

CPC in San Fernando Valley <https://www.pregnanthelp4u.org/>

iMessage
Today 1:42 PM

Hi Jackie. I'm Norma from the PCC

What city do you live in.

I live in LA

Boyle Heights

OK. We are in the San Fernando Valley. I think I'm going to suggest that you call this phone number. [800-712-4357](tel:800-712-4357). You can give them your ZIP Code and they can look up a clinic that is nearest to you that does the same thing that we do. How does that sound.

Do they allow text? I don't want

Do they allow text? I don't want my family hearing me talk about it.

Go to [Optionline.org](https://www.optionline.org). You can chat with them.

If you don't get anywhere let me know.

Okay thank you!

Actually the reason I texted was bc my friend that went to Cal State Northridge recommended you guys. She said this PCC really helped her emotionally.

Oh. Nice. Well it's up to you. I can set up an appt for next week. This week we are in training until four. Or we can

Oh. Nice. Well it's up to you. I can set up an appt for next week. This week we are in training until four. Or we can talk over the phone later this evening. It's not the same as in person though.

It's up to you. What is the first day of your last menstruales period.

I haven't had it in 10 weeks. I thought it was bc my periods are irregular, but I took a pregnancy test and it says I might be pregnant.

Well it said I was pregnant but I don't trust it because I got it from the dollar store.

Let me know how you want to proceed

Well it said I was pregnant but I don't trust it because I got it from the dollar store.

Let me know how you want to proceed

Can you tell me a little about my options? Like I'm considering abortion, but I don't know how that might affect me really

What time can I call you.

I'm in conference from 11-4

I prefer to text because I don't want my family hearing me talk about it. I really don't want this child. My baby daddy isn't serious enough about me.

Delivered

Ok. Tell me your name

It's Jackie.

How old are you

I'm 19.

Ok sweetie. Is this your first pregnancy?

Yes it is.

Ok. I'll be asking you some questions ok?

How long have you been with the baby's father

I've been with him since May, but when I told him I might be pregnant he became super

I've been with him since May, but when I told him I might be pregnant he became super different.

We're you using any birth control

We were just using condoms

Have you ever used the Plan B

I used it after that one time we had unprotected sex.

Is that when you think you got pregnant

How long ago was that

I guess so. Well we did it unprotected a couple times, but I always used plan B

I guess so. Well we did it unprotected a couple times, but I always used plan B afterward.

We do it unprotected like once a month... but use plan b

Ok. I really wish we could talk over the phone.

Let's continue.

Who do you live with

Yeah. I'm like in the living room with my mom and my brothers. And there's no where I can really go to talk without them questioning

I live with my mom and 3 brothers.

Are your parents divorced

No my dad was never in the picture and I see how hard it is for my mom as a single mom, and I don't want to turn out like that

And is your family religious or faithful?

We're catholic. I don't really follow the religion though.

Does your mom?

Yeah she's super religious

Has your mom ever had an abortion

Not that I know of. I was an unwanted pregnancy, but she

Not that I know of. I was an unwanted pregnancy, but she still had me

And I feel like I have more of an option.

Ok

Does your mom know you are sexually active

Not at all!!! She'd kick me out of the house.

Does she know your big

Boyfriend

She doesn't even know I have a boyfriend

Ok

So let's talk about what your boyfriend said when you told him

Did he tell you to have an abortion

When I told him he was like "it's okay you can get an abortion", but then I was like "I don't know if I want one" and then he started to become super distant.

And he even started seeing other girls I think

And I think that's what got me soooo mad! Like I don't think I can have a child with him

At all!

So is there a way that you can

So is there a way that you can take a regular pregnancy test from the store other than the dollar store

We don't know for sure if you are pregnant.

Are you getting any symptoms

I think I can. I'm just afraid to see that it's gonna be positive. I do feel different. Like certain foods make me grossed out, and I sometimes feel too sick to eat breakfast.

I'm going to stop to get groceries and maybe I can get one.

Ok. Don't be scared. Be informed.

So tell me about your friend who referred you

Was she pregnant

Did she have her baby

Or did she abort

She was pregnant and didn't know what to do, but she said you guys helped her in terms of counseling and resources.

She did have her baby though.

Ok

So let's talk about how much you know about abortion and it's consequences. Or have any of your friends had an abortion?

I don't think I know anyone who has had an abortion.

What are the consequences?? I didn't think there were any! I thought it was just emotional temporarily

Delivered

Well so I want to let you know that we do not push you to do anything. We want to educate you so that you can make an informed decision.

