



OREGON  
**RIGHT  
TO LIFE**

EDUCATION FOUNDATION



# Umatilla County Resource Guide



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# Introduction

*You are not alone.*

There are life-affirming resources and support available in your community.

This resource guide provides a curated list of high-quality, compassionate resources that are available in your community. From pregnancy resource centers and diaper banks to food pantries, each resource has been carefully selected to connect you with the full spectrum of care available in Umatilla County.

Don't know where to start? Need additional resources? Contact us at 503-463-8563 or [community@ortl.org](mailto:community@ortl.org) to connect with additional support systems in your area.

Design by Katana Liebelt

Resources provided by Oregon Right to Life Education Foundation

March 2025







A pregnant woman with long dark hair, wearing a patterned dress, stands in a nursery. She is positioned next to a wooden crib that has a white sheet with small dark polka dots. A small stuffed animal is visible on the crib. The background shows light-colored curtains. The entire image has a blue tint.

# Pregnancy Resources

# Pregnancy

## Abortion Pill Reversal


 1 (877) 558-0333


 help@apr.life - immediate help  
info@apr.life - non-emergency

 abortionpillreversal.com

 Free, confidential help, information about the abortion pill reversal process, the abortion pill itself, & information on all your pregnancy options. Quickly connects you to the local assistance you need.

## Hope With Options Pregnancy Care Center - Pendleton

 (541) 276-5757


 info@hopewithoptions.com


 hopewithoptions.com


 135 SE 1st St  
Pendleton, OR 97801

- Pregnancy tests
- Ultrasounds
- Options counseling
- Nurse consultation
- Earn While You Learn Program
- Abortion Pill Reversal
- Infant supplies
- Community medical referrals

## TruCare Pregnancy Clinic - Hermiston

 (541) 567-2393  
(800) 712-4357 24-hr Hotline

 trucarepc.com

 1155 W Linda Ave, Suite B  
Hermiston, OR 97838

- Pregnancy tests
- Ultrasounds
- Pregnancy consultations
- Parenting classes
- Prenatal support
- Loss care program & support
- Adoption information & referrals
- Community assistance referrals



# Southwest Washington Pregnancy Resources

# Pregnancy

Southeast Washington

## Birthright of Walla Walla



(509) 529-8678



[birthright.org/wallawalla](http://birthright.org/wallawalla)



609 W Birch St  
Walla Walla, WA 99362

- Pregnancy tests
- Maternity & baby items
- Online chat for support
- Referrals

## Hope Medical of Washington - Kennewick



(509) 396-7737



[hope@hopemedicalwa.com](mailto:hope@hopemedicalwa.com)



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



7500 W Arrowhead Ave  
Kennewick, WA 99336

- Abortion pill reversal
- Pregnancy tests
- Ultrasounds
- Nurse consultation
- Post-abortion care
- Adoption information & referrals
- STI testing & treatment

## You Medical - Kennewick



(509) 491-1101



[info@youmedical.com](mailto:info@youmedical.com)



[youmedical.org](http://youmedical.org)



15040 W Clearwater Ave  
Kennewick, WA 99336

- Pregnancy tests
- Ultrasounds
- Parent education & mentoring
- Baby supplies
- Pregnancy loss support
- Post-abortion care
- Adoption information & referrals
- STI testing & treatment





# Community Resources

# Health & Well-Being

## Umatilla Morrow Head Start WIC Clinics

🌐 [umchs.org/o/wic](http://umchs.org/o/wic)

- Prenatal and postnatal nutrition and education
- Breastfeeding support/formula
- Healthy foods
- Income eligibility requirements apply

### Hermiston

📞 (541) 667-2545 Text: 20121

🏠 110 NE 4th St  
Hermiston, OR 97838

### Milton-Freewater

📞 (541) 938-5595 Text: 20121

🏠 1850 Key Blvd  
Milton-Freewater, OR 97862

### Pendleton

📞 (541) 966-3354 Text: 20121

🏠 455 SW 13th St  
Pendleton, OR 97801

### Umatilla

📞 (541) 922-5574

🏠 1371 3rd St  
Umatilla, OR 97882



# Health & Well-Being

## Umatilla-Morrow Nurse Family Partnership

☎ (541) 278-5432

✉ [health@umatillacounty.gov](mailto:health@umatillacounty.gov)

🌐 [ucohealth.net/nfp](http://ucohealth.net/nfp)

