
PREGNANCY

If you or someone you know thinks she is pregnant, and is uncertain about what to do, it is important to find out immediately. There are places that offer help. It's important to have a pregnancy test in a medical setting as soon as possible. Tests done with kits at home are not always accurate. You also need to talk to your parents or someone you can trust and get medical attention right away.

Clinical pregnancy testing is available even if you haven't told your parents yet. Parental permission is not required for a confidential appointment when you call:

Family Planning Health Services(715) 675-5395
Long-distance callers may call toll-free. . .(800) 246-5743

Provides confidential pregnancy testing and counseling, and contraceptives based on ability to pay.

If you're confused or scared, there is no charge for an appointment to talk about it with the staff at Family Planning Health Services. They will help you sort things out and examine **all of your options** (giving birth or abortion; keeping your baby or offering it for adoption) as well as ways to avoid unexpected pregnancies in the future (abstinence, natural family planning and contraception.)

For pregnancy counseling you may also call:

Birth Parent Counseling(715) 849-3311
Long-distance callers may call toll-free 24 hrs./day. . .(800) 227-3002

Catholic Charities provides counseling and supportive services to anyone affected by an unplanned or crisis pregnancy, free of charge (whether you're Catholic or not.)

Hope Pregnancy Resource Center(715) 843-4673
Long-distance callers may call toll-free 24 hrs./day. . .(800) 395-4357

Or, access their website at: www.hopewausau.org

Free pregnancy testing and confirmation, and education and advocacy for unplanned pregnancy, adoption, and abortion recovery for women, their partners and families.

Unplanned Pregnancy Program(715) 849-3344

Free, confidential pregnancy counseling at Lutheran Social Services to anyone experiencing an unplanned pregnancy (whether you're Lutheran or not.)

For other pregnancy counseling and information services, call:

United Way's 2-1-1*dial 2-1-1 or (715) 848-2255 24 hrs./day*
Or, search the Keyword PREGNANCY at: www.unitedwaymc.org/211.htm

Offers information & referral to community services that can help.

PREGNANT TEENS

Check with your school counselor, principal or favorite teacher to find out if your school has a special program for pregnant students. For example, Wausau Schools offer **The School Age Parent Program**.

Pregnant girls who are interested in adoption options may call:

Catholic Charities Adoption Services(715) 849-3311
Lutheran Social Services Adoption Services(715) 849-3344

Both programs help birth parents plan for adoption, regardless of their religion.

There is a near-by residential program that can help young women who choose to give birth:

Hannah Center (Marshfield)(715) 387-6300
Long-distance callers may call toll-free. . .(888) 442-6624

Voluntary program for women age 18+ who are experiencing an unplanned pregnancy includes a residential facility, food, and other resources during pregnancy and up to 6 months after the baby is born. Residents are encouraged to find emotional and financial independence through educational and employment opportunities.

For more information about MATERNITY & PRENATAL CARE programs, call:

United Way's 2-1-1dial 2-1-1 or (715) 848-2255 24 hrs./day
Or, search the Keyword MATERNITY at: www.unitedwaymc.org/211.htm

Offers information & referral to community services that can help.

LEARNING to be a GREAT PARENT

When a parent is stressed out, what starts as discipline may get out of control and become child abuse. Other times, parents lack good information on what their kids can understand and accomplish at different ages. Parents who have inappropriate expectations can overreact when a child acts in a way that may be normal for his or her age.

Parenting is a very tough job and children don't come with instructions! Loving parents can end up abusing their kids because they never had the chance to learn how to take care of them.

All parents have questions – the best parents find out the answers.

- *At what age can a baby understand what “NO” means?*
- *What’s the best age to potty train a child?*
- *What can you do instead of hitting and yelling at your child?*
- *What is the difference between punishment and discipline?*
- *What exactly is child abuse?*

If you wonder about these and other parenting questions, you could benefit from learning more about how to take care of your child. For more information on how to be the best possible parent, call:

Family Resource Center (800) 577-7971
Athens (715) 257-7753
Edgar (715) 352-2106
Hatley (715) 446-2966
Marathon (715) 443-9900
Mosinee (715) 693-9800
Spencer (715) 659-4606
Stratford (715) 687-3372
Wausau (715) 845-6747



The Family Resource Center hosts a **Positive Young Parents** support group for pregnant and parenting teens to meet other young parents and discuss ways to balance the needs of everyday life with the challenges that come with early parenthood. It also has Start Right Family Visitors who are experienced parents that connect with teen parents to offer support and share advice during home visits.

Some school districts have special programs for students who are parents. Check with your school counselor, principal or favorite teacher to find out what your school has to offer.

It is very important to continue your education.