

2007

VIRGINIA BOOK OF CHOICES
Resources for Unplanned Pregnancy and Family Planning



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NARAL Pro-Choice Virginia is grateful to the service providers who have agreed to be included in this resource. The services they provide and their willingness to participate make family planning and reproductive freedom a reality for Virginia's families.

We thank the volunteers for their help with the production of this guide.

An electronic version of this guide will be available and updated on our website, www.naralva.org. Please look there for corrections and additions.

Introduction

About Us

NARAL Pro-Choice Virginia, the Virginia affiliate of NARAL Pro-Choice America, works to protect safe, legal abortion and to expand the full range of reproductive rights for Virginians regardless of age, race, or income.

Our Mission

Our mission is to develop and sustain a constituency that uses the political process to guarantee every person the right to make personal decisions regarding the full range of reproductive choices, including preventing unintended pregnancy, bearing healthy children, and choosing legal abortion.

For more information about NARAL Pro-Choice Virginia, please visit our website at <http://www.naralva.org>.

Feedback

So that we may better inform and educate Virginia's families, please tell us what you think about this resource and tell us if any information has changed or is incorrect.

Providers of reproductive health services who wish to be included in this directory should contact us.

We can be reached by phone at (703) 486-5606, by email at info@naralva.org, or by mail at NARAL Pro-Choice Virginia, 1940 Duke St, Alexandria, VA 22314.

Using This Guide

You may be holding this book because you are looking for help with an unplanned pregnancy. Handling an unplanned pregnancy can be a very emotional experience. Remember that you are not alone. Fifty percent of all pregnancies are unplanned. This guide will help you find resources, as well as caring, unbiased professionals who will respect your right to make the decision that is best for you.

If you are seeking counseling to decide whether or not to continue your pregnancy, you have the right to compassionate, professional, and honest advice about all available options, including carrying the pregnancy to term and raising the child, putting the child up for adoption, and terminating the pregnancy.

The earlier you act, the more choices will be available to you. You may even be able to prevent yourself from becoming pregnant after having unprotected sex. Emergency contraception (EC) is a form of birth control that can prevent pregnancy when taken within 72 hours after sexual intercourse. Recent studies suggest that it may be effective up to five days after unprotected sex. However, EC is most effective the earlier it is taken. Turn to page 25 to learn the facts about emergency contraception.

We have also gathered a list of abortion providers in Virginia and neighboring states. Several providers can offer you the full range of procedures available, including medical abortion. As with all decisions related to unplanned pregnancy, it is important to act early if you are considering having an abortion. Turn to page 38 for more information about abortion and to page 50 for a list of abortion providers.

If you are considering adoption, turn to page 82 for a list of licensed child placement agencies that handle private adoptions. The agencies listed vow to respect your right to choose what is best for you, including the right to terminate the pregnancy.

For a variety of prenatal and parent resources, turn to page 89.

We encourage anyone who is or may become sexually active and who does not want to become pregnant to use birth control. For comprehensive information on birth control, turn to page 12.

Medical Terms And Abbreviations

The following definitions and explanations are adapted from the Merriam-Webster Medical Dictionary unless otherwise noted. Please ask your health care provider if you need further clarification.

Conscious sedation: Medication that provides relaxation without total loss of consciousness.

Emergency contraception (EC): Methods of preventing pregnancy after unprotected intercourse. Also referred to as the “morning after” pill. (Information from www.not-2-late.com.)

General anesthesia: Medication that affects the entire body and is accompanied by a loss of consciousness.

HIV (Human immunodeficiency virus): The virus that causes AIDS.

AIDS (Acquired Immunodeficiency Syndrome): A disease characterized by the weakening of the immune system.

IUD (Intrauterine device): A device (usually a spiral of plastic or a ring of stainless steel) inserted and left in the uterus to prevent pregnancy.

Local anesthesia: Medication used on a limited area of the body to reduce pain and discomfort in a localized area.

LMP (Last Menstrual Period): Used as an indication of the length of a pregnancy. In this guide, LMP refers to the time since the first day of the last menstrual period.

MVA (Manual vacuum aspiration): An early abortion procedure using a suction device.

Pap smear: A routine medical test to check for abnormalities in the cells of a woman's cervix. This test is important for early detection of cervical cancer.

RhoGAM: Medication used to protect and prevent blood interaction problems during and after pregnancy. An RH test is used to identify cases in which a fetus's blood type is incompatible with the mother's. (Information from www.talkmedical.com.)

STD (Sexually transmitted disease): A disease or infection that can be transmitted by direct sexual contact.

PREVENTING PREGNANCY

Are You Under 18?

If you are a teenager, you may be uncomfortable discussing birth control. However, to protect your health and keep control of your reproductive life, we encourage you to talk about these issues with a health care professional, your parents or another trusted adult. Minors (those under the age of 18) are not legally required to notify or get permission from their parents to obtain birth control. However, it is wise to ask a clinic's policy regarding confidentiality for minors.

Birth Control Methods

There are more forms of birth control available today than ever before. All are designed to prevent pregnancy. Only latex condoms, properly used, offer reliable protection against sexually transmitted diseases (STDs). As with any medication or device, it is best to consult a health care provider to determine the safest and most effective method for you.

For details on birth control methods available over the counter or by prescription turn to page 20.

Family Planning Services

Family planning plays a critical role in reducing unintended pregnancy. The Virginia Family Planning Program offers comprehensive family planning services to assist low income citizens to plan and space their pregnancies. For more information, contact familyplanning@vdh.state.va.us or call (804) 786-8663.

Public Health Family Planning Services

Local health departments in Virginia provide family planning services and offer a variety of reproductive health services including annual exams, Pap smears, STD treatment, and prenatal care. Services vary, so call first to confirm whether the service you need is available and to schedule an appointment.

Health departments are listed alphabetically by county/city and grouped by location.

Accomack County
(757) 787-5880

Alleghany/Covington
County
(540) 962-2173

Albermale County/
Charlottesville City
(434) 972-6219

Amelia County
(804) 561-2711

Alexandria City
(703) 838-4380

Amherst County
(434) 946-9408

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Appomattox County
(434) 352-2313

Buena Vista City
(540) 261-2149

Arlington County
(703) 228-1200

Campbell County
(434) 592-9550

Bath County
(540) 839-7246

Caroline County
(804) 633-5465

Bedford County
(540) 586-7652

Carroll County
(276) 728-2166

Bland County
(276) 688-4651

Charles City County
(804) 829-2490

Botetourt County
(540) 473-8240

Charlotte County
(434) 542-5251

Bristol City
(276) 642-7335

Chesapeake City
(757) 382-8600

Brunswick County
(434) 848-2525

Chesterfield County
(804) 748-1691

Buchanan County
(276) 935-4591

Clarke County
(540) 955-1033

Buckingham County
(434) 969-4244

Clifton Forge City
(540) 862-4131

Colonial Heights City
(804) 520-9380

Craig County
(540) 864-5136

Culpeper County
(540) 829-7350

Cumberland County
(804) 492-4661

Danville City
(434) 799-5190

Dickenson County
(276) 926-4979

Dinwiddie County
(804) 469-3771

Essex County
(804) 443-3396

Fairfax County/Falls Church
(703) 246-2411

Fauquier County
(540) 347-6400

Floyd County
(540) 745-2141

Fluvanna County
(434) 589-8021

Franklin City
(757) 562-6109

Franklin County
(540) 483-5602

Frederick County/
Winchester
(540) 722-3470

Fredericksburg City
(540) 899-4142

Galax City
(276) 236-6127

Giles County
(540) 921-2891

Gloucester County
(804) 693-2445

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Goochland County
(804) 556-5343

Grayson County
(276) 773-2961

Greene County
(434) 985-2262

Greensville County/
Emporia
(434) 348-4235

Halifax County
(434) 476-4863

Hampton City
(757) 825-4730

Hanover County
(804) 365-4313

Harrisonburg/ Rockingham
County
(540) 574-5100

Henrico County
(804) 501-4001

Henry County/Martinsville
(276) 638-2311

Highland County
(540) 468-2270

Hopewell City
(804) 458-1297

Isle of Wight County
(757) 357-4177

King and Queen County
(804) 785-6154

King George County
(540) 775-3111

King William County
(804) 769-4988

Lancaster County
(804) 462-5197

Lee County
(276) 346-2011

Lexington/
Rockbridge County
(540) 463-3185

Loudoun County
(703) 777-0236

Louisa County
(540) 967-3703

Lunenburg County
(434) 696-2346

Lynchburg City
(434) 947-6777

Madison County
(540) 948-5481

Mathews County
(804) 725-7131

Mecklenburg County
(434) 738-6333

Middlesex County
(804) 758-2381

Montgomery County
(540) 381-7100

Nelson County
(434) 263-8315

New Kent County
(804) 966-9640

Newport News City
(757) 594-7326

Norfolk City
(757) 531-2130

Northampton County
(757) 442-6228

Northumberland County
(804) 580-3731

Nottoway County
(434) 645-7595

Orange County
(540) 672-1291

Page County
(540) 743-6528

Patrick County
(276) 694-3188

Petersburg City
(804) 863-1652

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Pittsylvania County
(434) 432-7232

Richmond County
(804) 333-4043

Portsmouth City
(757) 393-8585

Roanoke City
(540) 857-7600

Powhatan County
(804) 598-5680

Roanoke County/Salem
(540) 387-5530

Prince Edward County
(434) 392-8187

Russell County
(276) 889-7621

Prince George County
(804) 733-2630

Scott County
(276) 386-1312

Prince William County
(703) 792-6300

Shenandoah County
(540) 459-3733

Pulaski County
(540) 994-5030

Smyth County
(276) 781-7460

Radford City
(540) 831-5774

Southampton County
(757) 653-3040

Rappahannock County
(540) 675-3516

Spotsylvania County
(540) 582-7070

Richmond City
(804) 646-3153

Staunton City/
Augusta County
(540) 332-7830

Stafford County
(540) 659-3101

Suffolk City
(757) 686-4900

Surry County
(757) 294-3185

Sussex County
(434) 246-8611

Tazewell County
(276) 988-5585

Virginia Beach City
(757) 518-2700

Warren County
(540) 635-3159

Washington County
(276) 676-5604

Waynesboro City
(540) 949-0137

Westmoreland County
(804) 493-1124

Wise County
(276) 328-8000

Wythe County
(276) 228-5507

York County/Williamsburg
(757) 594-7300

Birth Control: Non-Prescription Methods

These birth control methods generally are available without a prescription at pharmacies, grocery stores, health departments and family planning clinics. The descriptions are adapted from the birth control guide published by the U.S. Food and Drug Administration (FDA). Failure rates are based on information from clinical trials submitted to the FDA.

