

## Cost

If you live in Manitoba, there is no fee, because the cost of an abortion is covered under Manitoba Health. In Winnipeg, abortions can be set up through Women's Health Clinic, the Health Sciences Centre Pregnancy Counselling Clinic and some private doctors. If you live in rural or northern Manitoba, you may have to go to Winnipeg for the procedure. Your local doctor or community health nurse will help you make travel plans.

## Timing

Timing is important if you choose an abortion. The sooner you arrange it, the easier it will be to get an abortion. The time limit for abortion in Manitoba is approximately 19 weeks after your last normal period but most doctors will only perform abortions within the first 16 weeks of a pregnancy.

## How it works

You will have at least one appointment with a doctor (sometimes more) before the abortion. The abortion itself will only take between 3 and 10 minutes. Most women say that having the abortion feels like monthly menstrual cramps. Your doctor will give you some medication to handle any pain and a nurse will support you throughout the procedure. Most women can go back to their normal activities the next day.

Because having an abortion can be an emotional choice, women are always offered emotional support during the abortion process – from making the decision to going through the actual abortion. Support is also available after the abortion if you need it. Talk to a pregnancy counsellor if you have any questions about the process. You will find contacts for counsellors at the back of this pamphlet.

## Your choice, for your reasons

A teenage pregnancy can be scary and confusing, but there are people and resources who can help.

You may want to talk with your parents, a family member, friends or your boyfriend. You can talk to a pro-choice pregnancy counsellor about your options or go to any Teen Clinic for help. You do not need to feel afraid or ashamed. With the right information, you can make the choice that is best for you.

A video has been made to help you make your decision. Please ask the person who gave you this pamphlet to see the video that explains each option to you.

For more information about the help and support in your area, contact one of the following. All calls and emails are confidential.

### Health Links – Info Santé

204-788-8200 or 1-888-315-9257

### Sexuality Education Resource Centre (SERC)

Winnipeg 204-982-7800 or  
Brandon 204-727-0417

Ask a question by e-mail to  
thefactsoflife@serc.mb.ca  
or visit [www.serc.mb.ca](http://www.serc.mb.ca)

For Teen Health information and a list of  
Teen Clinics in Manitoba visit  
[www.teentalk.ca](http://www.teentalk.ca)

For counselling support contact  
**Klinik Crisis Line**  
204-786-8686 or 1-888-322-3019

For more copies of this pamphlet, contact  
**Healthy Child Manitoba Office** at 1-888-848-0140;  
or email [healthychild@gov.mb.ca](mailto:healthychild@gov.mb.ca).

# Teen Pregnancy Options

## Your choice for your reasons

Parenting  
Adoption  
Abortion

 **Healthy Child Manitoba**  
Putting children and families first

**Manitoba** 

## Parenting

Being a parent takes a lot of work, money and personal sacrifice. Babies need care seven days a week, 24 hours a day. You need to ask yourself a lot of questions before you decide if you want to be a parent:

- Can you handle this kind of 24/7 commitment?
- Are you willing to give up your free time to be a parent?
- Do you have the money to give your child a safe place to live, healthy food, clothes, diapers, etc?
- Will you be able to stay in school if you are a parent?
- Will you be able to count on the baby's father, your family and/or your friends for help?
- Is this the best plan for you?
- Is this the best plan for your baby?

### You're not alone

If you decide to be a parent, Child and Family Services may be able to help you get government income assistance and other services to help you with:

- housing
- prenatal care
- education
- support after the baby is born

You are also entitled to financial support from the baby's father.

There are many agencies that can give you more information about being a parent. They can also help you through your pregnancy and after your baby is born. These agencies include:

- your local Child and Family Services office
- your local Public Health office
- Villa Rosa (in Winnipeg)
- Adolescent Parent Centre (in Winnipeg)

## Adoption and guardianship

You may choose to have your baby and plan for adoption or guardianship. Adoption and guardianship are two different choices that mean someone else will raise your child.

**Formal adoption** means you give another family the legal right to raise your child permanently. **Guardianship** means you give someone else the legal responsibility to raise your child for a short time or a long time. A guardian can be an extended family member or a non-family member.

You can make the choice yourself – you don't need consent from your own parent or guardian. In most cases, the law states you have to tell the baby's birth father (if he is known) what you plan to do. Usually, the birth father must sign his consent to whatever you choose, however, that is not always the case. Each situation is different and you need to talk about this with the adoption agency or a lawyer. Once you have signed an adoption agreement, the law states that you have 21 days to change your mind. If you do, you must state this in writing, within that time frame, and your child will be returned to you immediately.

### Your involvement

You may want to be very involved in choosing who adopts your child or you can let the agency decide this for you – whatever feels best to you. You can also decide to stay in touch with the adoptive family or not have any contact. Plans can be made to exchange information or to have ongoing

contact with your child after the adoption. Each situation is different. You can discuss this with the adoption agency and, if you choose, the adoptive parents.

### No Pressure

You will not be pressured to place your child for adoption if you choose to get more information about adoption. You will get support and counselling to make sure you have all the information you need to make your decision.

### You're not alone.

Placing your child for adoption is a difficult decision, but you are never alone. Support and counselling are always available. A Child and Family Services worker, a private adoption agency counsellor, social worker or lawyer can explain the process and your choices. Help and support are also available during your pregnancy and the birth.

## Abortion

You may choose to end your pregnancy and have an abortion. While this can be a hard decision, knowing more about abortion can help you make your choice. A doctor or a pro-choice pregnancy counsellor can help you find out what you need to know.

In most cases, you do not need your parents' consent to have an abortion. However, some doctors want written permission from a parent or guardian. The doctors, nurses and counsellors who are involved in your abortion referral will keep information about your abortion private.

### Legal and safe

In Manitoba, abortion is a legal and safe procedure. Serious medical problems are rare and you can choose to get pregnant again when you are ready.

