

R U Looking 4 Birth Control?

Adolescent Health Center (ages 12-19) – Free health services to adolescents, ages 12-19, whose parents reside in the City of Alexandria. Services include but are not limited to pregnancy testing; diagnosis and treatment of sexually transmitted diseases; reproductive health services, including the provision of birth control methods. State law permits these services to be offered without parental consent. 703-519-6006, <http://alexandriava.gov/city/health/adolescent.html>

Alexandria Health Dept. Family Planning Clinic – Provides pregnancy testing on a walk-in basis. Call for times. 703-838-4400

Alexandria Women's Health Clinic – Provides family planning, pregnancy testing, medical procedures/services, and confidential and personalized care. Languages spoken include English and Spanish. Only accepts cash or personal checks. 703-370-0550

Annandale Women and Family Center – Offers reproductive health care, primary care, and cosmetic services. 703-751-4702, <http://www.awfc.net/>

Arlandria Health Center – Provides treatment of minor illness, well child-care, family planning, well woman care, pregnancy testing and referrals, counseling and post-partum examinations. Services in Spanish available. 703-519-1725 or 703- 535-5568, <http://www.anhsi.org/>

Emergency Contraception Hotline – Information about and how to retrieve emergency contraception. If 18 years old or older, Plan B is available without a prescription, over-the-counter. 1-888-NOT-2-LATE (1-888-668-2528), <http://ec.princeton.edu/>

The Facts of Life Line – A confidential phone line to answer your questions about anything to do with sexuality or reproductive health. Phone line is staffed by registered nurses and trained volunteers. 1-800-739-7367, fol@optbc.org, <http://www.factsoflifeline.com/>

Planned Parenthood of Metropolitan Washington (Falls Church) – Offers sexual and reproductive health care, including family planning, gynecological care, STI/STD testing and treatment, pregnancy testing, and other medical procedures/services. 703-533-5651, <http://www.ppmw.org/>

Teen Text Message Line – Provides answers to questions about relationships, sexual health, pregnancy, birth control, and more. Messages will be responded to within 24 hours. 703-717-TEEN.

R U Looking 4 Parenting Support?

Healthy Families – Provides parenting guidance and education to vulnerable first-time families. 703-370-3223

SCAN (Stop Child Abuse Now) - Provides parenting classes and support groups. 703-820-9001, <http://www.scanva.org>

WIC- A nutrition program for pregnant women, infants and children providing vouchers for nutritious foods, nutrition counseling and breastfeeding support. 703-838-4400 x332



**Services listed are not necessarily endorsed by the Alexandria Campaign on Adolescent Pregnancy

R U Looking 4 Pregnancy Resources?

Adoptions Together – Prenatal support and counseling for pregnant women, interim care and adoption services for children in need.

301-439-2900, www.adoptionstogether.org, info@adoptionstogether.org

Adoption Unit, Dept. of Social Services

703-838-0700

www.alexandriava.gov/dhs/children_and_youth_services/adoption_svcs.html

Alexandria Women's Health Clinic – Provides family planning, pregnancy testing, medical procedures/services, and confidential and personalized care. Languages spoken include English and Spanish. Only accepts cash or personal checks. 703-370-0550

Annandale Women and Family Center – Provides reproductive health care and primary care. 703-751-4702, <http://www.awfc.net/>

The Barker Foundation – Offers options counseling for pregnant women, birth fathers, and their extended families; assistance in locating medical, legal or housing resources, as well as help during labor and delivery, and post-partum care; infant foster care if needed while birth parents make decisions, medical needs are assessed, and/or an adoptive family is chosen. 301-664-9664, <http://www.barkerfoundation.org/>

Casey Health Ctr., Alexandria Health Dept. – Provides prenatal care, and pediatric care. For Alexandria residents only. 703-519-5979, www.alexandriava.gov/city/health/floracasey.html

Hope in Northern Virginia, Inc. – Pregnancy counseling and assistance, free pregnancy tests, childbirth education and parenting programs, medical and legal assistance, complete adoption information, housing information and referrals, material goods for our clients on a limited basis. 703-536-2020, hopeinnova@verizon.net, <http://www.hopeinnova.org>

Inova Health System Referral Service – Offers a physician referral service that provides information about physicians in the area. 703-204-3366

March of Dimes – Helping to save babies from premature birth. 703-824-0111, <http://www.marchofdimes.com/>

National Hispanic Prenatal Hotline (Spanish) – Designed for Hispanic women planning a pregnancy; Hispanic expectant mothers or mothers of newborns; partners, relatives or friends of expectant mothers; and providers working with Hispanic families. 1-800-504-7081, <http://www.hispanichealth.org/prenatal/>

Planned Parenthood Metropolitan Washington (Falls Church) – Offers sexual and reproductive health care, including family planning, gynecological care, STI/STD testing and treatment, pregnancy testing, and other medical procedures/services. 703-533-5651, <http://www.ppmw.org/>

Potomac Family Planning Center (Rockville, Maryland) – Provides surgical and nonsurgical procedures, emergency contraception, walk-in pregnancy testing, birth control, routine gynecological care, STD testing, and family planning. 301-251-9124, <http://www.potomacfamilyplanning.com/>

Resource Mothers – Provides mentoring and advocacy support, home visitation and case management, primarily for the first time pregnant and parenting teen mothers and fathers who have limited support systems. 703-836-2858



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