

# Websites to Check Out if You are Facing an Unplanned Pregnancy

[www.pregnancycounselling.com.au](http://www.pregnancycounselling.com.au)

Our counsellors will listen to your concerns and respond to your request for information, support or counselling. Pregnancy counselling Australia provides a supportive, confidential and non-judgemental counselling environment.

[www.standupgirl.com](http://www.standupgirl.com)

Young women's stories.

[www.opendoors.com.au](http://www.opendoors.com.au)

Personal stories and helpful information about unplanned pregnancy, relationships, abortion and other pregnancy losses.

[www.abortiontv.com](http://www.abortiontv.com)

Abortion information.

[www.optionline.org](http://www.optionline.org)

[www.carolinechisholmsociety.com.au](http://www.carolinechisholmsociety.com.au)

Is a professional agency of social and community workers, service support staff and volunteers, who offer pregnancy counselling and support, material aid and family support, provides services that respond to the needs of families and supports them to achieve and maintain a safe and nurturing environment.

[www.birthline.org.au](http://www.birthline.org.au)

Pregnancy and post-abortion support.

[www.BeNotAfraid.net](http://www.BeNotAfraid.net)

Provides comprehensive, practical and peer-based support to parents experiencing a prenatal diagnosis and carrying to term. Also encourages development of new services so more parents find support at diagnosis by offering training, consulting and technical assistance as well as materials to other organisations and individuals committed to service development.

[www.billingsovulationmethod.org](http://www.billingsovulationmethod.org)

Learn to manage your fertility naturally, no pills, drugs or devices. Avoid pregnancy or achieve pregnancy naturally. Regulate fertility naturally while breastfeeding. Knowledge every woman should have.

[www.bcpinstitute.org](http://www.bcpinstitute.org)

Breast Cancer Prevention Institute

[www.realalternatives.org](http://www.realalternatives.org)

Information on pregnancy, abortion and STIs. Includes a video on your baby's development.

*Some views expressed on these websites may not necessarily express the views of The Gianna Centre and are an advisory option only.*



## The Gianna Centre

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### Opening hours

Please see our website [www.gianna.org.au](http://www.gianna.org.au)

The Gianna Centre is staffed by volunteers. Sometimes callers may find they have to leave a message. Rest assured that your call is very important to us, and we will respond as soon as possible.