🏠 200 SE 3rd  
Pendleton, OR 97801

- Free support to first-time pregnant mothers
- Personalized nurse visits
- Health guidance
- Support network development
- Safe home environment training
- Child development support
- Education & career planning

## Yellowhawk Tribal Health Center - WIC Program

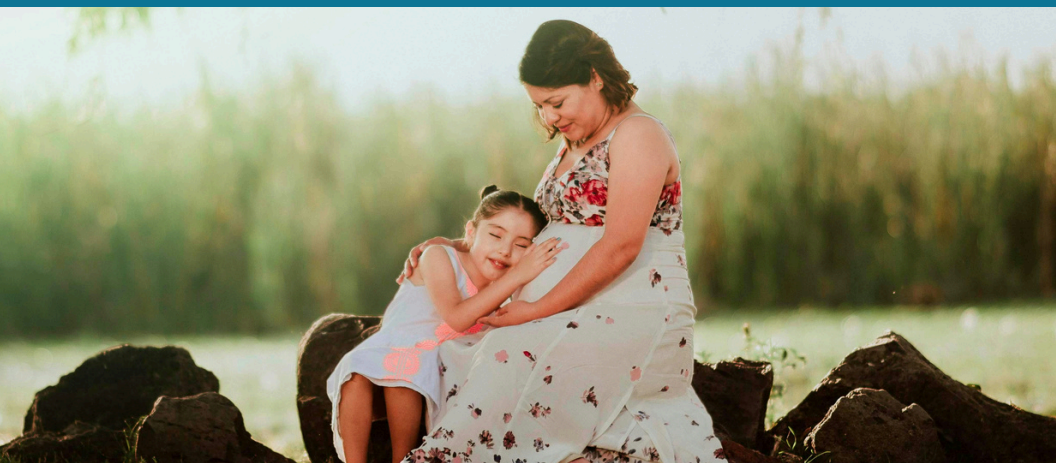
☎ (541) 240-8521

✉ [alisaportley@yellowhawk.org](mailto:alisaportley@yellowhawk.org)

🌐 [yellowhawk.org](http://yellowhawk.org)

🏠 73265 Confederated Way  
Pendleton, OR 97801

- Prenatal and postnatal nutrition and education
- Breastfeeding support/formula
- Healthy foods
- Income eligibility requirements apply



# Basic Needs

Clothing / Household Items / Thrift Stores

## Adventist Community Services - Milton-Freewater



(541) 938-3066



office@miltonsda.org



miltonor.adventistchurch.org/about  
/adventist-community-services



713 S Main St  
Milton-Freewater, OR 97862

- Financial support
- Clothing
- Household items
- Thrift store

## Agape House Mini Treasures Thrift Shop - Hermiston



(541) 567-8774



agapehouse@eotnet.net



agapehousehermiston.org



500 W Harper Rd  
Hermiston, OR 97838

- Clothing
- Household items
- Toys
- Wednesdays 10am - 1pm

## Outreach Thrift Store - Pendleton



(541) 276-2878



outreachthrift@mail.com



facebook.com/SMOThriftStore



440 SW Emigrant Ave  
Pendleton, OR 97801

- Clothing
- Household items



# Basic Needs

Clothing / Household Items / Thrift Stores

## People Helping People

☎ (541) 786-7123

✉ [phppendleton@yahoo.com](mailto:phppendleton@yahoo.com)

🌐 [facebook.com/phppendleton](https://facebook.com/phppendleton)

🏠 1849 Westgate  
Pendleton, OR 97801

- Clothing
- Household items

## Salvation Army - Pendleton

☎ (541) 276-3369

🌐 [pendleton.salvationarmy.org](https://pendleton.salvationarmy.org)

🏠 1805 SW Court Ave  
Pendleton, OR 97801

- Clothing
- Household items
- Thrift store
- Vouchers available
- Case-by-case assistance upon request



# Basic Needs

## Food Pantry

### Agape House Food Pantry - Hermiston

☎ (541) 567-8774

✉ agapehouse@eotnet.net

🌐 agapehousehermiston.org

🏠 500 W Harper Rd  
Hermiston, OR 97838

- Food service program
- 3-5 day food supply
- Weekend backpack program

### Athena Community Food Bank

☎ (541) 566-3422

✉ accsecretary@bmi.net

🏠 458 E Van Buren St  
Athena, OR 97813

- Food boxes
- Mon 9am -12pm

### Chester's Food Pantry - Echo

☎ (541) 289-7755

🌐 capeco-works.org/pantries

🏠 310 W Bridge St  
Echo, OR 97826

- Food boxes
- Last Wed of Month  
3:30pm - 4pm

# Basic Needs

Food Pantry

## CTUIR Food Distribution Program on Indian Reservations

☎ (541) 429-7322

✉ [lawandabronson@ctuir.org](mailto:lawandabronson@ctuir.org)

