

## Take a moment

Having an unexpected pregnancy can bring on a mix of emotions. You may have many questions and uncertainties about your partner, finances, a home, a job, or childcare. You may feel pressure to make a quick decision, but take a deep breath. You will not regret taking the time to think through a decision that will significantly impact the rest of your life.

## Your decision

This is your life. Stand firm if you feel pressure from family or friends to make a quick decision. You owe it to yourself and to your mental health to get all the facts and make a holistic decision you can live with. Consider your physical and mental health, as well as how your spirituality or faith tradition influences your decision. We are here to assist you. Our team is committed to delivering comprehensive care that empowers you.

### Pregnancy

First, let's calculate the date of the pregnancy.

Today's date: .....

First day of your last menstrual period: .....

How many weeks have passed since then? .....

If you are pregnant, this is the gestational age of your pregnancy.

Based on this information, you are due 40 weeks from the first day of your last period.

Now is a great time to discuss the next steps in your health journey with our team. You should get a medical-grade pregnancy test to verify your pregnancy, understand your options, and schedule an ultrasound. These steps are important to safeguard your physical and mental health.

# Notes and questions

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