Pregnancy Care Counselling Resources

Pregnancy care includes a wide range of options to support your health and well-being. If you're unsure about your options, confidential counselling is available to help you explore choices around parenting, adoption, or abortion. Abortion care in Ontario is safe, legal, and covered by OHIP, with both medical and surgical options offered in clinics, hospitals, and through telemedicine. After an abortion, emotional and physical support is available through counselling services, peer support groups, and online resources—because you are never alone in this journey.

What are my options?

All-Options uses direct service and social change strategies to promote unconditional, judgment-free support for people in all of their decisions, feelings, and experiences with pregnancy, parenting, abortion, and adoption. We recognize that these issues are complex, but one thing is certain: *Everyone deserves to have all options!*
More information can be found here: **All-Options Talkline - All-Options**

Where can I go for counselling? Counselling options can be found here:

ORGANIZATION	DESCRIPTION	WEBSITE
Regional-Based Resources		
Midland Midwives	The Midland Midwives By the Bay clinic called the "Georgian Bay Women*s Clinic" provides women with safe, caring, and compassionate abortion and sexual health services to the North Simcoe community.	Sexual Health | Midland Midwives
Orillia Midwives	Abortion counselling can happen either in-person or over the phone. We will chat about your health history, the process, what to expect, and make a clear follow-up plan. We will then send the medication prescription to a pharmacy of your choosing. If you have OHIP (a provincial health card), then the medication is free of charge.	https://orilliamidwives.com/abortions/
Simcoe Muskoka District Health Unit	Think you might be pregnant? Not sure what to do, who to talk to? Accessing Abortion Services Abortion is a legal and safe option in Canada. If you're considering it, you can self-refer or get help connecting with a provider. If further information or a referral is needed, please connect with our nurses at 1-877-721-7520.	Pregnancy Options

ORGANIZATION	DESCRIPTION	WEBSITE
Ontario-Based Resources		
Choice in Health Clinic	Your healing matters. Whether you're navigating the physical, emotional, or mental aspects of recovery after an abortion, you're not alone. Unfortunately, some websites do not have medically accurate information or pro-choice views. We've gathered a selection of trusted online resources to support you at your pace, in your own way.	Resources — Choice in Health Clinic Toronto Abortion Clinic
Women's College Hospital – Bay Centre (Toronto)	Our healthcare services include contraception counseling, preventive sexual health testing such as Pap smears and STI testing, pregnancy options counseling and abortion care. Driven by a commitment to inclusive and equitable healthcare for all, our clinic is proud to serve a diverse patient community.	Bay Centre: Sexual Health | Women's College Hospital
Shore Centre	SHORE Centre provides safe, confidential, and non-judgmental support for anyone facing an unplanned pregnancy. We believe every person deserves accurate information and compassionate care to make the decisions that are right for them. There is no one-size-fits-all answer—your choices matter, and we're here to support you through every option.	Pregnancy Options - SHORE Centre
Safe 2 Choose	Abortion counseling allows you explore all the safe abortion options available to you. Our counseling team will listen to you and provide all the information you need, adapted to your situation, so you can make the best decision for yourself. Our trained and compassionate abortion counselors can address common questions, validate emotional experiences, ensure safety, and act as a support person throughout the abortion process.	Abortion Counseling: With Confidentiality & Without Judgment
Windsor Regional Hospital	Confidential pregnancy options counseling and abortion services are provided in a safe, and non-judgmental clinic environment. Our experienced nurses, physicians, and social workers are available to support and meet with women who are experiencing an unplanned pregnancy to explore all their alternatives from terminating the pregnancy through abortion, continuing the pregnancy to parent, or continuing the pregnancy to pursue adoption.	Windsor Regional Hospital - Pregnancy Options

ORGANIZATION	DESCRIPTION	WEBSITE
National- Based Resources		
Action Canada For Sexual Health & Rights	The Access Line is a toll-free, confidential support service for questions about sexual and reproductive health, including safer sex, pregnancy, and abortion.	Action Canada for Sexual Health and Rights
Pregnancy Options.info	**A Guide for Those Facing a Pregnancy Decision** "If you're here, you are probably pregnant and not sure what to do. You're in the right place. Read on. The people who put together this workbook support you no matter what you choose. We have done our best to give you a realistic picture of all the choices you can make—abortion, adoption, and parenting. You will find exercises to help you make the best decision for you." - *Excerpt from workbook*	PregnancyOptions.info
Abortion Care Canada	Abortion Care Canada strives to enhance abortion access by offering high-quality professional and public education; cultivating a strong and connected abortion care community; and removing barriers through person-centered support and systemic change.	Home - Abortion Care Canada
All Options	If you are pregnant and unsure how to feel or what to do next, or you want to talk about a past or current experience with abortion, adoption, parenting, infertility or pregnancy loss, you've found the right place.	All-Options Talkline - All-Options

How can I access care for an abortion?

Abortion care is listed on the Women and Children's Health Network website, outlining options care within Central Region and beyond:

About | Women and Children's Health Network I Simcoe County, Muskoka, Parry Sound

Post abortion care support is available and outlined below:

ORGANIZATION	DESCRIPTION	WEBSITE
Post Abortion Support Canada	This is a place for clear information and emotional support regarding a termination of pregnancy. I make it easier for you to access resources after an abortion, arrested pregnancy, or miscarriage.	postabortionsupport.ca
Pregnancy and Infant Loss Network (PAIL) Sunnybrook	This group is for families who stopped their pregnancy with an elective or therapeutic abortion (this is what people most commonly refer to as an abortion).	Peer support programs - PAIL Network
National Abortion Hotline	The National Abortion Hotline is the largest national, toll-free, multi-lingual Hotline for abortion provider information and financial assistance in the U.S. and Canada. We provide callers with accurate information, confidential consultation, and information on providers of quality abortion care. We also provide case management services and limited financial assistance to help you afford the cost of your care and travel-related expenses. The Hotline is free and offers services to everyone, regardless of your individual situation.	National Abortion Hotline - National Abortion Federation
Connect & Breathe	Connect & Breathe creates a safe space to talk about abortion experiences by offering a talk line staffed by people trained to listen and provide unbiased support and encouragement of self-care. Whether abortion has affected you or a loved one, yesterday or years ago, we are here for you.	Connect & Breathe - After Abortion Nonjudgmental Talkline

ORGANIZATION	DESCRIPTION	WEBSITE
Exhale Pro-Voice	You deserve nonjudgmental after-abortion support.	Nonjudgmental After-abortion Support - Exhale Pro-Voice
Pregnancy Options.info	**A Guide for Those Seeking Emotional and Spiritual Resolution** "If you are having a hard time after an abortion experience, there is help for you. This workbook can guide you through some basic steps to feeling better emotionally and spiritually. It can also give you suggestions about further help. It may also be useful if you just want more resolution about an abortion experience." - *Excerpt from workbook*	PregnancyOptions.info

*** Please note, these lists are not exhaustive. If you are aware of a Canadian resource, please reach out to us at NetworkFeedback@osmh.on.ca and we would be happy to highlight additional resources***