



# Guide to Pregnancy Options

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This package was created by Healthy U: Peer Health & Wellness at the University of Manitoba. We are a group of trained, non-judgmental, and confidential student health and wellness leaders on campus.

We provide outreach activities, workshops, and one-on-one support for our fellow students on a variety of health and well-being topics. Feel free to drop in to chat or pick up more information packages.

If you would like to request or attend one of our workshops or events, check out our website for details.



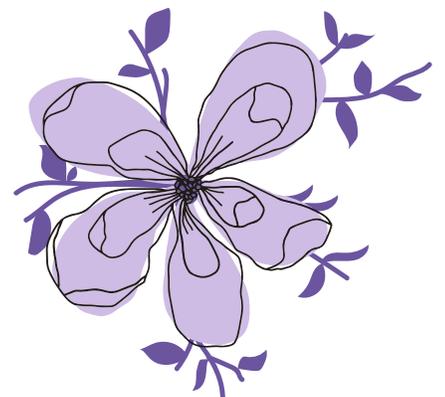
# What are my options?

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.

## Off-campus resources

### Women's Health Clinic

419 Graham Avenue  
204-947-1517  
womenshealthclinic.org

Women's Health Clinic is for women-identifying individuals and offers 2SLGBTQIA+ friendly care. They offer many services and specialize in reproductive health. Some of these services include:

- Counselling on your options
- Abortion services (provides medical and surgical abortions)
- Parenting support (workshops and prenatal classes)

### Klinic

167 Sherbrook Street  
204-784-4090  
klinik.mb.ca

Klinic offers unplanned pregnancy counselling, including determining how far along you are as well as discussing your options. Klinic is also LGBT2SQ+ friendly.

# On-campus support

## Student Counselling Centre (SCC)\*

Free counselling for University of Manitoba students.

474 UMSU University Centre

204-474-8592

<https://umanitoba.ca/student-supports/counselling-resources-students>

## University Health Services (UHS)\*

Physicians and nurses available by appointment.

104 UMSU University Centre

204-474-8411

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

## Health & Wellness\*

The Health & Wellness Educator is a Registered Nurse and available to talk about your options with you.

469 UMSU University Centre (within the SCC)

204-295-9032

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

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

## 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\*

For some people, unplanned pregnancy can cause a change in the understanding of who they are and how they see the world. If you are struggling with your spiritual health, visit the Spiritual Care Coordinator, Edgar French.

102C UMSU University Centre

204-474-7005

[edgar.french@umanitoba.ca](mailto:edgar.french@umanitoba.ca)

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

\*There are no in-person services at the University of Manitoba currently. Check the relevant websites for remote services and updates.

# 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?