Male Condom

The male condom is a sleeve usually made of latex or polyurethane that fits over an erect penis and blocks the passage of sperm during intercourse. Male condoms are approximately 89 percent effective and are available without a prescription at pharmacies, markets, health departments and family planning clinics.

Female Condom

The female condom is a lubricated polyurethane sheath shaped similarly to the male condom. The closed end has a flexible ring that is inserted into the vagina. Female condoms are approximately 79% effective and are not as widely available as male condoms. They can also be more expensive.

Vaginal Spermicides

A spermicide is a foam, cream, jelly, film, suppository, or tablet that contains nonoxynol-9, a sperm-killing chemical. Used independently, its effectiveness ranges from 50 to 80 percent. When used in combination with barrier methods

of birth control, such as condoms, diaphragms, and cervical caps, spermicides can increase the overall effectiveness of the birth control method.

Birth Control: Prescription Methods

The following methods require a visit to a health care provider for a prescription. The descriptions are adapted from the birth control guide published by the U.S. Food and Drug Administration (FDA). Failure rates are based on information from clinical trials submitted to the FDA or from data from Planned Parenthood.

Oral Contraceptives (“The Pill”)

There are several different forms of oral contraceptives, including a combined pill and a progestin-only pill, which must be taken on a daily schedule regardless of the frequency of intercourse. The combined pill suppresses ovulation by synthetic estrogen and progesterone hormones. The progestin-only pill contains synthetic progesterone that acts to reduce and thicken cervical mucus to prevent sperm from reaching the egg. Birth control pills may also act to alter the lining of the uterus, which may prevent implantation of a fertilized egg. Oral contraceptives are 98 to 99 percent effective and require a prescription that can be filled by most pharmacies. Some health departments and family planning clinics can fill their own oral contraceptive prescriptions.

Cervical Cap

A cervical cap is a soft rubber cup with a round rim, which is inserted into the vagina prior to intercourse and fits snugly around the cervix. Spermicides are used in conjunction with this barrier method, which should be left in place for eight hours after intercourse. Planned Parenthood reports effectiveness rates of 71 to 86 percent; women who have given birth will experience decreased effectiveness because of the stretching of the vagina and cervix during pregnancy and childbirth. A visit to a health care provider is required to determine the proper size and to obtain a prescription.

Contraceptive Patch (Ortho Evra)

Ortho Evra is a skin patch worn on the lower abdomen, buttocks, or upper body that releases the hormones progesterin and estrogen into the blood stream. A new patch is applied once a week for three weeks out of every month and followed by one week without the patch. The patch is 98 to 99 percent effective and may be less effective on women weighing more than 198 pounds. A visit to a health care provider is required to obtain a prescription.

Depo-Provera

Depo-Provera is an injection of progesterin that inhibits ovulation, prevents sperm from reaching the egg, and prevents the fertilized egg from implanting in the uterus. The injection lasts three months and is typically given in the arm or buttocks. It is approximately 99 percent effective and requires a prescription and visit to a health care provider every three months. Its effects cannot be reversed during this three month period.

Diaphragm

The diaphragm is a dome-shaped rubber disc with a flexible rim that covers the cervix so that sperm cannot reach the uterus. Inserted into the vagina, it fits over the cervix and is held in place by the vaginal muscles. Spermicide should be applied to the diaphragm before insertion, and it should be left in place for six to eight hours after intercourse. Planned Parenthood reports effectiveness rates of 84 to 94 percent; women who have given birth will experience decreased effectiveness since the stretching of the vagina and cervix make a proper fit more difficult. A visit to a health care provider is required to determine the proper size and to obtain a prescription.

Intrauterine Device (IUD)

An Intrauterine Device is a small T-shaped object inserted into the uterus through the cervix to prevent pregnancy. The device can remain in place for one to 10 years, depending on the type. IUDs require a visit to a health care provider for insertion and removal.

Lunelle

This is a monthly birth control shot, which is injected into the arm, thigh, or buttocks. It contains both synthetic estrogen and progesterone hormones. Lunelle is approximately 99 percent effective and requires monthly visits to a health care provider to receive the injection.

Vaginal Contraceptive Ring (NuvaRing)

NuvaRing is a flexible ring about 2 inches in diameter that is inserted into the vagina and releases the hormones progesterin

and estrogen. It is self-inserted and remains in the vagina for three weeks, then removed for one week. It is approximately 98 to 99 percent effective and requires a visit to a health care provider to obtain a prescription.

Birth Control: Permanent Methods

These methods are surgical methods and are generally considered nonreversible. The descriptions are adapted from the birth control guide published by the U.S. Food and Drug Administration (FDA). Failure rates are based on information from clinic trials submitted to the FDA.

Female Sterilization

Female sterilization is surgery performed by a physician in which the fallopian tubes are cut, burned, or blocked so that the egg and sperm cannot meet. It is a one-time surgical procedure and is approximately 99 percent effective. Tubal ligation can be done as an outpatient procedure and is over 98 percent effective as birth control.

Male Sterilization (Vasectomy)

Male sterilization is a surgery in which the vas deferens, the tubes that carry sperm from the testicles to the penis, are cut, tied, or blocked. Vasectomies are almost always done as an outpatient procedure. Vasectomies are approximately 99 percent effective as birth control.

Preventing Pregnancy after Unprotected Sex or When your Regular Method Fails

Emergency contraception (EC) is a safe method of pregnancy prevention. Emergency contraceptive pills (ECPs) are similar to regular birth control pills but are only taken for one day.

Emergency contraception, also known as the “morning-after pill,” is most effective when taken within 72 hours after unprotected sex. Recent studies suggest that emergency contraception may be effective when taken up to five days after sexual intercourse. However, the earlier you take emergency contraception, the more likely it is to prevent pregnancy.

You should not use emergency contraception pills as your regular form of birth control. They are not as effective as more conventional birth control methods, and it would be very expensive to use emergency contraception frequently.

Neither emergency contraception nor birth control pills will protect you from sexually transmitted diseases.

Use Emergency Contraception to Prevent Pregnancy When You Have Had Sex and:

- The birth control method you used broke or failed;
- You didn't use birth control;

- You missed taking two or more birth control pills;
- You are two or more days late starting your pills;
- You missed your Depo-Provera shot;
- Your partner did not pull out in time; or
- You were raped or coerced into unprotected sex.

Emergency contraception is most effective when taken within 72 hours after unprotected sex. The earlier you take it, the more effective it is. Therefore, it is important to seek emergency contraception services as soon as possible.

Be Prepared

If you are sexually active and don't want to become pregnant, you may consider getting an advance prescription from your health care provider to have with you in case of emergency. Ask for a prescription and counseling about correct use at your annual exam. Ask for emergency contraception or the morning-after pill.

Emergency Contraception Does Not Cause Abortion

Emergency contraception does not cause an abortion or the termination of a pregnancy. In medical terms, a woman is pregnant after a fertilized egg has implanted in her uter-

ine wall. Emergency contraception prevents ovulation, fertilization and/or implantation. It prevents a pregnancy from occurring.

Emergency contraception is not the abortion pill (RU 486 or Mifeprex) and does not induce abortion. Emergency contraception will not work if you are already pregnant. It will not harm a pregnancy or the fetus.

What to Expect and What to Do After Using Emergency Contraception

- Emergency contraception is not always effective. If you do not get your period within three weeks of taking emergency contraception, or if you have signs of pregnancy, schedule a follow-up visit with your health care provider as soon as possible to find out if you are pregnant;
- Your next period may be slightly off-schedule, a little earlier or later than usual;
- Your menstrual flow may be lighter, heavier, or more spotty than usual;
- If you see a health care provider before you get your next period, be sure to tell the provider you have taken emergency contraception;
- If you have vaginal intercourse at any time before

your next period, use another form of contraception to prevent pregnancy and sexually transmitted diseases;

- See a health care provider if there is any risk that you may have been exposed to a sexually transmitted disease;
- Make a contraceptive plan for the immediate future so you don't have to rely only on emergency contraception.

Where to Get Emergency Contraception

The first place to call for a prescription for emergency contraception is your own health care provider. If you are not able to obtain a prescription from your provider quickly, there are many other places where you can seek help.

Emergency contraception prescriptions are available through many community health centers, Planned Parenthood facilities, public health centers, private health care providers' offices and at college health centers.

