

Pregnancy Options Resources

All-Options.org 1-888-493-0092

This is a free confidential talk line where you can talk to an advocate about your decision or feelings about an unwanted pregnancy. All-Options is a leader in providing open-hearted support for all pregnancy, parenting abortion, and adoption experiences, including infertility and pregnancy loss.

Pregnancy Options

<http://www.pregnancyoptions.info/pregnant.htm>

[Pregnancy Options Decision-Making Workbook](#)

The above workbook may help you work through the pros and cons of having an abortion or having a baby this pregnancy.

Saskatoon Abortion Support Network

<https://sasn.ca/>

SASN is a pro-choice organization dedicated to supporting people before, during and after abortion. SASN provides individually tailored support to overcome the barriers that a person may experience, understanding that the barriers are unique to each pregnant person. SASN provides these services free of charge to promote equitable access to abortion. Must visit the website to contact.

Saskatoon Community Clinic Counselling Services

<https://saskatooncommunityclinic.ca/>

Address: 2211 11th Street West (temporary space while waiting on the Langer building)

For patients receiving care at the Saskatoon Community Clinic, you may also access our counselling services. Self-refer by phone **306-664-4283** to book an appointment for pregnancy options, counselling or additional support related to your pregnancy.

Saskatoon Sexual Health

saskatoonsexualhealth.ca

Pro-choice organization that offers pregnancy tests, contraception, STI testing and treatment, unplanned pregnancy counselling, medical abortions, HPV vaccination and more.

Address: 210 2 Ave N, Saskatoon, SK S7K 2B5.

Phone: (306) 244-7989

Note: Closed Dec 20, 2024 and reopen at new location 39 23rd Street Saskatoon, SK on Jan 06, 2025

Sexual Assault Centre

<https://saskatoonsexualassaultcentre.com/>

Address: #201 - 506 25th Street East, 506 25 St E, Saskatoon, SK S7K 4A7

Phone: Main line (306) 244-2294; 24- Hour Crisis Line (306) 244-2224

SSAIC offers individuals and group counselling services to all survivors of sexualized violence, their families and other support / service providers. There is a 24 hours crisis line available to all who need it. Sexualized violence education and services are provided in the community to raise awareness, reduce stigmatization, and influence social and systemic change.

Sex and U

<http://www.sexandu.ca/>

This is a website with lots of information about birth control and sexually transmitted diseases.

Exhale Pro-Choice

Trained counselor that focus on post abortion emotional support.

<https://exhaleprovoice.org/>

Located in San Francisco CA

Text line 1-617-749-2948

The Society of Obstetricians and Gynaecologists of Canada

2781 Lancaster Road, Suite 200, Ottawa, ON K1B 1A7

Tel: 613-730-4192 or 1-800-561-2416

<https://sogc.org/>

Providing the public with the information needed to make informed health decisions when it comes to sexual and reproductive health.