



# Options Clinic

Caring, confidential reproductive health services

## Pregnancy Resources:

A Client-Centered Guide to  
Pregnancy Counseling

*Helping create healthy lives and families*

*La Crosse • Sparta • Richland Center  
Prairie du Chien*

# Introduction

We want to support you in making the decision that is best for you, a decision made by examining your values and life situation. We want to support you in finding a decision with which you can feel comfortable.

The purpose of this resource guide is to provide information about decision-making and the pregnancy options and resources available to you. Accurate information and support helps you explore all options available to you when you are pregnant.

This book is designed to go along with the pregnancy counseling provided by Options Clinic staff. You are encouraged to read this resource guide in any order that feels comfortable to you. You are encouraged to read it all. You may even need to read it again and again. While reading the guide, underline what is important to you. We have also provided some spaces for your notes.

The lists included in this guide are not necessarily complete. For more information, please refer to your local yellow pages, your local county or state services, or Options Clinic's website ([www.optionsclinic.org](http://www.optionsclinic.org)).

Remember, it is your body and your choice.

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# Making Your Decision

Deciding what to do in the event of a positive pregnancy test can be confusing and difficult. You will have many different thoughts, feelings, and responses. All of these are okay.

When making a decision about your pregnancy, think about your situation, feelings, values, and beliefs. Talk openly and honestly with someone you trust, perhaps your partner, parent, relative, friend, clergy, or counselor. Build and use your support system. Not everyone will agree with your decision and their advice may be confusing. Remember, it is your choice to make.

We believe that you should have accurate information about all options available to you to help you make an informed decision and develop your plan.

Decisions are made in a lot of different ways:

- Impulse, not thinking it through;
- Not deciding;
- Letting others decide for you;
- Letting others pressure you into a decision;
- Being forced to make a decision through abuse (see Domestic Abuse and Sexual Assault Resources, page 6);
- Considering all options available and deciding the best choice for you.

Deciding whether or not to continue a pregnancy can be difficult, and there is not an easy answer. To help, we suggest you:

- Consider your current life situation and support (both emotional and financial);
- Identify your beliefs, values, and goals;
- Check with people who matter to you and get their input (partner, parent, relative, friend, clergy, or counselor);
- Review information on the options;
- Make your decision;
- Act on your decision.

If you are unable to come to a decision or if someone is trying to control your choice, ask for help (see Support Resources, page 21).

## Notes

# Domestic Abuse and Sexual Assault Resources

Are you in a relationship with a person who physically hurts you, threatens you, or tries to control your decision-making? These are all forms of domestic violence that tend to get worse and more frequent with pregnancy over time. You are not alone and there is help. If you want to begin talking about your situation, need a safe place to stay, or want legal advice, contact one of these agencies for assistance.

Gundersen Lutheran  
Domestic Abuse/Sexual Assault Program  
608.775.5950 or 800.362.9567, ext. 55950  
No charge for services

Mayo Clinic Health System - Safe Path  
Domestic Abuse/Sexual Assault Program  
608.392.7804 or 800.362.5454, ext. 7804  
No charge for services

New Horizons Shelter and Women's Center  
608.791.2600 or 608.791.2610  
No charge for services

Brighter Tomorrows (Monroe County)  
608.374.6975 (Tomah) or 608.269.7853 (Sparta)  
888.886.2327  
No charge for services

Passages (Richland County)  
608.647.6317 or 608.647.3616 or 800.236.4327

# Notes

# Prenatal Care Resources

Prenatal care helps you and your baby. Plan to make an appointment with a midwife, obstetrician, or family practitioner before the first 12 weeks of your pregnancy. You can call your local clinic directly, use the Prenatal Care Coordination Program in your county, or call Options Clinic to help set up your prenatal care appointment.

## **Prenatal Care Coordination Programs**

The Prenatal Care Coordination Program can provide assistance in finding nutritional, financial, and medical resources in your county.