You can get a prescription for emergency contraception through a health care provider. Obtaining a prescription in a timely manner can be difficult.

Once you obtain a prescription, you will need to fill that prescription at a local pharmacy. Some pharmacies may not stock or dispense emergency contraception. Please notify NARAL Pro-Choice Virginia at (703) 486-5606 or by email at info@naralva.org if a pharmacist or drug store refuses to fill your prescription for emergency contraception or any other form of birth control.

Virginia Emergency Contraceptive Providers

The following listing by city of EC providers was compiled by the Emergency Contraception Website and can be found at www.not-2-late.com.

ALEXANDRIA

Annandale Women and Family Center
(703) 751-4702

James J. Aria, MD PC
(703) 461-7500

BLACKSBURG

*Carilion Family Medicine
- Blacksburg*

(540) 951-0352

Montgomery OB/GYN

(540) 951-1550

Planned Parenthood

(540) 951-5184

BUENA VISTA

*Buena Vista Health
Department*

(540) 261-2149

CHARLOTTESVILLE

Planned Parenthood

(434) 296-1000

*Teen Health Center (women
21 and younger)*

(434) 982-0090

*UVA OB/GYN Clinic at
Primary Care Center*

(434) 924-1955

CHESAPEAKE

Total Care For Women

(757) 436-0167

CHRISTIANSBURG

*OB/GYN of Radford Laurie
Buchwald*

(540) 639-9651

CLIFTON FORGE

*Clifton Forge City Health
Department*

(540) 862-4131

COLONIAL HEIGHTS

Jessica Jordan, CNM

(804) 520-0205

COVINGTON

*Alleghany/Covington Health
Department*

(540) 962-2173

FAIRFAX

*David M. Margulies, M.D.
P.A.*

(703) 876-9444

*Femme Care (women aged 16
and OLDER)*

(703) 876-9300

Nova Healthcare

(703) 691-4141

FALLS CHURCH

Planned Parenthood

(703) 533-5651

Primary Care for Women

(703) 671-3633

FINCASTLE

Botetourt County Health

Department

(540) 473-8240

HAMPTON

Hampton Health Department

(757) 727-1172 ext. 172

Planned Parenthood

(757) 826-2079

HARRISONBURG

Harrisonburg-Rockingham

Health Department

(540) 574-5100

LEESBURG

*Loudoun Physicians for
Women,*

Doctors Willoughby, Brown,

Allen and Wever

(703) 777-5111

LEXINGTON

Lexington OB/GYN PC

(540) 463-7361

*Lexington/Rockbridge Health
Department*

(540) 463-3185

LYNCHBURG

Planned Parenthood

(434) 845-3178

MANASSAS

*Prince William Women's
Clinic/*

*Amethyst Health Center for
Women*

(703) 335-2779

MCLEAN

McLean Immediate Care

(703) 893-2273

MONTEREY

*Highland County Health
Department*

(540) 468-2270

Preventing Pregnancy

NEW CASTLE

*Craig County Health
Department*
(540) 864-5136

NORFOLK

Hillcrest Clinic
(757) 480-2800
*Planned Parenthood of South-
eastern Virginia*
(757) 624-9224

RESTON

Medical Associates of Reston
(703) 435-2227

RICHMOND

The Gyn Center, LLC
(804) 225-9111
*Virginia League for Planned
Parenthood*
(804) 254-1760

ROANOKE

Planned Parenthood
(540) 562-3457
*Roanoke City Health
Department*
(540) 857-7600

SALEM

*Roanoke County/Salem
Health Department*
(540) 387-5530

SPRINGFIELD

About Women OB/GYN
(703) 569-8988

STAFFORD

*Adler Center for Women's
Health*
(540) 659-0928

STERLING

*Loudoun Physicians for
Women, Dr. Anne Brown*
(703) 430-7770
Paul H. Weisshaar MD PC
(703) 450-8700

SUFFOLK

Specialists For Women
(757) 539-3911

THE PLAINS

Family Care in the Plains
R. Bickel, M.D. and P.
Newton, A.N.P.
(540) 253-5776

VINTON

Roanoke County/Vinton
Health Department
(540) 857-7800

VIRGINIA BEACH

Planned Parenthood
(757) 473-8116
Total Care For Women, PLC
(757) 497-1729
Virginia Women's Wellness
(757) 306-4706

WARM SPRINGS

Bath County Health
Department
(540) 839-7246

WAYNESBORO

Waynesboro Health Depart-
ment
(540) 949-0137

WOODBRIIDGE, VA

About Women OB/GYN
(703) 878-0740
Adler Center for Women's
Health - Woodbridge
(703) 680-5327
Fairfax OB/GYN Gail
Edwards, RNC, ANP
(703) 491-7181

“Crisis Pregnancy Centers,” Also Known As Fake Clinics

Over the past two decades, the anti-choice movement has set up thousands of fake health clinics across the country called “crisis pregnancy centers.” These centers are often listed in the Yellow Pages under headings such as Abortion Alternatives, Birth Control Information, Pregnancy Help, or Crisis Pregnancy Centers. They invite women into their facilities under the guise of providing counseling or abortion services. Once inside, women may be given a store-bought pregnancy test and then bombarded with anti-choice propaganda. This may include unrealistic stories about abortion, medically inaccurate videos, and intrusive, hostile questions. There may not be any trained health care professionals on the premises, and these fake clinics do not generally provide any health care services for women.

Some Warning Signs of Fake Clinics:

- When you call to get information or to set up an appointment, beware of places that tell you that they will only give you information if you come into their office. It is your right to receive basic information over the phone;
- Beware of clinics that advertise free pregnancy tests and counseling, but are not clear about other health care services they offer;

- There are also websites run by people opposed to abortion rights. These websites often have misleading names to make you believe you are receiving pro-choice information. Examples of anti-choice websites using deceptive names are www.birthcontrol.org and www.pregnancycenters.org.

Known Fake Clinics in Virginia

This listing of fake clinics in Virginia is not comprehensive. If you know of a “crisis pregnancy center” not listed below, please contact NARAL Pro-Choice Virginia at 703-486-5606

A Woman's Choice
(703) 538-4305
Northern Virginia

*Alexandria Pregnancy
Health Center*
(703) 780-4700
Northern Virginia

AAA Women for Choice
(703) 330-9312
Northern Virginia

Assist Crisis Pregnancy Center
(703) 780-4700
(800)395-4357
Northern Virginia

*Abba Pregnancy
Care Center*
(540) 665-9660
Winchester

Bethany Christian Services
(800) 238-4269
Statewide
Birthingright
(800) 550-4900
Statewide

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*Care Net Pregnancy**Resource Centers*

(800) 395-4357

Statewide

(703) 330-1300

Northern Virginia

(540) 347-7770

Warrenton*Caring Pregnancy Center*

(540) 980-4776

Christiansburg*Crisis Pregnancy Center*

(800) 395-4357

Statewide

(804) 673-2020

Richmond

(757) 499-4444

Norfolk

(540) 362-4357

Roanoke*Emergency Pregnancy Services*

(703) 370-4774

Alexandria*Emmarus*

(540) 775-5683

Fredericksburg

(804) 286-2250

Scottsville*Front Royal Pregnancy Center*

(540) 635-6181

Front Royal*Harrisonburg Pregnancy Center*

(540) 434-7528

Harrisonburg-Staunton*Hope in Northern Virginia*

(703) 536-2020

Northern Virginia*Jeremiah House*

(703) 581-1550

Loudon County

Keim Center

(757) 499-4444

South Hampton Roads

(757) 925-6596

Suffolk

*Liberty Godparent
Foundation*
(800) 542-4453
Richmond

*Life Line Pregnancy
Care Center*
(703) 771-3030
Loudon County

Little Life
(434) 836-5433
Danville

*New Life Crisis Pregnancy
Center*
(540) 659-7333
Belle Haven

*Peninsula Crisis
Pregnancy Center*
(757) 827-0303
North Hampton Roads

*Peninsula Medical
Center for Women*
(757) 599-6389
North Hampton Roads

*Pregnancy Centers of
Central VA*
(434) 979-8888
Charlottesville
(540) 661-5111
Fredericksburg
(540) 727-0400
Piedmont Area

Pregnancy Help Center, Inc
(540) 885-6261
Staunton
(540) 943-1700
Waynesboro

Pregnancy Support Center
(800) 395-4357
(804) 861-5433
Petersburg

*Shenandoah City Pregnancy
Center*
(540) 984-4673
Edinburg

SLM Pregnancy Center
(703) 278-5433
Fairfax

Southside Pregnancy Center

(434) 392-8483

Tri-Area Crisis Pregnancy

Center

(757) 236-7127

Hampton

Valley Haven

(540) 442-7176

Harrisonburg

ABORTION CARE

Options Counseling

If you want to talk to a professional counselor to decide whether or not to continue your pregnancy, you have a right to compassionate, professional, and honest advice about all options. Planned Parenthood is a good place to start. Call (800) 230-PLAN (7526). You may also be able to talk with your health care provider. Additionally, the National Abortion Federation has a “Guide to Making the Right Decision for You” workbook available at <http://www.prochoice.org/pregnant/options/right.html> and the National Coalition of Abortion Providers has a similar guide called “Pregnant? Consider Your Options at http://www.ncap.com/pregnancy_options.html.

Factual Information about Abortion and Pregnancy Options

Visit the National Abortion Federation website at <http://www.prochoice.org>, or call their toll-free hotline at

(800) 772-9100 for non-biased factual information about abortion and pregnancy options in English or Spanish. The hotline operates Monday through Friday from 8 am to 9 pm and from 9 am to 5 pm on Saturday and Sunday. You can also call the National Coalition of Abortion Providers at 202-319-0055 during weekday work hours.