🌐 [ctuir.org](http://ctuir.org)

🏠 46678 Toki Rd  
Pendleton, OR 97801

- Food distribution 1x/month for tribal members
- Call for distribution hours



# Basic Needs

## Food Pantry

### Helix Food Pantry



(541) 457-6130



helixlibrary@helixtel.com



facebook.com/HelixPublicLibrary



119 Columbia St  
Helix, OR 97835

- Food boxes
- Distribution during library hours
- Mon, Tues, Thur  
10am - 12pm, 1pm - 6pm

### Oregon Child Development Coalition - Milton-Freewater



(541) 938-3170



rebecca.gardner@ocdc.net



capeco-works.org/pantries



403 Peabody St  
Milton-Freewater, OR 97862

- Food boxes
- Once per month
- Emergency food boxes available
- Call for distribution hours

### Outreach Food Pantry - Pendleton



(541) 276-2878



outreachthrift@gmail.com



facebook.com/SMOThriftStore



440 SW Emigrant Ave  
Pendleton, OR 97801

- Food pantry
- Call to place order  
Mon - Thur 10am - 12:30pm

# Basic Needs

## Food Pantry

### Pilot Rock Food Pantry



(541) 276-1926



[capeco-works.org/pantries](http://capeco-works.org/pantries)



1222 SW 3rd St  
Pilot Rock, OR 97868

- Food boxes
- 2nd Thur of every month  
10am - 4pm

### Salvation Army - Pendleton



(541) 276-3369



[pendleton.salvationarmy.org](http://pendleton.salvationarmy.org)



150 SE Emigrant Ave  
Pendleton, OR 97801

- Food boxes  
Mon & Wed 10am - 12:00pm  
Tue & Thur 3:30pm - 5pm
- Feeding Program (hot lunch)  
Mon - Sat 11:30am - 12:30pm  
Sun 2pm - 3pm

### Stanfield Food Basket



(541) 289-7755



[capeco-works.org/pantries](http://capeco-works.org/pantries)



405 Sherman St  
Stanfield, OR 97875

- Food boxes
- Jan - Oct: Last 2 Mon of month  
12pm-4pm
- Nov - Dec: Mon before the  
holidays 12pm - 4pm
- Stanfield, Echo, Hermiston &  
Umatilla residents
- Bring proof of residence

# Basic Needs

## Food Pantry

### The Bread Basket - Milton-Freewater

- ☎ (541) 938-3158
  - 🌐 [capeco-works.org/pantries](http://capeco-works.org/pantries)
  - 🏠 8 NE 7th  
Milton-Freewater, OR 97862
- Food boxes
  - Mon & Fri 9am - 11:45am

### The Den at BMCC - Pendleton

- ☎ (541) 278-5158
  - ✉ [msoliz@bluecc.edu](mailto:msoliz@bluecc.edu)
  - 🌐 [bluecc.edu/food-services](http://bluecc.edu/food-services)
  - 🏠 Pioneer Hall, Rm P-158  
2411 NW Carden Ave  
Pendleton, OR 97801
- Food pantry
  - Students/staff: Mon - Fri  
9am - 4:30pm
  - Community: Tue & Thur  
9am - 12pm

### The Valley Cupboard Food Bank - Milton-Freewater

- ☎ (541) 938-7161
  - ✉ [mail@vccag.com](mailto:mail@vccag.com)
  - 🌐 [vccag.churchcenter.com/home](http://vccag.churchcenter.com/home)
  - 🏠 800 N Main St  
Milton-Freewater, OR 97862
- Food boxes
  - Tue 6pm - 8pm
  - Thur 9am - 12pm

# Basic Needs

## Food Pantry

### Ukiah Food Pantry



(541) 276-1926



[capeco-works.org/pantries](http://capeco-works.org/pantries)



101 S Alba St  
Ukiah, OR 97880

- Food boxes
- Fri of the 3rd full week of month 12:15pm - 2pm

### Weston Food Pantry



(541) 276-1926



[capeco-works.org/pantries](http://capeco-works.org/pantries)



