



# Guide to Pregnancy Options

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This package was created by the Healthy U program at the University of Manitoba. Healthy U is a UM student group made up of a team of friendly volunteers who are trained student health educators.

We provide students with validated health information through our health packages and outreach events, online resources, and one-on-one support. Health topics that we provide resources on include mental health, sexual health, physical health, substance use, social and cultural wellness, and finding a balance.

Please reach out to us if you have any questions at:  
[healthyu@umanitoba.ca](mailto:healthyu@umanitoba.ca)

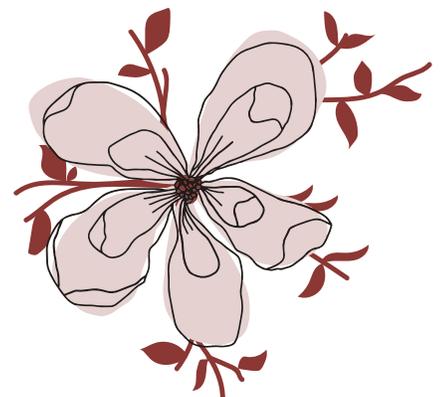
# What are my options?

In Manitoba, if you become pregnant you have 3 options: **abortion, adoption, or parenting**. This can be an extremely difficult decision - please know that there is counselling available for you while making the decision, as well as afterwards.

There are two types of abortion available in Manitoba: medical and surgical. Both options are free if you have a Manitoba Health card. If you don't, your insurance may cover the cost.

Medical abortion can only be done until **9 weeks** of pregnancy. It involves taking two pills which will end the pregnancy. Surgical abortion can be done before **16 weeks** at Women's Health Clinic, or before **19 weeks + 6 days** at Health Sciences Centre.

The decision between adopting and parenting is less time-sensitive than abortion. You are able to make this decision at any point during your pregnancy, or even wait until the baby is born. Either way, you will want to make sure you receive pre-natal care to help keep you and baby healthy.



# Will people know?

Any visit or contact with a health care provider will be kept **confidential**. You do not need to involve anyone in your decision if you don't want to - your partner, parents, or doctor do not need to be notified or give permission.

Who you disclose your pregnancy and your choice to is up to you. Having someone you trust to support you can be very important, whether it is a friend, a family member, a partner, or a health care provider.

# What about what others think?

Remember that **only you know the details that went into your decision and the circumstance you are in**. You may find it helpful to receive insight from those close to you, or you may wish to make this decision completely on your own.

Other people may impose their thoughts, feelings, and opinions on you, which can be very hurtful. **Your right to choose is your right to choose**, not anyone else's.

# What about my studies?

You may want to consider making arrangements to take time off of class, receive permission to defer an exam, or have other accommodations made (such as support if you choose to parent and continue your studies).

Remember that if you want to take a leave of absence, many degree programs require you to meet with an academic adviser first.

# UM Resources

## Pregnancy options

### University Health Services (UHS)

UHS has health care providers that can give birth control prescriptions.

ACW-Lot temporary trailer (behind the Isbister building)

204-474-8411

<https://umanitoba.ca/student-supports/health-wellness/university-health-service>

### Student Counselling Centre (SCC)

The SCC provides students with supports for their mental wellness. The offer offers individual counselling, workshops, and groups.

474 UMSU University Centre

204 474-8592

<https://umanitoba.ca/student-supports/student-health-and-wellness/student-counselling-centre-scc>

### Health and Wellness

The Health and Wellness Educator is a Registered Psychiatric Nurse and available to talk about health and wellness topics.

469 UMSU University Centre (within the SCC)

204-295-9032

[healthandwellness@umanitoba.ca](mailto:healthandwellness@umanitoba.ca)

<https://umanitoba.ca/student-supports/health-wellness>

### Healthy U

Healthy U can provide student with information about different health and wellness topics.

<https://www.healthyuofm.com/>

### Women's Centre

The Women's Centre offers condoms, pregnancy tests, and free menstrual products.

190 Helen Glass Centre

[womensrep@umsu.ca](mailto:womensrep@umsu.ca)

<https://umsu.ca/student-clubs-associations/student-clubs/womens-centre/>

### Student Support Case Management

For extra support with managing time off from classes or other related requests.

519 UMSU University Centre

204-474-7423

[stadv@umanitoba.ca](mailto:stadv@umanitoba.ca)

<http://umanitoba.ca/student-supports/academic-supports/student-advocacy/case-management>

### Spiritual Care

Unplanned pregnancy can cause a change in the understanding of who they are and how they see the world.

528 UMSU University Centre

[spiritualcare@umanitoba.ca](mailto:spiritualcare@umanitoba.ca)

204-474-8721

<https://umanitoba.ca/student-supports/spiritual-services>

# Off Campus Resources

## Pregnancy options

### Winnipeg

#### Women's Health Clinic (WHC)

WHC offers resources for birth control, pregnancy options, STIs, safer sex, and relationships. WHC offers counselling on your options, abortion services (provides medical and surgical abortions), and parenting support (workshops and prenatal classes).

419 Graham Avenue, Unit A

204-947-1517

[whc@womenshealthclinic.org](mailto:whc@womenshealthclinic.org)

<https://womenshealthclinic.org/what-we-do/medical-services/reproductive-health/>

#### Klinik

Klinik offers unplanned pregnancy counselling, including determining how far along you are as well as discussing your options. Klinik is 2SLGBTQIA+ friendly.

167 Sherbrook Street

204-784-4090

[klinik.mb.ca](http://klinik.mb.ca)

### Online

#### Sex & U

Sex & U has information on sexual health topics including sexual activity, 2SLGBTQIA+ identities, STIs, contraception, pregnancy, and consent.

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

#### Pregnancy Options

A workbook for you to reflect on pregnancy.

<https://www.pregnancyoptions.info/>

#### Sexuality Education Resource Centre (SERC)

SERC offers education and resource navigation on pregnancy options in Manitoba.

<https://serc.mb.ca/sexual-health-info/pregnancy-birth-control/pregnancy-options/>

# Decision-Making Journal

How am I feeling about this pregnancy? Why?

How would parenting change my life at this point?

How would adoption change my life at this point?

How would abortion change my life at this point?

How does the idea of becoming a parent make me feel? Why?

How does the idea of adoption make me feel? Why?

How does the idea of an abortion make me feel? Why?

Who in my life would this decision affect? How important is this to me?

What resources do I have right now? What resources can I get?

Do I have the support I need to make this decision? If not, where can I get help?

Who would help me raise a child if I choose parenting?

Do I have the financial resources I need? Where could I get the funds if I continue this pregnancy and/or choose parenting?