Abortion Procedures: Medical Abortion

A medical abortion is a non-surgical method used to induce an abortion up to eight weeks after the start of the last menstrual period. The actual time limit may vary depending on the policy of the provider you choose. Medication is given either orally (Mifeprex, also called RU-486 or Mifepristone) or by injection (Methotrexate). This is followed by a second medication (Cytotec, also called Misoprostol). The combination of the two medications induces an abortion.

A medical abortion may be an option if:

- It has been eight weeks or less since the start of your last menstrual period;
- You are willing and able to give informed consent for the procedure;
- You live no more than two hours away from emergency medical care (a hospital);
- You agree to return to the clinic for one to three follow-up appointments;

- You agree to have a surgical abortion should the medications not induce termination.

After confirming the pregnancy, the first medication is provided at the clinic. This blocks the hormone progesterone that is needed to maintain the pregnancy. The uterine lining begins to shed, the cervix begins to soften and bleeding may occur.

Twenty-four to 72 hours later, the woman inserts small tablets of Misoprostol into her vagina or takes them orally. This causes cramping that leads to a miscarriage within six to eight hours. You will want to learn the specific series of events in this procedure from your health care provider.

Follow-up visits are extremely important with medical abortion to ensure that the abortion has been completed.

Advantages of Medical Abortion

- It can be used earlier than first-trimester vacuum methods;
- It is less invasive than surgical or vacuum procedures;
- It does not require anesthesia;
- It can offer more privacy than a vacuum or surgical abortion;
- The patient decides when to take the second dose of medication, within the 24-to-72-hour time frame.

Because of this flexibility, she has some control over when she experiences the miscarriage and its side effects;

- Some women feel empowered by taking an active role in the process.

Disadvantages of Medical Abortion

- Side effects associated with medical abortion include nausea, diarrhea, abdominal cramping or pain, hot flashes, vomiting, fatigue, and vaginal bleeding;
- Medical abortion can take days (if Mifepristone is used) or weeks (if Methotrexate is used) to complete;
- Medical abortions are less effective as the number of weeks of pregnancy increases. They are usually not performed when more than eight weeks have passed since the beginning of the last menstrual period;
- Medical abortion is 95-97% effective. Four in 100 women might need to have a vacuum or surgical abortion to complete the termination.

Surgical Abortion: First-Trimester (6 to 13 Weeks since Last Menstrual Period)

Vacuum Aspiration (Suction Curettage)

This is one of the most common first-trimester abortion methods. It is used to terminate a pregnancy from six to 13 weeks after the first day of the last menstrual period (LMP). It involves three main steps: an injection to numb the cervix, insertion of a soft flexible tube through the cervix into the

uterine cavity, and suction created by an aspirating machine to remove the uterine contents. The physician may then use a spoon-shaped instrument, called a curette, to ensure that the abortion is complete.

Although the procedure itself takes from five to 10 minutes, because of paperwork, counseling and other preparation, it may require one, two or three days to complete. Local anesthesia is all that is required to alleviate pain, but some providers offer stronger medication, such as conscious sedation or general anesthesia. Side effects associated with vacuum aspiration include abdominal cramping and vaginal bleeding.

Manual Vacuum Aspiration (MVA)

As soon as a pregnancy can be detected by ultrasound, an abortion can be performed using a manual aspiration device called a syringe. Manual Vacuum Aspiration (MVA) is similar to the vacuum aspiration method, but is not motorized. This method may be used up to 12 weeks after the first day of the last menstrual period.

Some patients prefer MVA because it is quieter than the motorized version. However, the procedure takes slightly longer and is not as widely available. A local anesthesia is all that is required to alleviate pain, but some providers offer stronger medication, such as conscious sedation or general anesthesia.

Side effects associated with manual vacuum aspiration may include abdominal cramping and vaginal bleeding that may last for five to 10 days.

Surgical Abortion: Second-Trimester (14 to 26 weeks since Last Menstrual Period)

Dilation and Evacuation (D&E)

Dilation and evacuation is the most common second trimester abortion procedure. It is available at some facilities in the United States until 26 weeks after the start of the last menstrual period (LMP). According to Virginia state law, once a woman is beyond 12 gestational weeks pregnant or 14 weeks since her last menstrual period, she can only obtain an abortion in a licensed hospital. Appointments usually require two to three consecutive days.

On the first day, an ultrasound may be performed to determine the size of the fetus. On the second day, laminaria (a sterilized seaweed derivative) is inserted into the cervical canal to cause the cervix to gradually dilate or open up. When the cervix is sufficiently dilated, the doctor uses a vacuum aspiration instrument to perform the abortion. The vacuum aspiration procedure usually requires 10 to 20 minutes to complete.

Conscious sedation and local anesthesia are used to alleviate pain, but some providers offer stronger medication, such as general anesthesia.

Physicians who provide second-trimester abortions may require a second doctor's consultation letter that confirms the weeks of pregnancy, that no coercion was used in the patient's decision to terminate, and that the patient agrees to the dilation and evacuation procedure.

Pain Relief Methods

As with many medical or surgical procedures, an abortion procedure can be painful. The pain feels similar to menstrual cramps but is sometimes stronger as the uterus begins to contract to its regular non-pregnancy size. The discomfort from contractions ranges from barely noticeable to quite painful.

Below are descriptions of the pain relief methods available to women during an abortion procedure.

Local Anesthesia

Local anesthesia is an injection in and around the cervical area that helps take away discomfort and pain. With local anesthesia, the patient is alert and awake. Local anesthesia lasts less than an hour. There are usually no side effects associated with local anesthesia.

Conscious Sedation

Conscious sedation is a mild sedative administered intravenously (into a vein).

Conscious sedation creates an altered state of awareness that relieves patients of anxiety and discomfort but allows pa-

tients to be responsive and answer questions. A qualified nurse or physician administers conscious sedation, which lasts from one to four hours and requires that a patient have someone drive her home. Side effects associated with conscious sedation may include nausea, vomiting, headache, dizziness, dry mouth, sweating, hiccups, coughing and drowsiness. Women who have asthma or severe respiratory allergies or who have used drugs or alcohol within the 24 hours before the procedure should not use conscious sedation as a pain relief method.

General Anesthesia

General anesthesia can be given by an intravenous injection of a drug, by an inhalation drug (a gas that you breathe), or by a combination of both. This technique causes the patient to go into a deep sleep, to feel no pain and to be unaware of the surgery. A breathing tube is used to ensure that proper breathing continues throughout the surgery. Monitors are used to check breathing, heart rate and other vital signs.

General anesthesia may be administered by a qualified physician or nurse.

Side effects associated with general anesthesia may include nausea, sore throat, headache, muscle aches, and a “hangover” type feeling. Once the anesthesia has worn off (usually 10 to 20 minutes after the procedure), the patient will feel as if she has “woken up.” However, body reflexes can continue to be influenced by general anesthesia for at least 24

hours, and the patient will need someone to drive her home after the procedure. Patients sometimes are advised not to drive for a certain time period.

Abortion Safety and Follow-up

Abortion is one of the safest medical procedures available.

Each year, more than one million American women have an abortion. According to the Guttmacher Institute (www.guttmacher.org), less than one percent of all abortion patients experience a major complication associated with the procedure. The risk of the procedure, however, increases if the abortion is performed later in a pregnancy. It is important for you to:

- Inform the abortion provider of any past or present health problems you may have;
- Tell your provider of any current prescription or over-the-counter medications that you use;
- Tell your provider about any allergies you have to medications or other substances;
- Follow all postoperative instructions and return for a follow-up examination;
- Ask questions if you are unsure of anything about the procedure or follow-up care.

As with all surgical or medical procedures, it is important to recognize and quickly react to signs of potential complications. Your abortion provider will inform you of what to expect and what would be unusual after an abortion.

Patients having a medical abortion will experience different physical responses from patients having a vacuum or surgical abortion.

Abortion Laws

Abortion is Legal

Until the fetus is viable, the state may not prohibit a termination of the pregnancy. It may, however, impose restrictions, provided those restrictions do not impose an “undue burden” on the ability to terminate the pregnancy.

Privacy and confidentiality

Your medical records are private and confidential. However, confidentiality laws may not necessarily apply to insurance records. Confidentiality of insurance records depends on who owns the insurance policy. If you have insurance through your work and wish to find out what type of information your insurance plan gives your employer, call the customer service office of your insurance plan.

Minors

In Virginia, minors are legally required to have parental consent to get an abortion. If you are under the age of 19, you must obtain a notarized written consent from a parent or legal guardian at least 24 hours before an abortion procedure. If you feel you are unable to tell your parents, you may be able to secure a court order stating either that you are mature enough and well enough informed to make your decision independent of the wishes of an authorized adult, or that an abortion is in your best interests. However, parental notification may still be required unless the court determines that notification is not in your best interests.

Deciding how to handle an unplanned pregnancy can be difficult. If you are under age 19, we encourage you to seek the advice and support of a parent or another trusted adult.

State Mandated Counseling and Waiting Period

In Virginia, a woman who wishes to get an abortion must be given counseling before obtaining an abortion at least 24 hours prior to her appointment. Most providers offer this counseling over the phone prior to the appointments; the clinics that require an in-office visit are listed clearly in the following section on abortion providers.