114 E Main St  
Weston, OR 97886

- Food boxes
- 3rd Sat of month  
10am - 10:45am





# Basic Needs


Housing / Utility / Financial Assistance


## CAPECO

 [capeco-works.org](https://capeco-works.org)


- Services for independence
- Food & nutrition
- Housing & home ownership
- Energy assistance
- Home weatherization
- Emergency

### Hermiston

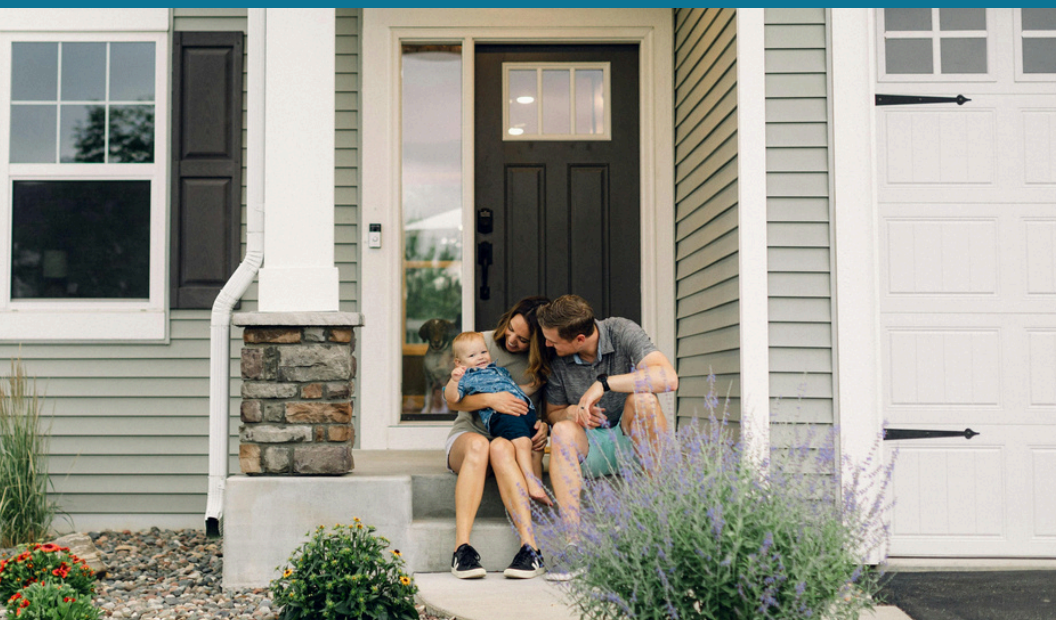
 (541) 938-7161

 1565 N 1st, Suite 1  
Hermiston, OR 97838

### Pendleton

 (541) 276-1926

 211 SE Byers Ave  
Pendleton, OR 97801





# Basic Needs

Housing / Utility / Financial Assistance

## CTUIR Housing Department on Indian Reservations



(541) 429-7920



housing@ctuir.org



ctuir.org/departments/housing



51 Umatilla Loop  
Pendleton, OR 97801

- Confederate Tribes of Umatilla
- Housing services
- Self-sufficient living

## Helping Hand - Pendleton



(541) 276-3418



capeco-works.org/helpinghand



211 SE Byers Ave  
Pendleton, OR 97801

- Rent
- Emergency lodging
- Water
- Propane

## Umatilla County Housing Authority



(541) 567-3241



info@umatillacountyhousing.org



umatillacountyhousing.org



155 SW 10th St  
Hermiston, OR 97838

- Housing assistance

# Basic Needs

## Transportation

### CareVan Medical Transportation



(541) 667-3888



[gshealth.org/carevan](https://gshealth.org/carevan)



610 NW 11th St  
Hermiston, OR 97838

- Transportation from Hermiston, Echo, Stanfield, Umatilla, Irrigon, and Boardman to any Good Shepherd Health Care system, affiliated medical, or service provider in Hermiston

### Kayak Public Transport



(541) 429-7519



[ctuir.org/departments/tribal-planning-office/kayak-public-transit](https://ctuir.org/departments/tribal-planning-office/kayak-public-transit)



800 N Main St  
Milton-Freewater, OR 97862

- Rural, regional transportation
- Fixed route within city limits of Hermiston with several connections to a Kayak bus in Pendleton
- See website for schedules

### Pendleton Transit



(541) 276-6476



[pendletonor.gov/transit/page/transportation](https://pendletonor.gov/transit/page/transportation)



