



PREGNANCY OPTIONS CENTRE



Are you...

Anxious about an unplanned pregnancy?

Struggling after an abortion or miscarriage?

If so, your local Pregnancy Options Centre is here to help. We provide **free**, unbiased counselling for men and women for unplanned pregnancy, post abortion or miscarriage.



I was frightened about needing help, but I am so glad I made the call. I have freedom and feel ready for the future, more confident.



Sessions are 1-2-1 with a counsellor and are client-led. All clients are treated with compassion by counsellors with integrity who will respect the autonomy of clients in their decision making.

If you would like to find out more please get in touch.

Call **01243 784177** Text **07843 543792** email **counselling@optionschichester.org.uk**

optionschichester.org.uk

