

Pregnancy can be

scary. Even when a couple plans to have a baby, there are many questions to be answered and concerns to be addressed before the birth. These concerns are often magnified when the pregnancy is unplanned.

There are many organizations in the Fox Valley and surrounding area



who provide free pregnancy testing and counseling services. When a pregnancy is confirmed, there is a real life growing inside a woman, and there are many services available to support both the mother and the baby. Education, support, ultrasounds, childbirth classes, parenting classes, financial resources, baby supplies, adoption services, and more are all available as needed. Most of these services are free and confidential. All you need to do is make a phone call and ask.



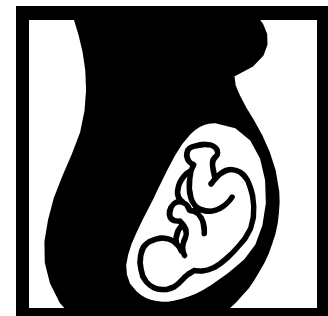
Diocese of Green Bay

Please contact any of your local parishes

**Neenah Menasha
Respect Life Committee**

Respect Life

Are you
facing an
unplanned
pregnancy?



Resources

- **Womankind Medical Clinic**

Free pregnancy testing, ultrasound, medical and STD referrals, community resources, and information on adoption, STD's, and housing

526 W. Wisconsin Avenue, Appleton
(920) 731-4354
<http://www.womankindclinic.org>

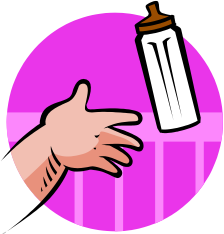
- **A & A Alexandrina Crisis Pregnancy Center and Moms of Mary Home**

Free pregnancy testing, ultrasound, education, baby supplies, childbirth classes, support groups, and a shelter for single mothers

301 N. Webster Avenue, Green Bay
(920) 435-4191
<http://aaalexandrinacenter.webs.com>

- **Bella Medical Center (formerly Labor of Love)**

Free pregnancy testing, ultrasound, parent and life skills training, baby items, consultation and referrals



1484 W. South Park Avenue, Oshkosh
(920) 231-6006
<http://bellamedicalclinic.org>

- **Fox Valley Mother and Unborn Baby Care, Inc.**

Free pregnancy testing, ultrasound, maternity and infant supplies, STD referrals, housing and adoption information, financial guidance, post-abortion support, parenting classes, and spiritual mentoring. Education also offered in Spanish and Hmong.

526 W. Wisconsin Avenue, Appleton
(920) 733-7334
<http://www.fvmubc.org>

- **Elizabeth Ministry International**

Peer support, mentoring, training, education, and resources

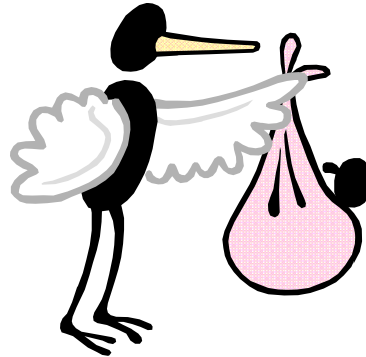
120 W. 8th Street, Kaukauna
(920) 766-9380
<http://www.elizabethministry.com>

- **Catholic Charities of the Green Bay Diocese**

Adoption services, marriage/family counseling, budget counseling, resettlement and immigration services, children and youth services, health services, community outreach, and emergency assistance referral

1825 Riverside Drive, Green Bay

(920) 437-7531 or 1-877-500-3580
<http://www.gbdioc.org/catholic-charities.html>



- **Safe Place for Newborns Wisconsin**

Wisconsin's Law: A parent may confidentially leave his/her unharmed newborn at any hospital in the state within 3 days of birth without fear of prosecution

1-877-440-2229

<http://www.safeplacefornewbornswi.com>

Healthcare for Mom and Baby

- **Women's Care of Wisconsin, S.C.**

Teen Pregnancy Program: free educational series including health care, labor and delivery, exercise, legal considerations, and future planning (Theda Clark, Appleton Medical Center, and New London Birth Center)

Confidential phone line (920) 735-7660
<http://www.womenscareofwi.com/services>

- **Affinity Health System**

Teen Pregnancy Program: educational support including nutrition, exercise, labor preparation, newborn care, breastfeeding, parenting, and tour of the BirthPlace (St.Elizabeth Hospital and Mercy Medical Center)

Lifespan Department (920) 831-8467
<http://www.affinityhealth.org/object/health-classes-childbirth-parenting-teen.html>