500 SW Dorian Ave  
Pendleton, OR 97801

- Dial-a-ride: \$1 each way
- Let'er Bus: free
- Taxi Ticket Program
- Daily Van Service
- Elite Taxi Service
- Parks & Rec Interpark Transport

# Basic Needs

## Transportation

### Umatilla Cab Company



(541) 567-6055



[facebook.com/umatillacab](https://facebook.com/umatillacab)



2430 N 1st St  
Hermiston, OR 97838

- Transportation services for Hermiston, Stanfield & Umatilla



# Emergency Services

## CAPECO



(541) 276-1926



[capeco-works.org](https://capeco-works.org)



211 SE Byers Ave  
Pendleton, OR 97801

- Utility assistance
- Supplemental food assistance
- Rent/lodging assistance
- Warming centers

## Helping Hand - Pendleton



(541) 276-3418



[capeco-works.org/helpinghand](https://capeco-works.org/helpinghand)



211 SE Byers Ave  
Pendleton, OR 97801

- Rental assistance
- Emergency lodging
- Water
- Propane



# Emergency Services

## Martha's House - Hermiston



(541) 571-3963



marthashouse305hermiston@gmail.com



marthashousehermiston.org



305 SE 4th St  
Hermiston, OR 97838

- Transitional family housing
- Temporary housing.  
(3 - 6 months)

## Neighbor to Neighbor - Pendleton



(765) 791-8332



n2npendleton.org



715 SE Court  
Pendleton, OR 97801

- Temporary emergency shelter
- Warming station at night
- Temporary day shelter

## Promise Inn - Pendleton



(541) 240-7420



capeco-works.org/promiseinn



205 SE Dorion Ave  
Pendleton, OR 97801

- Emergency and transitional  
housing shelter

# Emergency Services

## Stepping Stones Alliance - Hermiston



(541) 371-1425



executivedirector@stepping-stones-alliance.org



stepping-stones-alliance.org



81535 Lind Rd  
Hermiston, OR 97838

- Stepping stones to stability for people who are experiencing homelessness
- Night-time emergency shelter
- Transitional housing assistance



# Care for Children

## Átaw Miyánašma (Precious Children) Learning Center

☎ (541) 429-7873

✉ [keyshaashely@ctuir.org](mailto:keyshaashely@ctuir.org)

🌐 [ctuir.org](http://ctuir.org)

🏠 46411 Ti'mine Way  
Pendleton, OR 97801

- Childcare for children 6 weeks - PreK for tribal members

## Blue Mountain Early Learning Hub

☎ (541) 561-7657

✉ [contact@bluemountaineearlylearninghub.org](mailto:contact@bluemountaineearlylearninghub.org)

🌐 [bluemountaineearlylearninghub.org](http://bluemountaineearlylearninghub.org)

🏠 2001 SW Nye Ave  
Pendleton, OR 97801

- Early education
- Home visiting program
- Health & safety
- Childcare resources
- Parenting support
- Mental health promotion

## CTUIR Department of Children and Family Services

☎ (541) 429-7300

✉ [ChildrenFamilyServices@ctuir.org](mailto:ChildrenFamilyServices@ctuir.org)

🌐 [ctuir.org/departments/children-and-family-services](http://ctuir.org/departments/children-and-family-services)

🏠 46411 Ti'mine Way  
Pendleton, OR 97801

- Childcare assistance for tribal members



# Care for Children

## Good Shepherd Community Health and Wellness

☎ (541) 667-3509

🏠 510 SW 10th St  
Pendleton, OR 97801

- Free car seat safety inspection
- Low cost car seats for Umatilla County residents who meet income requirements

## Oregon Child Development Coalition

☎ (541) 567-5676 - Hermiston  
(541) 938-3170 - Milton-Freewater

✉ rebecca.gardner@ocdc.net

🌐 ocdc.net/programs

🏠 1300 Shannon Way  
Hermiston, OR 97838

🏠 403 Peabody St  
Milton-Freewater, OR 97862

- Childcare
- Early education
- Parent programs for families enrolled in OCDC programs

## Pendleton Children's Center

☎ (541) 429-7300

🌐 pendletonchildrenscenter.org

🏠 510 SW 10th St  
Pendleton, OR 97801

- Free preschool to eligible families enrolled in Blue Mountain Early Learning Hub