Second-Trimester Abortion Restrictions

In Virginia, abortions past the first-trimester (after 14 weeks since the start of a woman's Last Menstrual Period), must be performed in a hospital. For this reason, abortion

providers that offer second-trimester abortion services are separated from first-trimester abortion providers in this guide.

Virginia Medicaid

The Commonwealth of Virginia will only pay Medicaid claims for abortions in the case of rape, incest, life endangerment, the “substantial endangerment of health or life to the mother if the fetus was carried to term” or if the pregnancy involves a fetus with “gross and totally incapacitating mental or physical deformities.” Due to these restrictions, some clinics are unable to process the Medicaid paperwork required for the cases that meet these standards.

Abortion Services

While abortion is legal in the United States, it is not always easily accessible. Virginia’s services are mostly in the metropolitan areas of Northern Virginia, Charlottesville, Richmond, Roanoke and Norfolk/Newport News/Virginia Beach.

We have included information from providers on the types of services offered and what to expect, costs and payment methods, and scheduling of services. All of the providers listed below offer surgical abortions. Some also offer medical abortion options.

Please contact clinics directly for further information or to answer any questions.

First-trimester Abortion Providers

(Alphabetical By City)

ALEXANDRIA

Alexandria Women's Health Clinic

Landmark Towers
101 South Whiting Street, Suite 215
Alexandria, VA 22304
(703) 370-0550

Medical Abortion

Not available at this location at the time of the publication. Please contact the clinic to check the status of this procedure's availability.

Surgical Abortion

Available from 7 ½ weeks to 14 weeks since the Last Menstrual Period (LMP).

Cost: General anesthesia: \$490

Local anesthesia: \$320

Additional Costs

RhoGAM, a medication necessary for some women based upon blood factors, is an additional \$30. A follow-up appointment is available for \$40.

Payment

Cash is accepted.

Clinic Hours

Monday through Friday 9:30 am - 4:30 pm;
Saturday 8 am - 2 pm.

Appointments

Appointments must be made at least 24 hours in advance. State mandated information is available over the phone.

Medicaid

Call to confirm that Virginia Medicaid is available.

Available Discounts

A student/Medicaid discount of \$20 off is available to those who qualify.

Location Information

This location is wheelchair accessible.

Annandale Women And Family Center

2839 Duke Street
Alexandria, VA 22314
(703) 751-4702
www.awfc.net

Medical Abortion

Available up to 7 weeks since the Last Menstrual Period (LMP). Cost: \$605

Surgical Abortion

Available up to 14 weeks since the Last Menstrual Period (LMP).

Cost:

Local anesthesia: \$330

Conscious sedation: \$505

Additional Costs

RhoGAM, a medication necessary for some women based upon blood factors, is an additional \$50.

Payment

Cash, Visa, MasterCard are accepted.

Medicaid

Virginia Medicaid is not accepted.

Available Discount

Medicaid, Military, and Student discount available for surgical abortions performed with local anesthesia.

Discounted cost: \$295.

Clinic Hours

A registered nurse is available Monday through Saturday to answer your questions.

Appointments

Appointments must be made at least 24 hours in advance and are available Tuesday, Friday, and Saturday. Please contact the clinic directly for more information. State mandated information is available over the phone.

Landmark Women's Center

5130 Duke Street, Suite 9

Alexandria, VA 22304

(703) 823-6500

Medical Abortion

Available up to 8 weeks since the Last Menstrual Period (LMP). Cost: \$480

Surgical Abortion

Available up to 14 weeks since the Last Menstrual Period (LMP).

Cost:

Local anesthesia: \$280

Conscious sedation: \$380

General anesthesia: \$480

Payment

Cash, Discover, MasterCard, Visa, and personal checks are accepted.

Medicaid

Virginia Medicaid is not accepted.

Available Discount

There is a \$20 discount available for the local anesthesia option. Please ask the clinic for more details.

Clinic Hours

Monday through Friday 9 am – 5 pm;

Saturday 8:30 am – 5 pm.

Appointments

Appointments must be made at least 24 hours in advance. State mandated information is available over the phone.

CHARLOTTESVILLE***Charlottesville Medical Center For Women***

2321 Commonwealth Drive

Charlottesville, VA 22901

(434) 973-4888

*This provider is a member of the National Abortion Federation.

Medical Abortion

Available up to seven weeks since the Last Menstrual Period (LMP). Cost: \$350. A follow-up visit is required and included in the cost.

Surgical Abortion

Available up to 14 weeks since the Last Menstrual Period (LMP).

Cost:

Local anesthesia: \$275

Conscious sedation: \$325

A follow-up visit is recommended and included in the cost.

Payment

Cash and major credit cards are accepted.

Medicaid

Virginia Medicaid is accepted; please see state law restrictions on page 49.

Clinic Hours

Phone consultations are available 24 hours. Office hours are Monday through Friday 9 am – 5 pm.

Appointments

Appointments must be made at least 24 hours in advance. State mandated information is available over the phone.

Planned Parenthood Of The Blue Ridge

2964 Hydraulic Road

Charlottesville, VA 22901

(434) 296-1000

Toll Free: (800) 230-7526

www.ppblueridge.org

Medical Abortion

Available up to 56 days since the Last Menstrual Period (LMP). Cost: \$380-\$425. A follow-up visit is required 14 days after the first appointment.

Surgical Abortion

Available from six to 13 weeks since the Last Menstrual Period (LMP).

Cost:

Local anesthesia: \$300

Conscious sedation: \$350

Additional Costs

RhoGAM, a medication necessary for some women based upon blood factors, is an additional \$45.

Payment

Visa, MasterCard, and cash are accepted.

Medicaid

Virginia Medicaid is not accepted.

Available Discount

A Women-in-Need fund is available to help pay for procedures. Please call the clinic for more information and for an application.

Clinic Hours

Monday through Friday 9 am – 5 pm;

Saturday 8:30 am – 2 pm.

Appointments

Appointments must be made at least 24 hours in advance. State mandated information is available over the phone.

FAIRFAX

Northern Virginia Women's Healthcare

10400 Eaton Place, Suite 515

Fairfax, VA 22030

(703) 691-4141

Toll Free: (866) 691-4141

www.novahc.com

Medical Abortion

Available up to seven weeks since the Last Menstrual Period (LMP). Cost: \$480. A follow-up visit is required.

Surgical Abortion

Available up to 14 weeks since the Last Menstrual Period (LMP).

Cost:

Numbing of cervix only: \$280

Conscious Sedation: \$380

General anesthesia: \$480

Additional Costs

RhoGAM, medication necessary for some women based upon blood factors, is an additional \$50.

Payment

Cash, check, Discover, MasterCard, and Visa are accepted. Private insurance is accepted but must be verified prior to procedure.

Medicaid

Virginia Medicaid is not accepted.

Clinic Hours

Monday through Friday 9 am – 5 pm;
Saturday 8:30 am – 2 pm.

Appointments

Appointments must be made at least 24 hours in advance.
State mandated information is available over the phone.

Location Information

The clinic is wheelchair accessible.

FALLS CHURCH***Falls Church Healthcare Center***

900 South Washington Street, Suite 300

Falls Church, VA 22046

(703) 532-2500

fchc@verizon.net

www.fallschurchhealthcare.com

*This provider is a member of the National Abortion Federation.

Medical Abortion

Available up to seven weeks since the Last Menstrual Period (LMP). Cost: \$495. A follow-up visit is required.

Surgical Abortion

Available from seven to 14 weeks since the Last Menstrual Period (LMP). Cost: \$295-\$495 depending on chosen sedation method. A follow-up visit is required.

Additional Costs

RhoGAM, a medication necessary for some women based upon blood factors, is an additional \$35.

Payment

MasterCard, Visa, Discover, AmericanExpress, personal checks, cash are accepted. Insurance is accepted but you must be pre-certified.

Medicaid

Virginia Medicaid is not accepted.

Available Discounts

If you have a current Medicaid card, you are possibly eligible for a \$15-\$25 discount. Please check with the clinic for details.

Clinic Hours

Monday through Friday 8:30 am - 5:00 pm;
evening hours on Tuesday by appointment;
and Saturday 7:30 am - 11:30 pm.

Appointments

Appointments must be made at least 24 hours in advance. State mandated information is available over the phone.

Location Information

There is access to a secure parking garage off Greenway Street (Falls Church) with direct access to the main lobby from the garage.

Planned Parenthood Of Metropolitan Washington D.C.

370 South Washington Street, Suite 300

Falls Church, VA 22046

(703) 533-5651

Toll Free: (800) 230-7526

www.ppmw.org

*This provider is a member of the National Abortion Federation.

Medical Abortion

Available up to nine weeks since the Last Menstrual Period (LMP). Cost: \$375. A follow-up visit is required.

Surgical Abortion

Available up to 14 weeks since the Last Menstrual Period (LMP).

Cost:

Up to 12 weeks LMP: \$350

12 to 14 weeks LMP: \$395

14 weeks LMP: \$450

Additional Costs

RhoGAM, a medication necessary for some women based upon blood factors, is an additional \$40. Conscious sedation is available for an additional \$75.

Payment

Cash, major credit card, and personal checks are accepted.

Medicaid

Virginia Medicaid is accepted; please see state law restrictions on page 49.

Clinic Hours

Monday through Friday 9 am – 5 pm;
Saturday 9 am – 2 pm.

Appointments

Appointments must be made at least 24 hours in advance. You must make a preliminary appointment to receive the state mandated information in the office at least 24 hours in advance of scheduling an abortion procedure.

MANASSAS

Amethyst Health Center For Women

(Recent name change from Prince William
Women's Clinic)

9380-B Forestwood Lane

Manassas, VA 20110

(703) 335-2779

www.princewilliamwomensclinic.com

*This provider is a member of the National Abortion Federation.