La Crosse County: 608.785.9865  
Monroe County: 608.269.8666  
Richland County: 608.647.8821  
Crawford County: 608.326.0229  
Vernon County: 608.637.5251

## **Prenatal Care Clinics**

### La Crosse County

Gundersen Lutheran  
La Crosse Clinic  
1900 South Avenue  
La Crosse, WI 54601  
608.782.7300  
800.362.9567  
[www.gundluth.org](http://www.gundluth.org)

Mayo Clinic Health System  
Family Health Clinic  
815 10th Street South  
La Crosse, WI 54601  
608.784.6648  
800.362.5454  
[www.mayohealthsystem.org](http://www.mayohealthsystem.org)

Mayo Clinic Health System  
Prenatal Care Coordination  
700 West Avenue South  
La Crosse, WI 54601  
608.392.9412  
800.362.5454  
[www.mayohealthsystem.org](http://www.mayohealthsystem.org)

## Prenatal Care Clinics, cont.

### Monroe County

Gundersen Lutheran  
Sparta Clinic  
315 Oak Street West  
Sparta, WI 54656  
608.269.6731  
800.554.0380  
[www.gundluth.org/sparta](http://www.gundluth.org/sparta)

Gundersen Lutheran  
Tomah Clinic  
1330 Superior Ave North  
Tomah, WI 54660  
608.372.4111  
888.600.3240  
[www.gundluth.org/tomah](http://www.gundluth.org/tomah)

Mayo Clinic Health System  
Sparta Campus  
310 Main Street West  
Sparta, WI 54656  
608.269.2132  
800.362.5454  
[www.mayohealthsystem.org](http://www.mayohealthsystem.org)

Mayo Clinic Health System  
Tomah Clinic  
325 Butts Avenue  
Tomah, WI 54660  
608.372.5951  
800.362.5454  
[www.mayohealthsystem.org](http://www.mayohealthsystem.org)

### Richland County

Richland Medical Center  
301 2nd Street East  
Richland Center, WI 53581  
608.647.6161  
[www.richlandmedctr.com](http://www.richlandmedctr.com)

### Crawford County

Gundersen Lutheran  
Prairie du Chien Clinic  
610 Taylor Street East  
PdC, WI 53821  
608.326.6466  
800.714.5362  
[www.gundluth.org/pdc](http://www.gundluth.org/pdc)

Mayo Clinic Health System  
Prairie du Chien Clinic  
800 Blackhawk Ave East  
PdC, WI 53821  
608.326.0808  
800.362.5454  
[www.mayohealthsystem.org](http://www.mayohealthsystem.org)

Kickapoo Valley Medical  
Center  
102 Sunset Avenue  
Soldiers Grove, WI 54655  
608.624.5203  
[www.vmh.org](http://www.vmh.org)

## Prenatal Care Clinics, cont.

### Vernon County

Gundersen Lutheran  
Viroqua Clinic  
407 Main Street South  
Viroqua, WI 54665  
608.637.3195  
877.543.3195  
[www.gundluth.org/viroqua](http://www.gundluth.org/viroqua)

Hirsch Clinic  
407 Main Street South  
Suite 400  
Viroqua, WI 54665  
608.637.3174  
[www.vmh.org](http://www.vmh.org)

La Farge Medical Clinic  
111 Snow Street West  
La Farge, WI 54639  
608.625.2494  
[www.vmh.org](http://www.vmh.org)

Bland Clinic  
100 Melby Street  
Westby, WI 54667  
608.634.3126  
[www.vmh.org](http://www.vmh.org)

# Notes

# Parenting Resources

Choosing to parent is a big decision. The following agencies have programs available to help parents and parents-to-be provide a caring, supportive, safe environment for their children.

The Parenting Place - La Crosse Office  
1500 Greenbay Street  
La Crosse, WI 54601  
608.784.8125  
800.873.1768  
[www.theparentingplace.net](http://www.theparentingplace.net)

The Parenting Place - Sparta Office  
201 Franklin Street East  
Sparta, WI 54656  
608.269.3151, ext. 6116  
[www.theparentingplace.net](http://www.theparentingplace.net)

The Parenting Place - Tomah Office  
310 Elizabeth Street West  
Tomah, WI 54660  
608.374.4190  
[www.theparentingplace.net](http://www.theparentingplace.net)

Family and Children's Center  
1707 Main Street  
La Crosse, WI 54601  
608.785.0001  
[www.fcconline.org](http://www.fcconline.org)

Family and Children's Center  
1321 Main Street North  
Viroqua, WI 54665  
608.637.7052  
[www.fcconline.org](http://www.fcconline.org)

# Financial Support Resources

Depending on your financial situation, you may qualify for assistance to help pay for medical expenses, food, child care, or other services. For more information, please contact your county's Economic Support or Human Services Department. You may also contact the Wisconsin Maternal Health Hotline.