# Care for Children

## Pioneer Relief Nursery - Pendleton

☎ (541) 215-1017

✉ libbyh@pioneerreliefnursery.org

🌐 pioneerreliefnursery.org

🏠 1312 SW 2nd St  
Pendleton, OR 97801

- Therapeutic classroom
- Home visits
- Family fun nights
- Outreach services
- Material support
- Respite childcare

## St. Anthony Hospital - Pendleton

☎ (541) 966-0535

🌐 sahpendleton.org

🏠 3001 St. Anthony Way  
Pendleton, OR 97801

- Car seat safety
- Car & booster seats at discount
- Mom & baby support group

## Triple P Parenting

☎ (541) 969-4061


✉ lcmaranville@gobhi.org


🌐 [triplep-parenting.com/us/parenting-courses/triple-p-parenting-in-eastern-oregon](http://triplep-parenting.com/us/parenting-courses/triple-p-parenting-in-eastern-oregon)


- Online parent education classes

# Care for Children

## UMHS Car Seat Program


 (541) 564-6878 - Hermiston  
(541) 966-3354 - Pendleton


 [umchs.org](http://umchs.org)


 110 NE 4th St  
Hermiston, OR 97838

- Car seats provided to low-income families at a reduced cost
- Call for an appointment

## UMHS Child Care Resource & Referral


 (541) 564-6878


 [umchs.org](http://umchs.org)

 110 NE 4th St  
Hermiston, OR 97838


- Childcare assistance

## Umatilla County CARE Program

 (541) 379-3575

 [jenni.galloway@umatillacounty.gov](mailto:jenni.galloway@umatillacounty.gov)

 [co.umatilla.or.us/departments/care](http://co.umatilla.or.us/departments/care)

 216 SE 4th St  
Pendleton, OR 97801

- Assistance with at-risk children with focus on prevention and early intervention
- Service coordination - counseling, housing, medical, basic needs, transportation

# Support Services

Work & Education

## CTUIR Department of Children and Family Services

☎ (541) 429-7300

✉ [childrenfamilyservices@ctuir.org](mailto:childrenfamilyservices@ctuir.org)

🌐 [ctuir.org](http://ctuir.org)

🏠 46411 Ti'mine Way  
Pendleton, OR 97801

- Support for health, viability, & self-sufficiency of tribal members
- See website for eligibility for services

## Nixyaawii Education Center

☎ (541) 429-7825

🌐 [ctuir.org/departments/education](http://ctuir.org/departments/education)

🏠 46251 Naxš Wínataš  
Pendleton, OR 97801

- Remedial education programs for tribal members
- College enrollment assistance
- Adult vocation training
- CTUIR scholarships
- See website for eligibility for services



# Support Services

Recovery / Rehabilitation / Counseling

## Celebrate Recovery - Pendleton



(541) 276-6417



contactus@pendletonfirst.org



pendletonfirst.com/celebraterecovery



1911 SE Court Ave  
Pendleton, OR 97801

- Support program to help individuals address and overcome various life challenges
- Weekly meetings
- Open share groups
- Celebration Place: children's resource for K-5th graders
- The Landing: youth program for 6th - 12th graders

## Celebrate Recovery - Stanfield



(541) 571-6886



<https://www.stanfieldbaptist.com/celebrate-recovery>



310 E Wheeler Ave  
Stanfield, OR 97875

- Support program to help individuals address and overcome various life challenges
- Weekly meetings

## Community Counseling Solutions - Hermiston

### Mental Health



(541) 567-2536



ccswebsite.org



595 NW 11th St  
Hermiston, OR 97838

### Substance Abuse Treatment



(541) 564-9390



ccswebsite.org



435 E Newport  
Hermiston, OR 97838

# Support Services

Recovery / Rehabilitation / Counseling

## Community Counseling Solutions - Milton-Freewater

### Mental Health

☎ (541) 276-6207

🌐 [ccswebsite.org](https://ccswebsite.org)

🏠 299 N Columbia  
Milton-Freewater, OR 97862

### Substance Abuse Treatment

☎ (541) 938-3988

🌐 [ccswebsite.org](https://ccswebsite.org)

🏠 707 E Broadway Ave  
Milton-Freewater, OR 97862

## Community Counseling Solutions - Pendleton

### Mental Health

☎ (541) 276-6207

🌐 [ccswebsite.org](https://ccswebsite.org)

🏠 331 SE 2nd St  
Pendleton, OR 97801

### Substance Abuse Treatment

☎ (541) 278-6330

🌐 [ccswebsite.org](https://ccswebsite.org)

