



**Pregnancy Options Centre
#5 - 13634 - 104 Ave
Surrey BC V3T 1W2
604.584.4490**

pregnancyoptionscentre.com

Options Education

An unplanned pregnancy brings many questions and concerns. We offer free pregnancy tests and information on abortion, adoption and parenting. We will listen and help you evaluate your options in a caring and sensitive way.



Community Education

The purpose of the program is to educate youth in Surrey, Delta, Langley and White Rock on issues relating to sex and healthy relationships. We run workshops in high schools and youth groups and encourage students to critically think about the messages they are being told about sex and their bodies; to consider their personal values and goals; and how they can live according to these. We affirm students' inherent value and empower them to make intentional, healthy decisions regarding relationships and sex.



Post Abortion Recovery

An abortion may have affected you in ways you did not expect. We provide a safe and confidential setting to help you through the healing process.

All services are free and confidential.
We do not refer for abortions or prescribe birth control.