## **Human Services Departments**

La Crosse County: 608.785.5875  
Monroe County: 608.269.8600  
608.372.8600  
Richland County: 608.647.8821  
Crawford County: 608.326.0248  
Vernon County: 608.637.5210

## **Wisconsin Maternal Health Hotline**

The Wisconsin Maternal Health Hotline is your connection to all the services you need during your pregnancy.

800.722.2295 or [www.mch-hotlines.org](http://www.mch-hotlines.org)

## Notes

# Adoption Resources

You may decide you are unable to be a parent at this time in your life and adoption would be the best choice. Adoption agencies provide free services and help you develop your adoption plan, provide ongoing support, and referrals. Please contact us with any questions.

## **Adoption Plan**

Adoption agencies help you to be in control of your adoption plan. Their services are free and confidential. Agencies offer a variety of adoption approaches:

**Open Adoption:** an adoption that involves some amount of direct contact between the birth and adoptive families, ranging from exchanging names to sending letters and scheduling visits.

**Semi-open Adoption:** an adoption in which a child's birth parents and pre-adoptive parents exchange mostly non-identifying information. After the child is placed in the adoptive home, contact with the birth family may involve letters or pictures or other communications sent through an intermediary or the adoption agency.

## Notes

## **Adoption Plan, cont.**

Closed Adoption: An adoption where there is no contact between birth parents and adoptive parents. Also called traditional adoption.

Kinship Adoption: A form of adoption where the adoptive parents are biologically related to the child to be adopted, such as grandparents, aunts and uncles or other relatives. In kinship adoption, the relatives legally adopt the child.

Independent Adoption: A birth mother locates an adoptive family independent of an adoption agency. She places the child directly with that family rather than to an adoption agency. The independent adoption requires that the birth mother protect her legal interests by having her own attorney.

## **Notes**

## **Adoption Agencies**

Lutheran Social Services of Wisconsin  
and Upper Michigan  
2307 South Avenue  
La Crosse, WI 54601  
608.788.5090  
866.787.1899  
[www.lsswis.org](http://www.lsswis.org)

Catholic Charities  
3710 East Avenue South  
La Crosse, WI 54602-0266  
608.782.0710  
888.212.4357  
[www.cclse.org](http://www.cclse.org)

Wisconsin Department of Children and Family Services  
PO Box 8916  
Madison, WI 53708-8916  
608.267.3905  
[www.dcf.wi.gov](http://www.dcf.wi.gov)

This is not intended to be a complete list. Many other agencies handle adoptions and some county social service agencies also assist in adoption procedures. For other adoption agencies, please refer to your local yellow pages or your local county or state services.

# Abortion Resources

If you decide that you cannot continue the pregnancy, either for personal or medical reasons, abortion is a safe and legal choice. The abortion clinics can provide up-to-date information and will help you schedule your appointments and answer any questions you may have. Options Clinic's staff are also available to answer any questions.

Laws regarding waiting periods and parental consent vary from state to state. These are the current laws for each state (4/2007). The clinics can also provide you with the current laws in each state (see Abortion Clinics, page 18).

## **Abortion Laws**

Wisconsin Abortion Law:

- The parent of a minor must consent before an abortion is provided, or minor must have a judicial bypass;
- A woman must receive in-person, state-directed counseling and then wait a minimum of 24 hours before the procedure is provided;
- Public funding is available for abortion only in cases of life endangerment, rape, incest or when necessary to prevent long-lasting damage to the woman's physical health.

## Abortion Laws, cont.

### Minnesota Abortion Law:

- The parents of a minor must be notified before an abortion is provided, or minor must have a judicial bypass;
- A woman must receive state-directed counseling and then wait a minimum of 24 hours before the procedure is provided; counseling may be done over the phone.

### Illinois Abortion Law:

- Do not need parental consent;
- No waiting period.

### Iowa Abortion Law:

- The parent of a minor must be notified before an abortion is provided, or minor must have a judicial bypass;
- Public funding is available for abortion only in cases of life endangerment, rape, incest or fetal abnormality.

