



ABORTION SERVICES + SUPPORTS

(click on underlined content to view the resource online)

A REFERRAL IS NOT NEEDED TO ACCESS ABORTION IN CANADA

- **Plan B**, an emergency contraceptive, is available over-the-counter at most pharmacies.
- **Abortion: What to expect** (<https://prochoice.org/patients/abortion-what-to-expect/>)
- **Action Canada (Planned Parenthood Canada)**: for information about sexual and reproductive health, and referrals to clinics/hospitals that provide reproductive health services, including abortion, anywhere in Canada, call 1-888-642-2725 (9:00-9:00 EST) for immediate and confidential help.
- **Abortion Rights Coalition of Canada (ARCC)**: Abortion Clinics and Services, hotlines, funds, supports in Canada, and Information for pregnant Queer and Trans people.
- **Centr'Elles** offers free and confidential individual and group counselling services as well as accompaniment and referrals to other services, including abortion services, for French-speaking women aged 16 and up: (807) 476-5144 or 1-888-415-4156
- **Choice Connect** is a free and anonymous abortion referral web app that helps locate the nearest abortion provider. The app features detailed referral information for 120+ abortion providers and clinics across Canada.
- **National Abortion Federation Canada (NAF Canada)** provides assistance for patients with financial barriers to abortion care through the Dr. Henry Morgentaler Patient Assistance Fund.
 - NAF Hotline provides free, accurate information, confidential consultation/referrals to providers of quality abortion care, case management services and limited financial assistance to help cover cost of care and travel: 1-800-772-9100 (various hours).
- **NorWest Community Health Centre** has a midwifery program that offers 2SLGBTQI+ care, sexual health planning, reproductive healthcare, contraceptive counselling and placement of LARCs, such as IUDs and Nexplanon, pregnancy termination counselling, medication abortions until 9 weeks in collaboration with some of the other providers, and specialist referral services. Self-refer by calling: (807) 622-8235 or 1-866-357-5454
- **Shore Centre** (Kitchener, ON) provides medication abortions via telemedicine for up to 9 weeks, as well as emotional support before and after an abortion.
- **Thunder Bay District Health Unit (TBDHU)** provides sexual health services. Call first thing in the morning on Tuesdays/Thursdays to access urgent appointments with a physician for assessment/referral for abortion care: (807) 625-5976 or 1-888-294-6630
- **Umbrella Medical Clinic** provides sexual health services, including birth control, emergency contraception, pregnancy testing, and abortion: (807) 698-7200