*Our areas of service cover not only free pregnancy tests
and medical and counseling referrals, but have expanded
to friendship counseling on positive dating, chastity, and
abstinence. We also have tracts, booklets, and videos to
cover all these areas. And most important - our services
are free and confidential.*

Think you might be pregnant –
or know someone who might –
and want to know the options?

Are you looking to change
something in your life?

Are there questions you're just
not sure whom to ask?

Go ahead...
Give us a shot.

24-HOUR HELP LINE: 408-249-6707

We may not have all the answers, but trying to
help you find them is the reason we're here.

CONFIDENTIAL. CARING. COME ON IN.

Alameda Pregnancy & Life Resource Center

2175 The Alameda, Suite 207
San Jose, CA 95126

24-Hour Help Line: 408-249-6707
www.pregnancyliferesourcecenter.net
bayareapcc@ccglobal.net

BECAUSE IT'S YOUR LIFE.

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THERE ARE A LOT OF
THINGS IN LIFE THAT CAN
BRING UP QUESTIONS...

LOOKING FOR SOMEONE.
SOMEPLACE THAT WILL...

HOW WE CAN HELP...

Let us help if you are pregnant,
worried or upset! We care! Call us!

- All services are FREE and confidential!
- 24-hour hotline with someone always there.
- FREE pregnancy tests.
- Information about your pregnancy, all of your options and the changes you may be experiencing.

- For information concerning the development of your child. Find out the age of your baby and learn about him/her.
- References to medical care, legal assistance, social services, and professional counseling, and also aid in finding a job and a place to live.
- Be fully informed about abortion. Remember - the decision you make will affect you for the rest of your life. Don't let anyone pressure you into a quick decision.
- Learn about adoption possibilities.
- Counseling and resources for help and healing from Post Abortion Syndrome.
- For information about *New Beginnings - A Home For Mothers*. This home provides a new beginning for a mother who is interested in caring for her child while learning to become a responsible parent and role model.

- Listen to you with sincere interest and a desire to help!
- Respond to you without making a judgment or telling you what to do!
- Ask questions that might help you figure things out!
- Keep what you share confidential!
- Give you as much or as little help as you need or want!
- Explain your options honestly and fully!
- Provide assistance to you always free of charge!

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ALL SERVICES ARE FREE AND CONFIDENTIAL
Pregnancy Tests • Confidential Counseling • Abortion
& Adoption Information • Parenting Resources • Book
& Video Library • Referrals for Education, Professional
and/or Medical Help, Housing, Financial Assistance •
Infant Clothing, Equipment and Supplies Program

- Worry about an unexpected pregnancy?
- Someone you know talking about suicide?
- Parents that just don't get it anymore?
- Worry about STDs?
- Someone close to you hearing the word "cancer?"
- How to say "NO" without ending a relationship?
- Wondering what having an abortion now means for you down the road?
- Who you're going to live with?

YOU DON'T NEED TO FIGURE IT OUT ALONE --
BECAUSE YOU'RE MAKING CHOICES...
FOR TODAY AND FOR THE FUTURE.