With that being said. Yes, abortion has both physical and emotional consequences

Some of the emotional ones are

Depression

Anxiety

Nightmares

Having trouble being around pregnant women

Having trouble being around babies

Remembering the date they told you the baby would be due

Remembering the date of your abortion

Some women tend to hide their pain by becoming even more sexually activa

Some women drink more or take drugs more because they want to numb the pain of their loss of their baby.

We always suggest that before you decide to have an abortion

We always suggest that before you decide to have an abortion that you have an ultrasound

The ultrasound will tell us three things

One

Is the pregnancy is the right place, meaning in your uterus.

Two

Is this a viable pregnancy

Meaning, does the baby have a heartbeat

Did you know the baby's heart starts beating at approximately 21 days from the date of conception?

If the baby does not have a heartbeat then we would let

If the baby does not have a heartbeat then we would let you know as well.

It would probably mean that you wouldn't have to put your body through the trauma of an abortion

The third

Is that we would measure the baby.

This would tell you what type of an abortion would be performed.

It would either be a chemical Abortion or a surgical abortion

How do you feel about what I have told you so far

Ask me any questions

Aaahhhh....I feel like with all this I don't want to have an abortion, but it might be the right way to go. I already have anxiety, but I feel like having this child will give me even more anxiety. I'd be a single mom and I don't even have a job! I see how much it gives my mom anxiety to be a single mom working 3 jobs. Now bc of the virus it's even harder for her

I have no support. Maybe I might just have to abort because I can't afford it

18+ years of child care is more expensive than an abortion. I can go to college and get an education

A few things to keep in mind

The anxiety that you will fee is much more intense that what you think.

You can still go to school and work with a baby. A baby should not keep you from doing anything you want.

Do you think that your mom would want you to abort her grandchild?

We parents love you and want what is best for you. When you make decisions that alter your life yes, we will be upset but it doesn't mean we don't love you. You just have to give us time.

Let's say that you did have your

Let's say that you did have your abortion. What needs to change is your sexual behavior.

Because you will be in this situation again

Let's look at the baby's father. He is now going out with other girls. You have to be selective of who you go out with.

You also are in danger of STD's.

You already know in your heart that he will not be a part of parenting this baby.

How old is he

Some of the other symptoms of abortion trauma our guild, inability to forgive yourself, intense grief and sadness.

After the baby is born, you can come back once a month

We will provide you with diapers clothes wipes and everything I mentioned above. If you don't live near here we can provide you with another center in your area that can do the same thing

If you continue with the sexual behavior that you have, there are consequences to taking the Plan B as well. This is not to be considered a form of contraception. You might want to take a look at the ingredients that it contains and how it affects your reproductive system.

I have been counseling for eight years and I can tell you

Some of the other symptoms of abortion trauma our guild, inability to forgive yourself, intense grief and sadness, anger, emotional numbness, eating disorders, lower self-esteem, flashbacks, multiple abortions, and fear.

Let me tell you a little bit about what our center does. You can come in for a medical grade pregnancy test. Once the nurse comes in and gives us the results, the counselor will leave the room and the nurse will do a medical assessment. She will ask you some questions with regard to your medical history. At that point she will determine if you are eligible for an ultrasound or not. And ultrasound will be performed and we can give you

women who have a portions can never get pregnant again. Think about it, what if this was the only pregnancy that you can have. I have counseled women from age 14 all the way to age 43

As an example, last week I had a young woman come in on Monday and she was 22. Her mom was in the car waiting for her and before she could even completely fill out her intake sheet, her mom was texting her and telling her that she had found an abortion clinic so the girl left. The girls really wanted her baby but said that her mom would be very upset with her but she kept the baby. She already had 811-month-old

At that point she will determine if you are eligible for an ultrasound or not. And ultrasound will be performed and we can give you information about the type of abortion that you will have based upon the age of the baby.

You can come back for counseling as much as you want. If you decide to have your baby, we can provide you with Help by way of you coming in when you were about eight months pregnant and we will give you everything that you need for the baby. We will give you wipes diapers, clothes, if you need a bassinet, shampoos, everything you need.

but she kept the baby. She already had 811-month-old daughter.

A 11 month old

I called her the following day to check up on her and she was devastated. She said she went to the abortion clinic, had her abortion, and just did not want to talk about anything and she hung up on me.

