

# PREGNANT? NEED HELP? YOU'RE NOT ALONE.

**\*Free Services Available\***

10 Parishes in the Diocese of Ogdensburg offer Gabriel Project:

St. Mary's in Potsdam (315) 265-9520  
St. James in Gouverneur (315) 287-0114  
Our Lady's Parishes in Ogdensburg (315) 276-9654  
Our Lady of Victory in Plattsburgh (518) 578-1068  
St. Vincent de Paul Society in Massena (315) 769-1200  
St. Joseph's in Dannemora (518) 492-7118  
St. John the Baptist in Keeseville (518) 834-7100  
Our Lady of Lourdes in Schroon Lake (518) 532-7100  
St. Patrick's in Brasher Falls (315) 389-5401  
St. Mary's Church in Canton 315-244-8232

The Angel Gabriel delivers the message: "Rejoice! Fear Not!" Gabriel Project volunteers, called "angels", become a friend, walking with the expectant mother. The angel, along with the church community, provide any material needs and discerns, with the pastor, any spiritual needs.

## PLATTSBURGH AREA:

Plattsburgh Pregnancy Center - 62 Brinkerhoff St, Suite 103  
518-324-2010 FREE 4D ULTRASOUNDS, FREE PREGNANCY TESTING  
Mon-Fri (10-4) Web: <http://plattsburghpregnancycenter.org>. Pregnancy testing, abortion counseling, maternity home referrals, adoption referrals, support after reproductive loss, referrals for community support services, registration for low cost/free health insurance, GED tutoring.

Birthright - 50 Clinton Street, Plattsburgh 518-563-4300 Mon-Fri (10-2)  
Information about: pregnancy, childbirth, adoption, prenatal care, community programs, parenting skills, childcare. Referrals for: medical support, financial resources, housing, social assistance, professional counseling. FREE: pregnancy tests, maternity & baby items. 24/7 Hotline: 1-800-550-4900 <http://birthright.org/plattsburgh>. Birthright understands the challenges related to unplanned pregnancy. They offer love, friendship and support. Birthright is interdenominational and focused on loving the mother, reminding her that there is hope; ensuring she's not alone.

### CANTON/POTSDAM/OGDENSBURG AREA:

Viable Options: 11 Court St, Canton, NY (315) 801-2273 Mon-Fri 10-5

We serve women & men facing pregnancy decisions by offering education and resources that empower an informed choice. No matter who you are or what your story is, our doors are open. <https://viableoptions.org>

### WATERTOWN AREA:

Liferight 870 Arsenal St., Watertown, NY 315-788-4359 [www.liferight.org](http://www.liferight.org)

Liferight is dedicated to the sanctity of human life. They aren't a service organization, but refer those in need to agencies that can help.

### MALONE/TRI-LAKES AREA:

Catholic Charities 6 Cedar St, Malone (518) 483-1460 Mon-Fri (9-5)

Services: counseling, financial assistance, referrals, maternity services, pregnant & parenting teen program, parenting & childbirth classes.

ADOPTION SERVICES: Ann Ploof, Catholic Charities 315-393-2255

### ABORTION PILL REVERSAL

The Abortion Pill Rescue helpline 1-877-558-0333 works with a network of over 500 doctors ready and willing to help a woman who regrets taking the abortion pill. The success rate is 68% if started within 72 hours of taking the pill. 500 babies have been born healthy after abortion pill reversal.

### FEDERALLY QUALIFIED HEALTH CENTERS

Health Centers care for you, even if you have no health insurance. They provide services that include checkups when you are well, treatment when you are sick, complete care when you are pregnant, and immunizations and checkups for your children. Some health centers also provide mental health, substance abuse, oral health, and vision services. Contact the health center directly to confirm services and make an appointment.

Find yours here: <https://findahealthcenter.hrsa.gov>

### ABORTION HEALING

Hurting after an abortion? You're not alone. Rachel's Vineyard healing retreat weekends are offered Spring & Fall in Saranac Lake. Call or text Colleen 518-524-0774. Pre-registration required: [www.rcdony.org/prolife](http://www.rcdony.org/prolife). Visit [www.silentnomoreawareness.org](http://www.silentnomoreawareness.org) for testimonies from women and men whose lives were changed by abortion. Learn how they found hope and healing and are now silent no more.



