



Five Reasons Why You Should Invest in Medical Clinics for Unplanned Pregnancies

All of Support Circle's services are provided free of charge to our clients thanks to the generous donations of our supporters. So why should supporters invest in medical clinics for unplanned pregnancies?

1 Half of Pregnancies are Unplanned

Half of all pregnancies in the United States are unplanned. Half! That's a lot of women that did not intend to get pregnant or did not intend to get pregnant at this time. While we all know a woman or man that has or will face an unintended pregnancy, we are not all equipped to provide the tangible

assistance needed. To meet the demand for pregnancy clinics, Support Circle has three state licensed Bay Area medical clinics where registered nurses and professional counselors can provide a safe place, at no cost to her, to discuss an unexpected pregnancy and to work through issues that may be causing emotional pain.

2 Underlying Issues

One in four women in an unintended pregnancy is unsure of what to do. The reason they are unsure is that they are conflicted and the source of the conflict comes from underlying issues which include financial fears,

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the relationship with the father, feeling a lack of support, and worries concerning career, school and health. Support Circle provides the rare environment that enables a woman to address underlying issues like these. Our professional counselors facilitate an ongoing counseling relationship for up to one year after her decision so she can address underlying issues.

3 A Safe Place

Women need a safe place that does not pressure them. Everyone around her has really strong opinions about what she should do. Many times, those strong opinions turn into pressure. But she has to live with her decision so shouldn't she be well-informed about it and not coerced? Women need a third-party place that has their best interest in mind as a person, enabling her to sort through her feelings and provide nonjudgmental support while she works through her most pressing needs and reconnects with her core values. Support Circle provides a trained, ethnically diverse team of professional counselors who offer nonjudgmental support and assistance with community resources. The atmosphere in our clinics is always relaxing and calm. We do not profit directly from the outcome of her pregnancy decision.

4 Our Laws Are Not Enough

Our laws simply fall short in this social area. What makes this issue so difficult is that it deals with pregnancy which is a very unique life stage, unlike anything else. It is unique in that you have a woman and a fetus that are intertwined. The debate rages over whether it is one person

who needs to be able to exercise autonomy over her body, or whether it is a woman and a baby who are two distinct beings with rights. Our laws fall short because pregnancy cannot be neatly and easily categorized as one or the other, and people fight over that categorization. Support Circle values both the woman and the baby and what we need are not just laws. What we need is a proactive place in society where women can come and sort through all of their issues while they are making their pregnancy decision and have their top needs addressed. That's what is missing and that is what Support Circle provides.

5 Finances

Financial worries dominate the minds of women and men facing unexpected pregnancies. It is their number one fear. Financial lack and fear of it can cause all of the people involved to be pitted against each other. This is a great tragedy for society. By investing in a medical clinic that addresses these issues, you help to create an environment where they are not pitted against each other. And Support Circle counselors can facilitate community resources that might not be known otherwise, as well as key relationships that can change the financial equation drastically for clients.

Your support of Support Circle's pregnancy clinics provides women, men and children facing unplanned pregnancies with the immediate assistance they need. It is a compassionate response to a daily tragedy in our society. Thank you for making the women, men and children we serve a priority in your life!

Who Is Wanda Durant?

Wanda Durant, lovingly known as The Real MVP™ is an inspirational speaker, who propels women, single mothers, and children to follow their dreams and set life goals. Wanda catapulted to international acclaim when Kevin Durant said this of his mom in his 2014 MVP acceptance speech for the NBA: *"...You made us believe. You kept us off the street. You put clothes on our backs, food on the table. When you didn't eat, you made sure we ate. You went to sleep hungry. You sacrificed for us. **You the real MVP.**"* Lifetime made a movie about her life: "The Real MVP: The Wanda Durant Story"

Register to hear Wanda share her inspirational message of Resilience on April 12 at our 33rd Annual Benefit.

supportcircle.org/benefit



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at supportcircle.org/benefit**

Support Circle is hiring nurses!
Refer registered nurses to us
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Common Misconceptions About Unplanned Pregnancies

At Support Circle, we regularly publish information online regarding pregnancy and related issues. These articles are for the benefit of our clients, as they search for information while they are deciding on whether to visit a clinic. Below is a recent article on some common misconceptions about unplanned pregnancies. We share this article here with our supporters, so you can see an example of one of our blog articles, and so that you also can be educated about these common misconceptions.

Misconception 1: There are no good options

A common statement women make is: “There aren’t any good options.” Women often feel that the only options are to parent completely on their own or to abort. It is very common to feel this way, especially right after discovering you are unexpectedly pregnant. Oftentimes, women say there aren’t any good options because they are thinking of their current situation as it is right now and can’t see the solution. But if they were to sit down with a counselor to weigh their options and identify the supportive people in their lives, it changes the equation. People that were not in the picture might come in and be helpful. People that could be helpful with work or schooling can be brought in and make the situation better. There are many community resources that women are often not aware of that they can greatly benefit from. Many times, our clients have commented that exploring options was good because there were many avenues they did not know existed.

Misconception 2: It is irresponsible to have an unintended pregnancy

Half of all pregnancies in America are unplanned. With great diversity to the backgrounds and circumstances of each pregnancy, it is a false stereotype to categorically say it's

irresponsible to have an unintended pregnancy. But what is irresponsible is, now that you are pregnant, to make a rash decision without evaluating the short and long-term consequences of your options. The caring staff at Support Circle is dedicated to helping our clients be well-informed about their pregnancy decision. We encourage you to take time to evaluate your core values and the repercussions of your pregnancy decision, whichever decision you end up making.

Misconception 3: The Morning After Pill can be taken at any time during the cycle

The “Morning After Pill” is a common name for emergency contraceptive pills (ECPs) designed to be taken within hours of unprotected sex — the sooner the better — because it works by preventing ovulation. The longer you wait, the greater the chance of ovulating. ECPs work to prevent ovulation before it occurs so if you have unprotected sex after ovulation (usually days 10–14 of your cycle), ECPs may not stop a pregnancy. Emergency contraception should not be used as a regular birth control method to prevent pregnancy. If you have unprotected sex in the days or weeks after ovulation, there is a risk of becoming pregnant. You can find out if you are pregnant by taking a free, lab-quality pregnancy test at one of our three Bay Area medical clinics. The pregnancy tests administered by Support Circle nurses are more than 99% accurate and are able to detect a pregnancy as early as 10 days after conception.

At Support Circle, our professional nurses and licensed counselors are dedicated to providing time, space and support to women in unintended pregnancies. Our clients love our relational approach built on respect, trust and confidentiality. Thanks to the generous donations of our supporters, we are able to offer our services free of charge.



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Wanda Durant

Mother of NBA star Kevin Durant

April 12, 2017

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