Medical Abortion

Not available at this location at the time of the publication. Please contact the clinic to check the status of this procedure's availability.

Surgical Abortion

Available up to 14 weeks since the Last Menstrual Period (LMP).

Cost:

Local anesthesia: \$325

Valium/demerol: \$375

Additional Costs

RhoGAM, a medication necessary for some women based upon blood factors, is an additional \$50.00. A follow-up visit is available for an additional 50.

Payment

Cash or money orders are accepted. Payment is required the day of the procedure.

Medicaid

Virginia Medicaid is not accepted.

Clinic Hours

Monday, Tuesday, Thursday, and Friday 9 am - 4:30 pm;

Wednesday 9 am – 3 pm; and Saturday 8 am – 1 pm.

Appointments

Appointments must be made at least 24 hours in advance. State mandated information is available over the phone.

NEWPORT NEWS***Peninsula Medical Center For Women***

10758-A Jefferson Avenue

Newport News, VA 23601

(757) 599-6389

Medical Abortion

Not available at this location at the time of the publication. Please contact the clinic to check the status of this procedure's availability.

Surgical Abortion

Available up to 14 weeks since the Last Menstrual Period (LMP).

Cost:

Local anesthesia: \$280.

Additional Costs

RhoGAM, a medication necessary for some women based upon blood factors, is an additional \$50.

Payment

Cash and money orders are accepted.

Medicaid

Virginia Medicaid is not accepted.

Office Hours

Monday through Friday 8 am - 4 pm.

Appointments

Appointments must be made at least 24 hours in advance. State mandated information is available over the phone.

NORFOLK

The Hillcrest Clinic

1600 East Little Creek Road, Suite 235

Norfolk, VA 23518

(757) 480-2800

www.TheHillcrestClinic.com

*This provider is a member of the National Abortion Federation.

Medical Abortion

Available up to 49 days since the Last Menstrual Period (LMP). A minimum of 3 visits to the clinic is required to choose this option and you must reside within a 45 minute drive of the facility. Cost: \$335

Surgical Abortion

Available to 14 weeks since the Last Menstrual Period (LMP).

Cost:

6-12 weeks LMP: \$275

12-13 weeks LMP: \$350

13-14 weeks LMP: \$450

Additional Charges

RhoGAM, a medication necessary for some women based upon blood factors, is an additional \$40. Conscious sedation is available for \$60; general anesthesia is available for \$175.

Payment

Cash, money orders, travelers checks, certified checks, MasterCard and Visa are accepted. Hillcrest Clinic is a participating provider with various insurance companies. If you have insurance coverage, contact the office between the hours of 1:00 pm and 6:00 pm for assistance with pre-authorizations and other insurance issues.

Medicaid

Virginia Medicaid is not accepted.

Available Discounts

A discount of \$50 is available to those with a Medicaid or military ID.

Clinic Hours

Monday through Saturday 8:00 am - 6:00 pm.

Appointments

Appointments must be made at least 24 hours in advance. State mandated information is available over the phone.

Location Information

Free parking is available behind the Atlas Building.

Planned Parenthood Of Southeastern VA

425 West 20th Street

Norfolk, VA 23517

(757) 624-9224

Toll Free: (800) 230-7526

Norfolk-office@ppsev.org

www.ppsev.org

*This provider is a member of the National Abortion Federation.

Medical Abortion

Available up to 8 weeks since the Last Menstrual Period (LMP). Cost: \$385. A follow-up visit after two weeks is required.

Surgical Abortion

Available up to 14 weeks since the Last Menstrual Period (LMP).

Cost:

6-12 weeks LMP: \$285

12-13 weeks LMP: \$385
13.1-14 weeks LMP: \$485

Additional Costs

RhoGAM, a medication necessary for some women based upon blood factors, is an additional \$40 before 11 weeks LMP or \$100 after 11 weeks LMP. IV sedation is available for an additional \$70.

Payment

Cash or major credit card is accepted. Fee schedule is based on an immediate payment discount for payment by check, major credit card and money order. Patients over 18 paying by cash receive an additional 5% discount. Most insurance is accepted but please call for verification.

Medicaid

Virginia Medicaid is not accepted.

Clinic Hours

Monday 9 am – 5 pm; Tuesday 12 pm – 5 pm;
Wednesday 12 pm – 8 pm; and Saturday 9 am – 2 pm.

Appointments

Appointments must be made at least 24 hours in advance. You must make a preliminary appointment to receive the state mandated information in the office at least 24 hours in advance of scheduling an abortion procedure.

Tidewater Women's Health Clinic

891 Norfolk Square
Norfolk, VA 23502
(757) 461-0011
Toll Free: (800) 490-0011
www.yourchoice-va.com

Medical Abortion

Available up to eight weeks since the Last Menstrual Period (LMP). Cost: \$330 (Regular); \$325 (Discounted for military/student/Medicaid) A follow-up visit is required.

Surgical Abortion

Available to 14 weeks since the Last Menstrual Period (LMP). Cost: \$260-\$480 (Regular), \$200-\$390 (Medicaid), \$220-\$420 (Student/Military).

Additional Costs

RhoGAM, a medication necessary for some women based upon blood factors, is an additional \$40.00.

Payment

Visa, MasterCard, cash, private insurance (subject to verification/authorization) are accepted.

Medicaid

Virginia Medicaid is not accepted.

Available Discounts

Discounts are available if you are a student, military personnel, or are on Medicaid.

Clinic Hours

The clinic is open six days a week, days, evenings, and weekends. Schedules vary. Please contact the clinic for hours and more information.

Appointments

Appointments must be made at least 24 hours in advance. State mandated information is available over the phone.

Location Information

The entrance and exit are at the back of the building and are accessible from the parking lot.

RICHMOND

A Capital Woman's Health

1511 Starling Drive
Richmond, VA 23229
(804) 754-1569
Toll Free: (800) 254-4479
www.CapitalWomensHealth.com

Medical Abortion

Available up to eight weeks and six days since the Last Menstrual Period (LMP). Cost: \$375. A follow-up visit is required. You must be able to speak English to choose this option.

Surgical Abortion

Available up to 14 weeks since the Last Menstrual Period (LMP).

Costs:

Up to 10 weeks LMP: \$295 for local anesthesia; \$360 for conscious sedation

11-14 weeks LMP: \$395 for local anesthesia; \$495 for conscious sedation

Additional Costs

RhoGAM, a medication necessary for some women based upon blood factors, is an additional \$50 up to 11 weeks LMP. From 12-14 weeks LMP, RhoGAM is \$100.

Medication for heart murmur/condition is an additional \$25.

Payment Options

Cash, Visa, MasterCard are accepted.

Medicaid

Virginia Medicaid is not accepted.

Clinic Hours

Monday through Friday 8 am – 5 pm; Saturdays, weekends 8 am – 12 pm. or 8 am – 5 pm (alternate weekends).

Appointments

Appointments must be made at least 24 hours in advance. State mandated information is available over the phone.

Richmond Medical Center For Women

118 North Boulevard

Richmond, VA 23220

(804) 359-5066

rmcw359@aol.com

www.richmondmedctrforwomen.com

Medical Abortion

Available up to eight weeks since the Last Menstrual Period (LMP). Costs \$350. A follow-up visit is required.

Surgical Abortion

Available up to 14 weeks since the Last Menstrual Period (LMP).

Cost:

Local anesthesia: \$285

Conscious sedation: \$335

General anesthesia: \$485

Payment

Cash, MasterCard, Visa, money order, and verifiable insurance are accepted.

Medicaid

Virginia Medicaid is accepted; please see state law restrictions on page 49.

Office Hours

Monday through Friday 8:30 am - 4:30 pm.

Appointments

Appointments must be made at least 24 hours in advance. State mandated information is available over the phone.

Virginia League For Planned Parenthood

3415 Floyd Avenue

Richmond, VA 23221

(804) 355-4358

Toll Free: (800) 230-7526

www.vlpp.org

*This provider is a member of the National Abortion Federation.

Medical Abortion

Available up to eight weeks since the Last Menstrual Period (LMP). Costs \$350.00.

Surgical Abortion

Available to up through 13 weeks and six days since the Last Menstrual Period (LMP). Costs range from \$300 to \$450 depending on chosen sedation method.

Additional Costs

RhoGAM, a medication necessary for some women based upon blood factors, is an additional \$33.00 up to 12 weeks LMP or \$100.00 over 12 weeks LMP.

Payment

Credit card and money order are accepted.

Medicaid

Virginia Medicaid is accepted; please see state law restrictions on page 49.

Office Hours

Monday through Wednesday 9 am - 7:30 pm; Thursday and Friday 8 am – 3 pm; Saturday 8 am – 12 pm.

Appointments

Appointments must be made at least 24 hours in advance.

State mandated information is available over the phone.

However, a pre-operation appointment prior to an abortion procedure is necessary.

ROANOKE

Planned Parenthood Of The Blue Ridge

2207 Peters Creek Road

Roanoke, VA 24017

(540) 562-2370

www.ppblueridge.org

*This provider is a member of the National Abortion Federation.

Medical Abortion

Available up to eight weeks since the Last Menstrual Period (LMP). Cost: \$380

Surgical Abortion

Available up to 13 weeks since Last Menstrual Period

(LMP).

Cost:

Local anesthesia: \$300

Conscious sedation: \$350

Additional Costs

RhoGAM, a medication necessary for some women based upon blood factors, is an additional \$45.