🏠 211 SW 1st St  
Pendleton, OR 97801



# Support Services

Recovery / Rehabilitation / Counseling

## Eastern Oregon Recovery Center

☎ (541) 276-3518

✉ info@eoaf.org

🌐 eoaf.org

🏠 216 SW Hailey Ave  
Pendleton, OR 97801

- Medically monitored clinical detoxification & residential treatment for adults



# Support Services

Recovery / Rehabilitation / Counseling

## GriefShare - Stanfield



(541) 571-6886

- Grief loss support group



carrie@stanfieldbaptist.com



310 E Wheeler Ave  
Stanfield, OR 97838

## Growing Hope of Eastern Oregon



growinghopependleton@gmail.com

- Addiction recovery
- Employment support
- Transitional housing support
- Parenting classes
- Cooking classes



growinghopeeo.org



150 SE Emigrant Ave  
Pendleton, OR 97801

## Nurture Oregon COPES Clinic



(541) 240-1812

- Prenatal & postpartum care for mothers struggling with substance use
- Substance use treatment
- Peer recovery support



nurture@peersupportoregon.org



allcopes.org/nurtureoregon



200 SE Hailey Ave  
Pendleton, OR 97801



# Support Services

Recovery / Rehabilitation / Counseling

## Psychological Services of Pendleton



(541) 278-2222



psp@pendletonpsych.com



pendletonpsych.com



1100 Southgate, Suite 13  
Pendleton, OR 97801

- Parenting assessments
- Parent-child relationship psychotherapy





A woman with blonde hair tied back, wearing a blue and white plaid shirt and sunglasses, is holding the hand of a young child with blonde hair. They are standing in a field of tall, dry grass under a clear blue sky. The woman is looking down at the child, who is looking towards the right. The text "National Resources" is overlaid in white on the image.

# National Resources

# Pregnancy

## Abortion Pill Reversal



1 (877) 558-0333



help@apr.life - immediate help  
info@apr.life - non-emergency



abortionpillreversal.com



Free, confidential help, information about the abortion pill reversal process, the abortion pill itself, & information on all your pregnancy options. Quickly connects you to the local assistance you need.

## For Every Woman



info@foreverywoman.org



foreverywoman.org



Connecting you with high-quality, no-cost medical care & resources for pregnancy & beyond.

## Let Them Live



(260) 200-3789



info@letthemlive.org




letthemlive.org




Empowering women in unsupported pregnancies by providing financial support, counseling, and coaching to help mothers choose life and keep their babies.

# Pregnancy


## LoveLine - Reclaiming Motherhood


 (888) 550-1588 call or text


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

 Providing individualized support and comprehensive case management for pregnant and parenting women and families with multiple complex needs.


## Option Line

 1 (800) 712-4357 - call or text


 [optionline.org](http://optionline.org)

 Call the hotline or use the online chat to explore your pregnancy options.

## Pregnancy Decision Line


 1 (866) 406-9327


 [pregnancydecisionline.org](http://pregnancydecisionline.org)


 Pregnancy and abortion helpline providing caring, confidential support to talk you through your options and provide reliable information.

# Pregnancy


## Real-Choices


 (800) 712-4357 call or text


 [real-choices.com](http://real-choices.com)


 Connecting women and families with pregnancy resource centers and a church support network with loving mentors.

## Standing With You


 (540) 834-4600


 [pregnancyresources@standingwithyou.org](mailto:pregnancyresources@standingwithyou.org)


 [standingwithyou.org](http://standingwithyou.org)

 Support & resource connections for pregnant & parenting women.

## StandUpGirl.com

 (503) 554-5683

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

 Pregnancy resource directory & support.

# Pregnancy

## Worldwide Directory of Pregnancy Help


🌐 [heartbeatinternational.org/worldwide-directory](https://heartbeatinternational.org/worldwide-directory)

📄 Directory of worldwide pregnancy resources.



# Abortion Healing

## Abortion Recovery & Care


 (703-770-8000


 [info@abortionhealing.org](mailto:info@abortionhealing.org)


 [abortionhealing.org](http://abortionhealing.org)

 Resources and programs that connect, equip, and support those seeking healing for themselves and/or providing for others.


## Choices: After Abortion Support


 (423) 266-8322 - call or text

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


 Confidential support and a safe place to talk about your abortion experience.

