

For Crisis Pregnancy Counselling  
24 hour Australia-wide Ph 1300 737 732

For local counselling Phone 0423 004 904

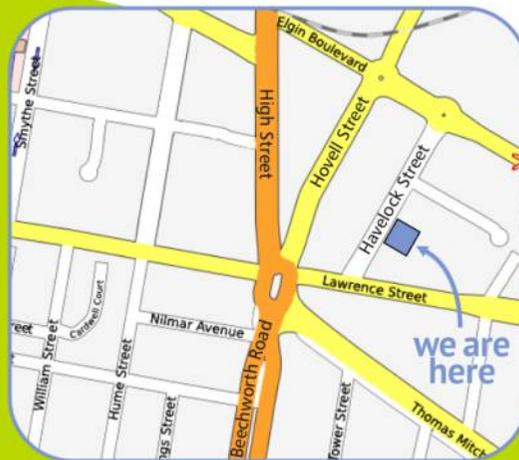
Our office phone number is 02 6024 6775  
Leave a message and we will get back to you

*There is real help available*

Continuing your pregnancy and being a parent can be challenging but there is no need for women to face this challenge alone.

We can help you find the support of caring people and other resources to make this decision work.

Almost all women look back on their decision to have their child as the best decision of their lives.



Pregnancy Support Group Albury Wodonga Inc  
14 Havelock St, Wodonga  
A000 5137U ABN 903120 97586

*Pregnant and need help?*



we offer love, understanding and practical help to expectant mothers, their partners and families

## Free counselling

Pregnancy Support Group Albury Wodonga is a free and confidential counselling and referral agency. We have qualified Crisis Pregnancy Counsellors available on call.

Phone us on 02 6024 6775 (leave a message) to arrange a suitable time for you to come into our support centre at 14 Havelock St Wodonga, or we can meet you at another location if you prefer.

We provide FREE pregnancy testing if needed.

## Help with your baby

We understand that although having a baby is an exciting, natural event it can leave very many women feeling overwhelmed and unsure about the future. That too is entirely natural.

Talking to someone who cares about your concerns can help put your mind at ease.

For women who choose to have their baby, we offer access to a wide range of the free help available, including:

- locating suitable accommodation
- medical appointments
- parenting classes
- relationship counselling (eg. partners, parents)
- acquiring mother and baby needs such as nursery items and clothing
- financial assistance options
- alternatives for continuing with education
- helping gain confidence in your own abilities
- planning for you and your baby's future

## Other help

We can also help with referral to other agencies for further assistance if you want to look into:

- Adoption
- Grief Counselling
- Natural Family Planning

*Parenting is one of the most challenging, yet rewarding things in life.*



*Without my daughter, I have no idea who I would be... I don't regret having a child at such a "young" age.*

Kelly (teen mother)

*I kept my chin up, I knew I was doing the right thing. I have never regretted giving a life to a deserving couple.*

Denise (birth mother of adopted child)