## Notes

# Abortion Clinics

## Wisconsin

Planned Parenthood of Wisconsin  
Madison Clinic  
3706 Orin Road  
Madison, WI 53704  
608.241.3767  
800.230.7526  
[www.ppwi.org](http://www.ppwi.org)

Planned Parenthood of Wisconsin  
Appleton Clinic  
3800 Gillett Street North  
Appleton, WI 54912  
920.731.9534  
800.230.7526  
[www.ppwi.org](http://www.ppwi.org)

Planned Parenthood of Wisconsin  
Milwaukee Clinic  
302 Jackson Street North  
Milwaukee, WI 53202  
414.276.8777  
800.230.7526  
[www.ppwi.org](http://www.ppwi.org)

Affiliated Medical Services  
1428 Farwell Avenue North  
Milwaukee, WI 53202  
414.278.0424  
800.498.0424  
[www.affiliatedmedicalservices.com](http://www.affiliatedmedicalservices.com)

## **Abortion Clinics, cont.**

### Minnesota

Midwest Health Center for Women  
33 5th Street South, 4th Floor  
Minneapolis, MN 55402  
612.332.2311  
800.998.6075  
[www.midwesthealthcenter.org](http://www.midwesthealthcenter.org)

Planned Parenthood  
1965 Ford Parkway  
St. Paul, MN 55116  
651.698.2401  
800.230.7526  
[www.ppmns.org](http://www.ppmns.org)

Dr. Mildred Hanson  
710 24th Street East, Suite 403  
Minneapolis, MN 55404  
612.870.1334  
877.870.1334  
[www.drmilliehanson.com](http://www.drmilliehanson.com)

### Illinois

Northern Illinois Women's Center  
1400 Broadway  
Rockford, IL 61104  
815.963.4101  
[www.niwc-rockford.com](http://www.niwc-rockford.com)

## **Abortion Clinics, cont.**

### Iowa

Emma Goldman Clinic  
227 Dubuque Street North  
Iowa City, IA 52245  
319.337.2111  
800.848.7684  
[www.emmagoldman.com](http://www.emmagoldman.com)

Planned Parenthood of Greater Iowa  
2520 Melrose Drive, Suite L  
Cedar Falls, IA 50613  
877.811.7526  
[www.ppgi.org](http://www.ppgi.org)

This is not intended to be a complete list. For other abortion clinics, please refer to your local yellow pages. Most abortion clinics provide services up to 22 weeks.

### **Abortion Funds**

Funds may be available on a very limited basis:  
Women's Medical Fund (only for WI residents)  
Box 248  
Madison, WI 53701  
608.256.8900 or [www.nnaf.org/funds/wmfwi](http://www.nnaf.org/funds/wmfwi)

# Support Resources

If you find yourself unable to decide, confused, or desiring support, call Options Clinic.

We are here to support you wherever you are in your decision-making process.

We can help you explore your decision and support your choice.

We promise to provide you with non-directive pregnancy counseling.

If desired or needed, we offer further counseling referrals.

Options Clinic  
608.775.8390 or 800.657.5177

Great Rivers 211  
Dial 2-1-1 or 800.362.8255

## Notes

# Notes

## Vision Statement

Options Clinic will be widely recognized and supported for our excellence in normalizing sexuality through sexual health care, education, and prevention services , and our commitment to a lifetime of wellness for all.

## Mission Statement

Options Clinic helps to create healthier lives and families by providing and advocating for sexual health and education.

## We believe...

All individuals should have the personal freedom to choose the timing, number and spacing of their children.

All services are provided in harmony with the personal beliefs of each client.

**La Crosse Clinic**  
1201 Caledonia Street  
La Crosse, WI 54603  
608.775.8390  
800.657.5177

**Sparta Clinic**  
100 Water Street South  
Sparta, WI 54656  
800.657.5177

**Richland Center Clinic**  
175 Mill Street East  
Richland Center, WI 53581  
800.657.5177

**Prairie du Chien Clinic**  
103 Wacouta Street North  
Prairie du Chien, WI 53821  
800.657.5177

US DHHS, OPA, OFF: Title X Family Planning Program  
Affiliate of Gundersen Lutheran Health System  
A Great Rivers United Way Partner Agency

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