## GriefShare

 (800) 395-5755

 [info@griefshare.org](mailto:info@griefshare.org)

 [griefshare.org](http://griefshare.org)

 Find a grief and loss support group near you.



# Abortion Healing

## Healing Hearts Ministry

☎ (505) 355-6922

🌐 [healinghearts.org](http://healinghearts.org)

📘 Studies for those healing from past experiences with abortion and other experiences.

## Helpline for Abortion Recovery


☎ (866) 482-5433


📘 24/7 helpline staffed by trained consultants who provide a confidential, safe place to share your story.




# Abortion Healing

## Rachel's Vineyard


 (610) 354-0555


 2assistant@rachelsvineyard.org

 rachelsvineyard.org


 Weekend retreats with a supportive, confidential, and non-judgmental environment where women and men can begin the post-abortive healing process.

## SaveOne


 (615) 636-2654

 info@saveone.org

 saveone.org

 Helping men, women, and families recover after abortion.

## Silent No More

 (412) 749-0455

 mail@silentnomore.com

 silentnomoreawareness.org

 Abortion healing and awareness.

# Abortion Healing

## Support After Abortion

☎ (844) 289-HOPE

✉ [help@supportafterabortion.com](mailto:help@supportafterabortion.com)

🌐 [supportafterabortion.com](http://supportafterabortion.com)

**i** Real-time, compassionate, and genuine care for women and men seeking healing for dealing with grief or regret from abortion.

## Surrendering The Secret

✉ [stsinternational15@gmail.com](mailto:stsinternational15@gmail.com)

🌐 [surrenderingthesecret.com](http://surrenderingthesecret.com)


**i** A ministry to help women and men heal from the hurt of abortion.




# Support for Special Cases


## Be Not Afraid

 [benotafraid.net](http://benotafraid.net)

 Supporting parents carrying to term following a prenatal diagnosis.


## Carrying to Term

 [carryingtotermin.org](http://carryingtotermin.org)

 Providing non-directive information on pregnancy continuation for prenatal diagnoses of life-limiting conditions.


## Mama Bear Care

 [mamabearcare.org](http://mamabearcare.org)


 A community providing hope, encouragement, education, and practical support for families who receive a life-limiting prenatal diagnosis for their babies.

# Support for Special Cases

## National Down Syndrome Society


 (800) 221-4602


 [info@ndss.org](mailto:info@ndss.org)


 [ndss.org](http://ndss.org)

 Empowering individuals with Down syndrome and their families.

## Prenatal Diagnosis

 (888) 517-5588 - call or text (24/7)

 [prenataldiagnosis.org](http://prenataldiagnosis.org)

 Support and connections for parents who have received a prenatal diagnosis for their child.

## SOFT

 [trisomy.org](http://trisomy.org)

 Empowering families with children diagnosed with Trisomy 18, 13, and related chromosomal disorders.

# Other Support

## A New Beginning Adoption Agency

☎ (208) 939-3865

🌐 [adoptanewbeginning.org](http://adoptanewbeginning.org)

📍 Adoption agency based in Idaho that facilitates adoptions throughout the United States.





# Other Support

## And Then There Were None

- ☎ (888) 570-5501 - call or text
- 🌐 [abortionworker.com](http://abortionworker.com)
- 📍 Support for those quitting jobs in the abortion industry.

## Lifetime Adoption

- ☎ (800) 923-6784
- ✉ [adopt@lifetimeadoption.com](mailto:adopt@lifetimeadoption.com)
- 🌐 [lifetimeadoption.com](http://lifetimeadoption.com)
- 📍 Nationwide adoption center specializing in helping birth mothers and adoptive families navigate the adoption process.

## Safe Families

- ☎ (773) 653-2200
- ✉ [info@safefamilies.net](mailto:info@safefamilies.net)
- 🌐 [safe-families.org](http://safe-families.org)
- 📍 A network of caring and compassionate volunteers supporting families facing social isolation.

# Other Support

## Safe House Project



(507) 769-0819



info@safehouseproject.org



safehouseproject.org



Working to eradicate sex trafficking. Provides safe houses, emergency services, and education.

## The Abortion Survivors Network



(816) 737-8685



abortionsurvivors.org



Support for abortion survivors







OREGON  
**RIGHT  
TO LIFE**

EDUCATION FOUNDATION

## Contact Us



(503) 463-8563



[ortl@ortl.org](mailto:ortl@ortl.org)



[www.ortl.org](http://www.ortl.org)



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## Follow Us

