

## SERVICES PROVIDED BY CATHOLIC CHARITIES OF O.C.

### Citizenship & Deferred Action

Initial consultation is free of charge.  
1800 East 17th Street, Santa Ana, CA 92705  
To schedule an appointment call 714-347-9610 or  
email: ccocimmigration@ccoc.org • ccoc.org

### Cantlay Center for Food Distribution

The Center is open three days a week, Tuesday,  
Wednesday and Thursday.

3631 West Warner Ave., Santa Ana, CA 92704

**Michael Tijerino**, 714-347-9694

• mtijerino@ccoc.org • ccoc.org

### CalFresh (Food Stamps) Program

Application and renewal assistance

**Isabel Inzunza-Zamorano**, CalFresh

Outreach Project Coordinator • 714-347-9670

• izamorano@ccoc.org • ccoc.org

### Counseling Center

Offers therapy for issues such as anxiety, depression,  
mood disorders, trauma, relationship challenges,  
grief and loss, court required individual therapy,  
problems at work, parenting challenges, anger  
management issues, and life transitions.

Hours of operation:

Tuesday - Thursday - 9:00 a.m. to 8:00 p.m.,

Fridays - 9:00 a.m. to 5:00 p.m.

1800 East 17th Street, Santa Ana, CA 92701

**Sharon St. Pierre, LCSW**, Clinical Supervisor

• sstpierre@ccoc.org

To make an appointment: 714-347-9625

## OTHERS

### Covered California

The Catholic tradition affirms that health care is a  
basic right flowing from the sanctity and dignity of  
human life. The Catholic Church remains committed  
to access to decent health care for all, even as we work  
to bear witness to what truly qualifies as health care.

• 800-300-1506

## CLINICS, CENTERS, SHELTERS & HELPLINES

### PREGNANCY CLINICS AND CENTERS

#### Horizon Pregnancy Clinic

15061 Springdale Street, Suite 109

Huntington Beach, CA 92649

• 714-897-7500 • horizonpc.org

#### La Habra Life Center

860 E. La Habra Blvd. #150 La Habra, CA 90631

• 562-691-9395 • lahabralifecenter.org

#### Obria Medical Clinics\*

There are several locations in Orange County.

Please call their automated line and select

the clinic in the city that you prefer: 800-771-5089

• omcsocal.org \*Free STD testing.

#### Santa Ana Life Center

1106 E. 17th Street #C Santa Ana, CA 92701

• 714-835-5433 • lifecenterofsantaana.com

#### Vietnamese Pregnancy Hotlines

• 714-721-2111 • ncp.life@gmail.com

• vietrespectlife.org

### SHELTERS

#### Casa Teresa & Hannah's House

Accepts pregnant moms 18 years and over,  
parenting education and placing for adoption.

Orange, CA • 714-538-4860 • casateresa.org

#### Mary's Path

Accepts pregnant and parenting girls under 18.

Santa Ana, CA • 714-730-0930 • maryspath.org

#### Precious Life Shelter

Accepts pregnant moms 18+ years, parenting and  
placing for adoption. Los Alamitos, CA

• 562-431-5025 • preciouslifeshelter.org

### HELPLINES

#### OptionLine

A bilingual contact center that connects women  
with local pregnancy centers. Text "Helpline"  
to 313131 • 1-800-712-4357 • optionline.org

#### Options United

A centralized pregnancy helpline and referral website.

• 877-398-7734 • optionsunited.com

# NEED HELP?



**FACING AN UNPLANNED  
PREGNANCY?**

**NEED SOMEONE TO TALK TO  
ABOUT YOUR OPTIONS?**

**NEED PREGNANCY OR  
STD TESTING?**

**PREGNANT AND NEED  
SUPPLIES AND SUPPORT?**

**LOCAL HELP IS AVAILABLE NOW!**



**ROMAN CATHOLIC  
DIOCESE of ORANGE**

### Abortion is not without risks

A lot of “experts” might tell you that abortion will take away your problems, but for many women it causes more, including serious physical complications. These risks are listed on an abortion provider’s consent forms:\*

- Blood clots in veins and lungs
- Hemorrhage (heavy bleeding)
- Potential for infection
- Damage to the uterus
- Sterility
- Injury to the bowel and/or bladder
- A possible hysterectomy as a result of injury or complication
- Failure to remove all products of conception that may result in an additional procedure.
- Even death

\*Taken from consent form from Planned Parenthood official website

### Many people also experience...

- Increased risk of miscarriages and breast cancer
- Trouble sleeping, flashbacks, anxiety attacks
- Feeling of anxiety, grief, guilt, anger or low self-esteem
- Eating disorders, sexual dysfunction and substance abuse
- Depression or thought of suicide
- Withdrawal from relationships
- Repression or denial about thoughts or feelings dealing with the abortion
- Problems bonding with current and future children

### Abortion Pill Reversal

Have you taken the first dose of mifepristone (also known as RU486 or the “abortion pill”)? Do you regret your decision and wish you could reverse the effects of the abortion pill? It may not be too late; we can help you!

**CALL 877-558-0333 FOR HELP**

Regardless of which option you are considering for your pregnancy, you probably have a lot of questions.

Like choosing to give birth and parent your child or choosing adoption, abortion is not something to be taken lightly.

Before making a pregnancy decision, it is important to confirm your pregnancy.

FREE Ultrasounds and other resources are available.

**You are not alone.**



**Your Baby is Alive and Growing**

### Did you know?

**AT 18 DAYS:** A baby’s heart begins to beat

**AT 6 WEEKS:** A baby’s brain coordinates movements and responds to touch

**AT 8 WEEKS:** All organs are functioning

**AT 9 WEEKS:** Has permanent, individual fingerprints

**AT 10 WEEKS:** Sense of touch (comfort/pain)

**AT 12 WEEKS:** A baby can smile, suck his/her thumb, and make a fist

Any textbook will confirm what every doctor knows:

**THAT LIFE BEGINS AT CONCEPTION.**

## RESOURCES

### COUNSELING SERVICES

#### Catholic Charities Counseling Services

1800 E. 17th St., Santa Ana  
Sharon St. Pierre MSW, LSCW  
Email: sstpierre@ccoc.org • 714-347-9625

#### New Hope Crisis Counseling Hotline

• 714-639-4673 • newhopenow.org

### DOMESTIC VIOLENCE

Domestic Violence shelters and abuse hotlines in Orange County:

#### Human Options

877-854-3594  
humanoptions.org

#### Laura’s House

866-498-1511 (24 hrs.)  
949-361-3775  
laurashouse.org

#### Interval House

562-594-4555  
714-891-8121  
intervalhouse.org

#### Women’s Transitional Living Center

714-992-1931 (24 hrs.)  
wtlc.org

### SUICIDE PREVENTION

**Didi Hirsch Hotline:** 877-727-4747

**Teen Line** (Teens helping teens): 310-855-4673

Line is open from: 6:00 p.m. - 10:00 p.m.

### HOPE & HEALING AFTER ABORTION

#### Hope & Healing After Abortion: A Ministry for Those Hurt by Abortion

The Diocese of Orange has this ministry that reaches out to women, men and significant others who have had their life impacted by the act of abortion.

All calls are CONFIDENTIAL: 1-800-722-4356

### WEBSITES

[miscarriagehurts.com](http://miscarriagehurts.com)

[abortionchangesyou.com](http://abortionchangesyou.com)

[lifeperspectives.com](http://lifeperspectives.com)