

www.bcwomens.ca

CARE Program

C A R E Comprehensive Abortion and Reproductive Education

The CARE Program

At BC Women's we believe that women need and deserve health care that pays attention to their emotional, social and physical needs.

Women have the right to decide what is best for them. They deserve the best care and support whether they choose to continue a pregnancy or not.

This program is for women:

- Who are experiencing an unplanned or unwanted pregnancy
- Who need an abortion for genetic reasons

What Does the CARE Program Offer?

Counselling Services;

Pregnancy Options:

- An unplanned pregnancy can be hard emotionally. If you are unsure or confused about what to do, you may wish to talk about your feelings and look at your options with a counsellor. We offer support and information as you make your decisions.

Supportive abortion counselling

- You may feel certain about your decision to have an abortion. For you, counselling gives information about the procedure and your self-care afterwards. You'll also have the chance to talk about safe, reliable methods of birth control.

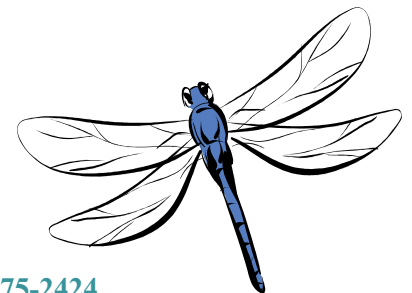
Abortion Services:

- The abortion takes about 10 minutes, however your clinic appointment will be 4 hours.
- Blood tests and testing for sexually transmitted infections are done before your procedure.
- Local anaesthetic and other medications to increase your comfort and relaxation are used
- We suggest you have a follow up appointment 2 weeks after your procedure. You can see your family doctor for this or go to a walk-in, youth or Options for Sexual Health Clinic (OPT Clinic) phone: 604.731.4252
website: www.optionsforsexualhealth.org

You Can Expect:

- Confidentiality
- A caring, supportive staff
- Qualified healthcare professionals, including interpreters
- Accurate, unbiased information about abortion, adoption and parenting

Referrals to other community agencies as you need them.



Who Attends the CARE Program?

A Woman Who:

- Would like support while making a decision about an unintended or unwanted pregnancy
- Has decided to end her pregnancy
- Would like supportive counselling about a previous abortion

Special Note:

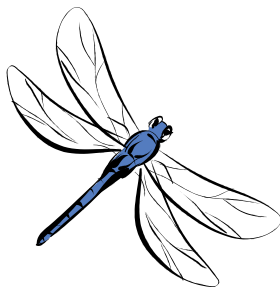
Space is limited in the clinic – bring one support person only, and children are not permitted.

What Does It Cost?

There is no added cost if you have a valid BC CareCard (MSP coverage)

If you do not have BC Medical:

- A cash payment of \$500 is needed
- If an ultrasound at another location is needed there may be an added cost
- You may ask about being covered by calling the BC Medical Services Plan @ 604.863.7151 or 1.800.663.7100 or online: www.hlth.gov.bc.ca/msp/infoben/index.html



Enter the hospital grounds through Gate #3, which is found on Heather Street at West 29th Ave.

Enter the main doors of the Women's Health Centre and take the elevator to the third floor, follow the blue line to the CARE program.

Making an Appointment:

You may call us directly at 604.875.2022
Monday – Friday 7:30 am – 4:00 pm
or Toll Free: 1.888.300.3088 local 2022

If you want more information or support call:

Pregnancy Options Service at
604.875.3163 Lower mainland or 1.888.875.3163
Toll free
Monday – Friday, 9 am - 3 pm

You do not need a doctor's referral for the CARE Program

website:

www.bcwomens.ca/Services/Directory/default.htm

Reminders:

Confirm your appointment

- Eat a light meal before coming to your appointment
- Bring your BC Care Card and photo ID
- Do not wear perfumes or scented lotions (this includes your support person)
- Arrange a ride home – you cannot drive for 24 hours
- Wear comfortable, loose clothing

Pay parking is available on-site