[MS-0087.001.018.001]

PROBLEM PREGNANCY & FAMILY PLANNING

A DIRECTORY
OF HELPFUL INFORMATION

October, 1972

Prepared by PLANNED PARENTHOOD ASS'N OF SAN DIEGO COUNTY

• PREGNANCY TESTING Only

A two minute urine test can be done with a high degree of reliability 42 days after the first day of a woman's last normal menstrual period.

Community Health Centers: (Public Health Dept.) Free. Call for appointment.

El Cajon	113 E. Douglas, El Cajon	442-9451
South Bay	263 Fig, Chula Vista	420-3100
Southeast San Diego	3177 Oceanview, S.D.	232-7328
East San Diego	5202 University, S.D.	582-6433
North San Diego (Pacific Beach)	2440 Grand Ave, S.D.	274-1223
Oceanside	104 Barnes, Oceanside	722-4101
Escondido	606 E. Valley Parkway	745-8586

Military Medical Facilities:

Balboa Hospital "Walk-in" clinic	233-2461
Pendleton Hospital	725-2965

• PROBLEM PREGNANCY COUNSELING and PREGNANCY TESTING

It is important for a woman to decide early in her pregnancy whether or not she wishes to continue or terminate her pregnancy. Each of these agencies offer a two minute pregnancy test and a counselor to help the woman decide what is best for her. One choice is abortion. It is readily available but the law does require that an abortion be perfomed in a hospital before the 20th week of pregnancy (before the 12th week is safer and cheaper). According to her choice referrals are made to appropriate physicians or clinics and/or agencies for financial or other help. Free and confidential.

Planned Parenthood: Office & Clinic	1172 Morena Blvd., S.D.	276-9320
Clinic (Wed.pm)	1127 South 43rd St. S.D.	276-9740
Beach Area Free Clinic	3705 Mission Blvd., S.D.	488-9275
Crisis Center	2754 Imperial Ave., S.D.	239-0325
Help Center (SDSU)*	5812 Linda Paseo, S.D.	582-2455
San Diego County: "Special Services"*	6950 Levant, S.D.	279-8300
Tayari*	4235 National Ave., S.D.	262-0841
Oceanside*	516 Cassidy St. Suite B	722-4101
Vista Free Clinic	645 Mercantale, Vista	726-1321
Escondido Community Clinic	401 N. Spruce, Escondido	747-6610
Crisis Clinic	150 Palm, Imperial Beach	424-3941

Student Health Services: UCSD, SDSU, etc.

*Arrange for pregnancy test

• PRE-NATAL CARE

Even an unwanted pregnancy, if it is carried to full term, carries certain responsibilities with it. A prospective mother owes it to both herself and her unborn child to take good care of herself and be under a doctor's care.

Community Health Centers	See: "Pregnancy Testing" Listings	
University Hospital Clinic	225 W. Dickenson St., S.D.	291-3330x1701
Mercy-Guadalupe Clinic (Catholic)	4077 5th St., S.D.	298-4141x1316
Urban League Family Planning for Health	6171 Imperial, S.D.	262-0759

Military Facilities: Balboa Hospital- 233-2461; Coronado Annex- 435-1861
Pendleton Hospital -725-2965

Childbirth Education Ass'n (Lamaze method of natural childbirth) 283-9451

• ADOPTION SERVICES

Agency adoptions, as opposed to privately arranged adoptions, offer maximum protection to both the natural and adoptive parents. Below are the only state licensed agencies in the county. They offer information, individual and family counseling. The woman may talk about the possibility of adoption without committing herself. Legal relinguishment can be made only after delivery.

San Diego County Adoptions:	S.D.	6950 Levant,	279-8300
	Oceanside	516 Cassidy St. Suite B	722-4101
	Tayari	4235 National Ave, S.D.	262-0841
Children's Home Society		2715 Kearny Villa Rd., S.D.	278-7800

• MATERNITY HOME

The Door of Hope, a resident facility, run by the Salvation Army, offers complete services for unwed mothers, including medical care, educational facilites and counseling. Sliding-scale fees according to ability to pay. Phone: 279-1100

• CONTINUING EDUCATION - PUBLIC SCHOOLS

In some school districts the girl may continue in her regular class until the 5th month. She then attends a special class for pregnant girls. In other school districts, the girl is asked to leave when her pregnancy becomes known or obvious. Provisions are made for her to continue her education, either through home instruction, continuation or adult schools. Call your local district for details. For S.D. City: Mrs. Fran Patterson: 298-4681 x 478.

• "MORNING-AFTER" TREATMENT

There are strong hormone pills which can be taken within 72 hours after intercourse to prevent pregnancy from occuring. This is an emergency measure and not for repeated use! For more information call Planned Parenthood: 276-9740.

• GENETIC COUNSELING

Testing and counseling is available to women and couples who have reason to believe that inherited defects may occur in their children. Testing can determine risks for an individual couple or the eventual outcome of a particular pregnancy in progress.

University Hospital Genetics Clinic	225 W. Dickenson St.	291-3330
Community Health Centers	See: "Pregnancy Testing" Listings	

• BIRTH PLANNING

The best way to handle a problem pregnancy is to avoid it altogether by using a reliable method of birth control. There is a wide variety of methods now available: Condom with foam can be purchased by anyone (no age requirement) in a drugstore; The Pill, Intrauterine Device (IUD) and Diaphragm with jelly must be prescribed by a physician. Listed are agencies which provide free service to those who qualify. Some are by appointment, others are "walk-in," so call and check!

Planned Parenthood	several locations	276-9740
Beach Area Free Clinic	3705 Mission Blvd., S.D.	488-9275
Crisis Center	3004 Imperial, S.D.	239-0325
Urban League Family Planning for Health	6171 imperial, S.D.	262-0759
Crisis Clinic	150 Palm, Imperial Beach	424-3941
Vista Free Clinic	645 Mercantale, Vista	726-1321
Escondido Community Clinic	401 N. Spruce, Escondido	747-6610
Community Health Centers	See: "Pregnancy Testing" Listings	
Student Health Centers		
Military Medical Facilities		

• STERILIZATION

When a man or woman has decided that he or she does not want to have any more (or any) children an operation can be performed: tubal ligation (female sterilization done in a hospital) or vasectomy (male sterilization done in a doctor's office). For more information call Planned Parenthood: 276-9740.