Payment

Cash, major credit card, and money orders are accepted.

Medicaid

Virginia Medicaid is not accepted.

Available Discounts

A Women-in-Need fund is available to help pay for procedures. Please contact clinic for more information.

Office Hours

Monday, Wednesday, Friday 9 am – 5 pm;

Tuesday 7:30 am – 5 pm; Thursday 9 am – 7 pm.

Appointments

Appointments must be made at least 24 hours in advance.

State mandated information is available over the phone.

Roanoke Medical Center For Women

1119 Second Street, SW

Roanoke, VA 24016

(540) 981-1246

Medical Abortion

Available up to seven weeks since the Last Menstrual Period

(LMP). Cost: \$350

Surgical Abortion

Available to 13 weeks and six days since the Last Menstrual Period (LMP).

Cost:

Local anesthesia: \$270

Conscious sedation: \$300

Payment

Cash, major credit card, or money orders are accepted.

Medicaid

Virginia Medicaid is not accepted.

Office Hours

Monday through Friday 7 am – 4 pm.

Appointments

Appointments must be made at least 24 hours in advance.

State mandated information is available over the phone.

VIRGINIA BEACH

Virginia Women's Wellness

224 Groveland Road

Virginia Beach, VA 23452

(757) 306-4706

Toll Free: (800) 478-9065

Medical Abortion

Available up to nine weeks since the Last Menstrual Period

(LMP). Cost: \$335 (up to 8 weeks) \$485 (8-9 weeks).

Surgical Abortion

Available up to 14 weeks since the Last Menstrual Period (LMP).

Cost:

Local anesthesia through 12 weeks LMP: \$265.00

Conscious sedation through 12 weeks: \$335.00.

Increases by \$100 for procedures performed through 13 weeks and an additional \$100 for the 14th week.

Additional Costs

RhoGAM, a medication necessary for some women based upon blood factors, is an additional \$40.00. A follow-up visit is an additional \$45.00.

Payment

All major credit cards, cash, and some insurance (with prior approval) are accepted.

Medicaid

Virginia Medicaid is not accepted.

Available Discounts

A discount of \$70 is available to those on Medicaid.

Clinic Hours

The clinic is open Monday through Saturday, hours vary. Please contact the clinic for more details.

Appointments

Appointments must be made at least 24 hours in advance. State mandated information is available over the phone.

Second-trimester Abortion Providers

RICHMOND, VIRGINIA

Richmond Medical Center For Women

118 North Boulevard
Richmond, VA 23220

(804) 359-5066

rmcw359@aol.com

www.richmondmedctrforwomen.com

**ABORTION
CARE**

Procedure

Second-trimester abortions (from 14 to 21 weeks since the Last Menstrual Period (LMP)) are performed at the Medical College of Virginia under general anesthesia. The procedure requires two days. The initial day consists of pre-operation procedures, an ultrasound, counseling, and initial dilation of the cervix. The second day is the actual abortion.

Cost

\$1,670 includes all fees for pre-op, anesthesia, and hospital services.

Hospital Hours

Monday through Friday 8:30 am - 4:30 pm.

If you require an overnight stay in Richmond during your procedure, the Medical College of Virginia has a hospitality house that may be available. Contact the Richmond Medical Center for Women for more information.

RALEIGH, NORTH CAROLINA

Raleigh Women's Health Organization

3613 Haworth Drive
Raleigh, NC 27609
(919) 783-0444
Toll Free: (800) 532-5383
www.gynpages.com/rwho/

Procedure

After medical history forms, labwork, and counseling are completed, the abortion takes place with medication to help with cramping pains. Abortions past 16 weeks since the Last Menstrual Period (LMP) may require a two day procedure.

Cost

15-16 weeks LMP: \$605 (General Anesthesia is an additional \$175)

17 weeks LMP: \$970 (General Anesthesia included)

18 weeks LMP: \$1010 (General Anesthesia included)

19 weeks LMP: \$1570 (General Anesthesia included)

20 weeks LMP: \$1970 (General Anesthesia included)

Additional Costs

RhoGAM, a medication necessary for some women based upon blood factors, is an additional \$125.00.

Clinic Hours

The toll free number is answered Monday through Thursday

8:30 am - 8:00 pm;
Friday 8:30 am - 7:00 pm;
and Saturday 8:00 am - 2:00 pm.

Payment Methods

Money orders, cashier's check, ATM Card, American Express, MasterCard, VISA, Discover, and cash are accepted

WASHINGTON, DC

Potomac Family Planning Center

Penn-Branch Shopping Center
3230 Pennsylvania Avenue, Suite 200

Washington, DC 20020

(202) 583-2517

(800) 798-6377

*This provider is a member of the National Abortion Federation.

Procedure

The surgical abortion procedure is performed up to 18 weeks since the Last Menstrual Period (LMP) using vacuum aspiration. General anesthesia, twilight sleep/IV sedation, or local anesthesia may be administered for the procedure.

Cost

14 weeks LMP: Local anesthesia, \$400.00; General anesthesia: \$550.00.

15 weeks LMP: Local anesthesia, \$500.00; General anesthesia: \$650.00.

16 weeks LMP: Local anesthesia, \$600.00; General anesthesia: \$550.00.

17 weeks LMP: Local anesthesia, \$400.00; General anesthesia: \$1,000.00.

18 weeks LMP: Local anesthesia: \$1,000.00.

Payment Methods

Cash and major credit card are accepted. Participating pre-authorized insurances are accepted as payment.

WICHITA, KANSAS

Women's Health Care Services

George Tiller, MD

5107 E. Kellogg

Wichita, KS 67218

(316) 684-5108

Toll Free (800) 882-0488

*This provider is a member of the National Abortion Federation.

Procedure

Available up to 24 weeks since the Last Menstrual Period (LMP).

The 1998 Kansas Abortion Law allows post-viability termination of pregnancy procedures if continuation of pregnancy will cause a substantial and irreversible impairment of a major physical or mental function of the pregnant woman.

BOULDER, COLORADO

Boulder Abortion Clinic

Warren Hern, MD

1130 Alpine Avenue

Boulder, CO 80304

(303) 447-1361

Toll Free (800) 535-1287

www.drhern.com

*This provider is a member of the National Abortion Federation.

Procedure

Available up to 26 weeks since the Last Menstrual Period (LMP). Abortions after 26 weeks LMP may be performed for compelling medical reasons, and are considered on a case-by-case basis. Please contact the clinic for more information.

Post Abortion Care

Following an abortion you will receive instructions for taking care of yourself. It is very important that you follow these instructions and take any prescriptions you have been given. In order to reduce the risk of infection, you may be instructed to avoid:

- Having vaginal intercourse
- Using tampons (use pads instead)
- Taking baths
- Douching
- Swimming

Your provider should give you a 24-hour telephone number to call if you become concerned about your condition. If you develop any of the following symptoms, you will need to contact your abortion provider or seek emergency care:

- Severe cramps
- Chills, or fever of 100.4 degrees or more
- Bleeding that is heavier than the heaviest day of your normal menstrual period, or that soaks through more than two maxi-pads an hour for more than two hours
- Bad-smelling discharge from your vagina

Follow Up Appointments

The provider will also give you an appointment or referral for a follow-up exam within 2 weeks of a medical abortion and will suggest a follow-up visit within 2 to 4 weeks of a surgical abortion to confirm that you have not developed any complications. In the case of a medical abortion, the provider will also confirm that the abortion is complete at this appointment. Even if you feel fine, you should go to your post-abortion appointment.

Some women choose to go to their regular family doctor for their follow-up exam. You may want to determine that your doctor will support your choice because it is important that you tell your doctor that you had an abortion for the purposes of this appointment. You should also let the provider who performed your abortion know that you plan to see your own provider for the follow-up exam.

Resources

Many abortion providers will offer post-abortion counseling and/or referrals to appropriate counseling options. The National Abortion Federation recommends the following resources:

- *Peace After Abortion: A Pro-Choice Self-Help Guide for Women and Men*, by Ava Torre-Bueno, LCSW, Pimperl Press www.peaceafterabortion.com/
- *The Healing Choice: Your Guide to Emotional Recovery After an Abortion*, by Candace DePuy, PhD and Dana Dovitch, PhD, \$12, Simon & Schuster.

- *Unspeakable Losses: Understanding the Experience of Pregnancy Loss, Miscarriage, and Abortion* by Kim Kluger-Bell WW Norton Book Co. 1998
- “*Inner Healing After Abortion*” by Marilyn Gryte \$3.25 Centering Corp. 1531 North Saddle Creek Omaha, NE 68104 (402) 553-1200.
- “*Pregnant? Need Help?*” Pregnancy Options Workbook www.ferre.org/workbook/index.html

CHOOSING ADOPTION

Adoption Resources

If you are considering adoption you should begin planning and working with a reputable adoption agency while you are pregnant. It is important that you find an adoption agency that can handle all the arrangements of placing the newborn with a family and that makes you feel comfortable and respected. In addition, the adoption agency you choose to work with can help cover your medical care costs by arranging for financial assistance.

Planned Parenthood has adoption specialists who can provide initial information about the adoption process and make referrals to local adoption resources. Adoption counseling is available by phone. Call 800-230-PLAN (800-230-7526).

The National Abortion Federation has a “Guide to Making the Right Decision for You” available at <http://www.prochoice.org/pregnant/options/right.html> as well as recommended resources.

Adoption Agencies

We have listed below licensed Virginia adoption agencies that vow to respect your right to make the choice that is best for you, even if you make another choice after exploring adoption.

