

# What are the program goals?

The Alternatives to Abortion Program aims to:

- Reduce abortions
- Improve pregnancy outcomes by helping women practice sound health-related behaviors
- Improve child health and development
- Improve families' economic self-sufficiency

# How do I get help?

For more information on the program, to locate a provider in your area, or to learn about additional resources, visit:

<http://dss.mo.gov/fsd/a2a/>

## Pregnancy Fact:

Getting prenatal care early & regularly will greatly improve your chances of having a healthy baby

# Our Mission

We will lead the nation in building the capacity of individuals, families, and communities to secure and sustain healthy, safe, and productive lives.

**The FSD is an equal opportunity provider and employer.**



## To file a complaint of discrimination contact:

USDA, Director, Office of Civil Rights  
1400 Independence Ave., S.W.  
Washington, DC 20250-9410  
or call (800) 795-3272 (voice)  
or (202) 720-6382 (TTY)

or

Office of Civil Rights  
P.O. Box 1527  
Jefferson City, MO 65102

# Alternatives to Abortion



# What is the Alternatives to Abortion Program?

The Alternatives to Abortion Program helps pregnant women:

- Carry their unborn child to term instead of having an abortion
- Care for their child or place their child for adoption if they choose
- Decrease their use of tobacco, alcohol, and illegal drugs
- Have better nutrition

The program also helps parents:

- Provide more responsible and competent care for their children to improve child health and development
- Continue their education
- Find a job
- Become independent for a better future



## What services are available?

The following services are available during pregnancy and for one year following birth:

- Adoption assistance
- Case management
- Child care
- Domestic abuse protection
- Drug and alcohol testing and treatment
- Educational services
- Establishing and promoting responsible paternity
- Food, clothing and supplies related to pregnancy, newborn care and parenting
- Housing
- Job training and placement
- Medical and mental health care
- Newborn and infant care
- Parenting skills education
- Prenatal care
- Transportation
- Ultrasound services
- Utilities

## Who is eligible?

The Alternatives to Abortion Program is available to women who are Missouri residents and who are:

- Choosing to carry their child to term instead of having an abortion
- At or below 185% of federal poverty level (based on the client or family income)

## What does it cost?

Services are provided at **no cost** to participants who meet the eligibility requirements.

