



UNPLANNED PREGNANCY RESOURCES

An unplanned pregnancy can be one of the most frightening and stressful times in a woman's life. If this is you, know we are here for you. Email care@lakesidechurch.com, and a female staff member will reach out to you in confidentiality and offer a listening ear, guidance, and support. You can also find support through some of the resources listed below.

24/7 HOTLINES

- [Sac Life Center](#)
 - *Support for pregnant women.* Phone: 916-451-2273 or Text: 916-536-1097
 - *Support for men of unplanned pregnancies.* Phone: 916-451-2273 or Text: 916-536-1097
- [Abortion Pill Reversal](#)
 - *Guidance from a medical professional for possibly reversing effects of the chemical abortion pill for those regretting their decision.* Phone: 877-558-0333

PREGNANCY HOUSING PROGRAMS

- [Mother Teresa Maternity Home](#)
 - Phone: 530-295-8006
 - Email: mtmh.edc@gmail.com
- [Bishop Gallegos Maternity](#)
 - Phone: 916-395-9370

MEDICAL CARE

- [Sierra Pregnancy + Health](#)
 - Phone/Text: 916-624-8990
- [Sacramento Life Center](#)
 - Phone: 916-451-4357
- [Well Space Health](#)
 - Phone: 916-392-2290