- **NEW LIFE! - Especially for Teens**

Prenatal classes, exercise, and emotional support to pregnant teenagers at Appleton Medical Center

1818 N. Meade Street, Appleton
(920) 734-6499

- **Fox Cities Community Health Center**

Primary care, dental, specialty services, women's health, homeless services, and mental health services for the medically underserved

1814 Appleton Road, Menasha
(920) 731-7445
<http://www.fcchc.org>



- **Well Child Exams**

For uninsured and underinsured of Outagamie County

410 S. Walnut Street, Appleton
(920) 832-5100

- **Immunization Clinic Schedule**

(920) 832-5012

- **ThedaCare on Call: 24-hour nurses**
(920) 830-6877

- **Nurse Direct: 24-hour nurses**
(920) 738-2230

Child Care and Transportation

- **Child Care Resource and Referral, Inc.**
Calumet County 1-800-749-5437
Outagamie County (920) 734-0966
Winnebago County 1-800-316-8884

- **Kidz Kab**
Provides transportation for children

3019 W. Spencer Street, Appleton
(920) 830-2067

After an abortion,

women, men, and families often find themselves hurting for the loss of their baby. Many people are unable to get past the pain of their loss. Symptoms of "post-abortion trauma" may include anger, rage, inability to forgive yourself, emotional numbness, sexual problems or promiscuity, eating disorders, intense grief, sadness, lowered self esteem, drug and alcohol abuse, nightmares and sleep disturbances, suicidal urges, difficulty with relationships, anxiety and panic attacks, flashbacks, and multiple abortions. These can occur immediately after the procedure or weeks, months, and even years later. It is important to know that there is hope, there is healing, there is forgiveness, and there is a way out of your pain. Many resources, support groups, and retreats are available to help you heal. All you have to do is ask.



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**Neenah Menasha
Respect Life Committee**

Respect Life

Post-Abortion Support and Recovery



Resources

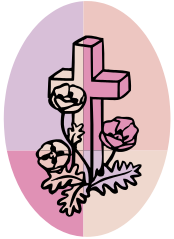
- **Project Rachel**

Catholic Charities' ministry which operates as a network of professional clergy, licensed counselors, and volunteers all trained to provide one-on-one spiritual and psychological support to all those who are suffering from the trauma of abortion

Green Bay (920) 734-2601, contact Linda
La Crosse (715) 344-2500, contact Dan
Madison (800) 593-2273, contact Vicki
Milwaukee (800) 5-WECARE or (414) 483-4141,
contact Vicki or Mary
Superior (877) 825-6344, contact Mary

- **Fox Valley Mother and Unborn Baby Care, Inc.**
Post-abortion support, also offered in Spanish and Hmong.

526 W. Wisconsin Avenue, Appleton
(920) 733-7334
www.fvmubc.org



- **OptionLine**

24/7 confidential support and connection to local resource pregnancy centers and abortion recovery facilitators

1-800-395-4357

<http://www.optionline.org>

- **National Office of Post-Abortion Reconciliation and Healing**

Networks researchers and professionals working in the field, consults on the formation of support services, provides training for care providers, publishes the International Post-Abortion Support Services Directory, produces educational materials, sponsors the Healing Vision conference at Marquette University

1-800-5WE-CARE
<http://www.noparh.org>

- **Rachel's Vineyard**

Resources and weekend retreats for healing, also a 13-week support group model available; ministry of Priests for Life



1-877-HOPE 4 ME (1-877-467-3463)

<http://www.rachelsvineyard.org>

- **Lumina: a post-abortion referral network**

Group programs, retreats, referrals to professional therapists, post-abortion ministries, and clergy members trained in post-abortion stress

1-877-586-4621 www.postabortionhelp.org

- **Reclaiming Fatherhood**

Contains information and resources that will be helpful to those men who have been involved in abortion experiences and to those who care for them

<http://www.menandabortion.info>

- **National Helpline for Abortion Recovery**

24/7 confidential care helpline with consultants who have experienced abortion; provides immediate referrals for programs near you and mails resources as needed; provider directory

1-866-482-HELP

<http://www.nationalhelpline.org>

- **Abortion Recovery InterNational**

ARIN is the first Christian non-profit association of peer and professional counselors helping to restore lives and relationships after abortion; connects people hurting with local abortion recovery centers and programs

1-866-4-MY-RECOVERY (1-866-469-7326)