If an agency pressures you or does not respect your right to make your own decision, please notify NARAL Pro-Choice Virginia (info@naralva.org or call 703-486-5606).

Children's Home Society of Virginia
4200 Fitzhugh Avenue
Richmond, VA 23230
(804) 353-0191

Children's Home Society of Virginia
1620 Fifth Street, S.W.
Roanoke, VA 24016
(540) 344-9281

Adoption Center of Washington
100 Daingerfield Road, Suite 101
Alexandria, VA 22314
(703) 549-7774
Toll Free: (800) 452-3878

Continuing Your Pregnancy

If you are considering adoption, you may be concerned about the medical expenses involved with carrying a pregnancy to term. The adoption agency you choose can help arrange financial assistance to cover this essential medical care.

Birth Parent Bill of Rights

The following “Birth Parent Bill of Rights” was prepared as a public service by Spence-Chapin, a nonprofit, licensed child placement agency in New York. You may wish to discuss these issues with your chosen adoption agency.

1. You have the right to be free from pressure. This is an important decision, and you need time to make it. Your adoption agency should assist you to plan for your child’s future, not insist that you make up your mind before the baby’s birth or even immediately afterwards.
2. You have the right to total confidentiality. Even if you are a minor, placing a child in adoption is your decision alone, and it should be respected.
3. You have the right to get help with medical and other pregnancy-related expenses. If you don’t have health insurance or aren’t eligible for Medicaid, your medical fees, including those of private doctors, should be paid for either by your adoption agency or by the adoptive family.
4. You have the right to be put in touch with other women who have placed their babies in adoptive homes. Before making a decision, or afterwards, you may wish to speak with someone else who has had the same experience and understands your feelings.

5. You have the right to counseling. A trained and impartial social worker familiar with adoption should be available to help you review all the options and make the best plan for you and your baby. You should be able to come back for counseling or to supply updated information at any time. An established agency understands adoption is a lifelong process and not a spur-of-the-moment decision.
6. You have the right to choose your baby's adoptive parents. You should be presented with several families so that you can choose the family you would want for your child. If you are responding to an advertisement, you should talk with the family. You should consider meeting the family, and this should be an option.
7. You have the right to a safe, legal, efficient process. You should be able to review and familiarize yourself with all related documents and papers ahead of time, and you have the right to keep copies of anything you sign.
8. You have the right to peace of mind. Every prospective adoptive family should be pre-screened to be sure they will provide your baby with an excellent and loving home. The adoption agency should prepare a thorough home study report detailing the family's work history, physical and emotional health, financial situation and personal history.

9. You have the right to choose ongoing communication with the adoptive family including the exchange of pictures and letters.
10. You have the right to choose an open adoption. You and the adoptive family can choose to be in contact with each other through phone calls, letters, email and personal visits.
11. You have the right to take as much time as you need to make an adoption plan. Verbal promises or written agreements signed before the birth of the baby are NOT binding in any way. You should not sign relinquishment documents until you are absolutely sure that adoption is the right choice for you and your baby.
12. You have the right to an adoption agency that will stand by a child with health problems. You should expect your adoption resource to locate adoptive families for any child regardless of health issues.
13. You have the right to send the adoption agency updated medical information. An established agency will still be there for you if any medical condition develops about which your child and the adoptive family should know. Your adoption agency should be able to maintain records and provide this necessary service.

Prenatal Care

If you plan to continue your pregnancy or are unsure of your plans, it is important that you begin prenatal care with a health care provider to ensure a healthy pregnancy. If you are concerned about the cost of medical care, you may be eligible for medical and nutritional assistance during your pregnancy and thereafter.

Women, Infants, & Children Program (WIC)

The Virginia Department of Health Office of Family Health Services has a Special Supplemental Nutrition Program that provides high-quality nutritional care to low-income pregnant, lactating, postpartum women and children up to the age of five. This program is operated through local health departments and satellite and mobile clinics across Virginia. Call toll-free 1-888-942-3663 for more information.

Financial Assistance for Health Insurance While Pregnant

The Family Access to Medical Insurance Security (FAMIS) MOMS program provides health care coverage for pregnant women. Good health care during pregnancy is important for you and the baby. Requirements include:

- You are currently uninsured;
- You meet family income guidelines (see chart below);
- You have a medically confirmed pregnancy or are within a sixty-day period after the end of your pregnancy;

- You are a resident of Virginia and a U.S. citizen or qualified legal immigrant.

FAMIS MOMS Income Limits– 150% FPL (Gross Income) February 18, 2005		
Family Size	Income Limits	
	Year	Month
2	\$19,245	\$1,604
3	\$24,135	\$2,012
4	\$29,025	\$2,419
5	\$33,915	\$2,827
6	\$38,805	\$3,234
7	\$43,695	\$3,642
8	\$48,585	\$4,049
Each additional family member	\$ 4,890	\$ 407

* FAMIS Moms Income Limit is 150% of the Federal Poverty Level.

** Income amounts are effective until 2006 annual revision.

*** A single pregnant woman expecting one child is considered a family size of two.

For more information and to apply, contact FAMIS at 1-866-87FAMIS (1-866-873-2647) or your local Department of Social Services.

PARENTING RESOURCES

Child Support

Children as well as parents can suffer if they don't receive financial support from both of their parents. Virginia's Division of Child Support Enforcement collects support for children from an absent parent. For more information, call 804-726-7000 or contact the nearest child support office.

Division of Child Support Enforcement offices listed by district:

Abingdon
800-922-4903

Fairfax
877-822-4612

Arlington
866-488-2591

Fredericksburg
800-462-0983

Charlottesville
800-782-3523

Hampton
800-481-1004

Chesapeake
757-548-2390

Henrico
877-822-4547

Danville
800-752-7307

Lynchburg
800-962-3492

Eastern Shore
877-695-5493

Manassas
800-762-9970

Newport News
800-462-8386

Roanoke
800-447-1899

Norfolk
877-695-5497

Suffolk
800-828-1304

Petersburg
800-462-3669

Verona
800-872-8904

Portsmouth
877-695-5499

Virginia Beach
877-695-5491

Richmond
877-822-4533

Winchester
800-486-6440

Positive Parenting Tips

Being a parent is rewarding and challenging. The website of The Child Welfare League of America provides helpful tips for parents on topics, including play, discipline techniques, toilet training, communicating with young children, building your child's self-esteem as well as humor and perspectives on parenting. Visit www.cwla.org/positive-parenting/ to find information that will make your job as a parent more enjoyable and effective.

Financial Assistance for Your Child's Health Insurance

Virginia's Child Health Insurance Programs are the Family Access to Medical Insurance Security Plan (FAMIS), FAMIS Plus (the name for children's Medicaid), and Medicaid.

FAMIS might help pay your monthly health insurance premium for family coverage, if offered by your employer. FAMIS also pays for well-child check-ups and immunizations that will help keep your child healthy.

Services that may be covered by FAMIS include: Doctor visits; well-baby checkups; hospital visits; vaccinations; prescription medicine; tests and X-rays; emergency care; vision care; mental health care.

Your children may be eligible if they:

- Live in Virginia;
- Are under age 19;
- Don't have health insurance now and haven't had it in the past 4 months (some exceptions apply);
- Are not eligible for the Virginia state employee health insurance plan;
- Are not eligible for FAMIS Plus (also known as Medicaid);
- Live in families meeting FAMIS income guidelines (see chart below);

- Are United States citizens or qualified undocumented immigrants.

Other children may be eligible, please call 1-866-87FAMIS (1-866-873-2647) to find out more.

Qualifying for FAMIS also depends on household income and family size. To find out your family size, count how many children and stepchildren under age 19 live in your home. Add yourself if you are the mother, father or stepparent of the children. Then add your husband or wife. For example, if you have 4 children and/or stepchildren under age 19 living in your home, plus yourself and your husband, your family size is 6.

FAMIS Income Limits – 200% FPL (Gross Income) February 18, 2005		
Family Size	Income Limits	
	Year	Month
1	\$19,140	\$1,595
2	\$25,660	\$2,139
3	\$32,180	\$2,682
4	\$38,700	\$3,225
5	\$45,220	\$3,769
6	\$51,740	\$4,312
7	\$58,260	\$4,855
8	\$64,780	\$5,399
Each additional family member	\$ 6,520	\$ 544

Dental services for children enrolled in FAMIS or FAMIS Plus are provided through the new Smiles For Children program. The Smiles For Children program encourages good dental health and recommends regular check-ups with your dental provider.

For questions or to find a dental provider in your area, call 1-888-912-3456.

There are three ways to apply for FAMIS:

1. Call FAMIS toll-free, 1-866-87FAMIS (1-866-873-2647)
2. Submit an application form online at <http://www.famis.org/>
3. Visit your local Department of Social Services

Child Care Assistance

The Virginia Department of Social Services determines eligibility for child care assistance and makes child care payments directly to providers for families in Virginia's Temporary Assistance for Needy Families (TANF) program and through another program titled the Virginia Initiative for Employment not Welfare. Child care assistance for non-TANF families is administered through the local offices of Virginia's Department of Social Services. Call the Virginia Department of Social Services at (804) 726-7000 to find your local office contact information.

Parents Without Partners

This international organization offers a range of educational and social activities for single parents who become members, including support services such as baby-sitting, clothing, and toys-through-exchange networks. For more information, contact Parents Without Partners at 800-637-7974, or visit their website at www.parentswithoutparents.org. You can find out if there is a chapter in your area by clicking on their “Find a Chapter” section and selecting Virginia.