I'm telling you based on my experience how women feel. You really want to get all your information before you decide what you want to do. The best thing to do is to talk to your mom. I have had experience where you should just tell your mom that you're very sorry for breaking the trust that she has

I'm telling you based on my experience how women feel. You really want to get all your information before you decide what you want to do. The best thing to do is to talk to your mom. I have had experience where you should just tell your mom that you're very sorry for breaking the trust that she has in you but that you find yourself in the situation that she found herself. I'm sure that your mom did not abort you because she knew that this was a life inside of her and here you are. I'm sure she loves you very much and yes she will be hurt, but I know especially because you're telling me that she is very religious,

That she knows that abortion is wrong. And I'm sure she would

That she knows that abortion is wrong. And I'm sure she would not want you to end the life of her grand child. This is a niece or a nephew, this is a granddaughter or a grandson

I haven't even told you the physical consequences of an abortion

What do you think of what I have told you.

Take your time, I know that it is overwhelming. I'm here all day for you

I'm curious about the physical consequences, because emotionally I feel like I can handle it. It's my decision and if my mom or family can't handle it, then that's on them.

Just know that an abortion affects everybody. In different ways.

I'm going to give you some information that I am reading from the Internet about how the abortion pill and how it works. The doctors will prescribe the abortion pill within the first 7 to 10 weeks of pregnancy mifepristone is a drug That blocks the effects of progesterone. A hormone in your body needs to grow a healthy baby. This drug blocks the essential nutrients therefore leading to the death of the developing baby. It is important for you to know that a chemical abortion to be apprised of the potential side effects and risks that this drug

of the developing baby. It is important for you to know that a chemical abortion to be apprised of the potential side effects and risks that this drug which can vary from woman to woman.

Some of the side effects are severe uterine cramps, stomach cramps, severe bleeding seeking medical attention immediately. Some of the less severe would be loss of appetite, nausea, vomiting, diarrhea, high blood pressure, lethargic, joint pain, fluid retention in limbs.

In frequent but possible side effects are severe infection and chills, infrequent less severe would be vaginal inflammation, infection, insomnia and fever.

termination. After an abortion pill providers will not tell you there is it's an opportunity to save your baby if you regret having taken the abortion pill. The abortion pill reversal is the protocol used to reverse the side effects. You can call [877-558-0333](tel:877-558-0333) right away if you change your mind after taking the first abortion pill.

What do you think.

What is your ZIP Code?

I really would urge you to go to a pregnancy center in your area for further information and even maybe an ultrasound. There is a place called Los Angeles pregnancy services their address is 3045 E. Florence Ave. suite A.

The first pill is an oral pill of this chemical. The doctor will give a woman considering a chemical abortion an exam and determine if she's eligible for this type of procedure. A woman is not eligible if she has an ectopic pregnancy, ovarian mass, are you D, corticosteroids steroid use, adrenal failure, anemia, bleeding disorders or use of blood thinners, asthma liver or kidney problems, heart disease, high blood pressure. To prevent infection she may be given antibiotic's. Doing her rehearsed visit she will take an oral dose of this chemical.

The second pill is called misoprostol. You will be taking these tablets orally or they will

The second pill is called misoprostol. You will be taking these tablets orally or they will be inserted in vaginally about 36 to 2072 hours after taking the first one. The tablet causes contractions and expels the remains of the babies. This process can take from a few hours as long as a few days. The woman will need to be re-examined by her doctor two weeks later to ensure the abortion was complete and to check for complications.

The procedure is unsuccessful in approximately 5 to 10% of the time potentially requiring an additional surgical procedure abortion to complete the termination. After an abortion pill providers will not tell you there is it's an opportunity to

their address is 3045 E. Florence Ave. suite A, Huntington Park California telephone number is area code 213, [382-5433](tel:382-5433) and they are open Mondays from 10 to 4 PM. Or you can call them.

There was another place called Los Angeles pregnancy services they are at 2524 W. 7th St. in Los Angeles their phone number is [213-382-5643](tel:213-382-5643). They are open Monday Tuesday Wednesday and Thursday from 9 AM to 4 PM and Saturdays from 9 AM to 1 PM.

Hollywood women's center their address is 862 N. Vermont Ave., Los Angeles, CA 90029. Their phone number is [323-913-1975](tel:323-913-1975) they are open Monday through Friday from 9

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Our center is closed for the rest of the week because we are in training. Maybe you can contact any of these centers because they are close to you and you can get your ultrasound and find out how far along you are and they can give you information on what type of an abortion would be performed at your stage. If you want to wait till next week I can schedule an appointment for you to come in. What do you think?