<http://www.abortionrecoveryinternational.org>

Related Resources

- **Christine Ann Center: Regional Domestic Abuse Services**

24/7 Crisis line (920) 729-5727
206 Algoma Blvd, Oshkosh
(920) 729-6395

- **Harbor House Domestic Abuse**

720 W. 5th Street, Appleton
(920) 832-1666

- **Crisis Intervention**

24/7 crisis line (920) 233-7707
or (920) 722-7707

- **Sexual Assault Crisis Center**

(920) 722-7773



- **American Red Cross**

36 Broad St, Suite 151,
Oshkosh (920) 231-7590
181 E. North Water St.,
Neenah (920) 722-2871

- **Salvation Army Shelter**

226 S. Morrison St., Appleton (920) 991-1427
417 Algoma Blvd., Oshkosh (920) 231-7661

- **National Suicide Prevention Lifeline**

24/7 crisis hotline, free and confidential
1-800-273-TALK

Pornography addiction

has its roots in viewing and hoarding magazine and video pornography. Nowadays, the internet is even more powerful of an enabler, allowing addicts to view photos, download films, and use webcam sex. Some addicts may even use the internet to meet anonymous sexual partners and/or one night stands. Addicts replace important relationships and commitments with internet sex or porn of many forms.



They tend to isolate themselves, spending hours or days experiencing porn. Love and sex relationships in their lives are negatively affected. Addicts may or may not use compulsive masturbation as part of their addiction. Overcoming this addiction requires honesty and outreach. Spouses are also affected and may benefit from support groups similar to those for alcohol and drug addict families. Many resources, support groups, and retreats are available to help overcome addiction. All you have to do is ask.



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Pornography Addiction: Resources and Support

Resources

- **Center Valley Counseling**

Addiction and trauma center specializing in sex and food addiction and trauma resolution; individuals, couples, groups, and weekend retreats

307 S. Commercial Street, Suite 203, Neenah
(920) 722-1570
www.centervalleycounseling.com


- **Fox Valley Psychiatric Associates**

2 psychiatrists and 5 therapists, with specialties in sexual disorders

3301 North C Ballard Road, Appleton
(920) 202-3954
www.foxvalleypsych.com

- **Fox Valley Intergroup SAA**

Autonomous registered fellowship composed of registered groups of recovering sex addicts throughout northeast Wisconsin who follow the

 Twelve Steps and Twelves Traditions of Sex Addicts Anonymous, helps addicts make a connection to one of the local meetings; contacts in Neenah, Green Bay, Fond du Lac, and Kaukauna

foxvalleysaa.org

- **Elizabeth Ministry International**

Education, support services, and resources for individuals and their families, assistance and tools for clergy; partnered with CANDEO

120 W. 8th Street, Kaukauna
(920) 766-9380
www.elizabethministry.com

- **RSex Addicts Anonymous**

(SAA) Fellowship of men and women who share their experience, strength, and hope with each other so they may overcome their sexual addiction and help others recover from sexual addiction or dependency

saa-recovery.org

- **CANDEO**

Founded on the brain science of change, provides education, support, and tools based on brain science to empower you to stop unwanted pornography viewing and masturbation, 100% anonymous and private

candeocan.com



- **SexHelp**

Insights into sexual addiction and resources for recovery

www.sexhelp.com

- **Serenellians: Porn No More**

Catholic website and organization providing a sanctuary, haven, and resource pool of support for porn addicts

www.pornnomore.com

- **Society for the Advancement of Sexual Health (SASH)** Hope and valuable resources to those seeking information about sexual addiction

www.sash.net

- **Pure Life Ministries**

Staff members who have overcome a sexual addiction in their own lives; free resources, biblically-based counseling, and public speaking

www.purelifeministries.org

- **Sexual Recovery Institute**

Specialty therapy agency directed toward the treatment of sexual addiction, local to Southern California; also hosts people from across the U.S. seeking intensive treatment

www.sexualrecovery.com

- **XXXchurch**

Online community that tours the world speaking at colleges, churches, and community centers; 30 day online recovery program

xxxchurch.com

- **New Life Habits**

7 steps to overcome porn addiction; also masturbation and sexual addiction help

newlifehabits.com

- **Freedom Begins Here**

Tools for pornography addiction and talking to your son about sex, team responds to phone calls and emails from people looking for resources

www.freedombeginshere.org

- **Ten Keys to Breaking Pornography Addicton**

Downloadable book, online discussion board, accountability software, affirmation software, and addiction self-evaluation

www.no-porn.com

- **Safe Families**

Program of TechMission, Inc., formed to assist parents in protecting children from internet pornography; resources for parents, pastors anti-porn toolkit, internet safety

www.safefamilies.org

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