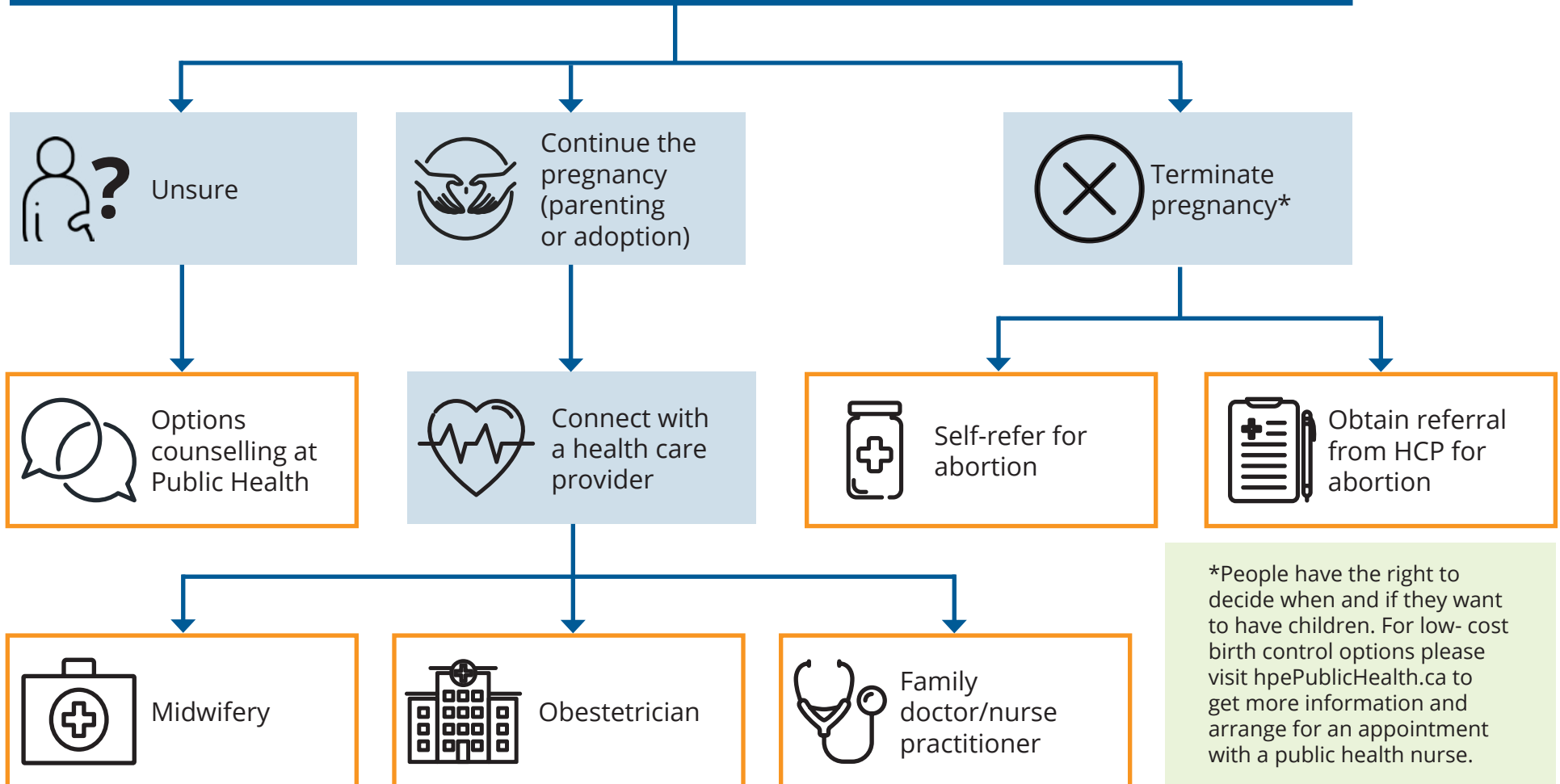


Unplanned pregnancy

Supportive pathways for clients with an unplanned pregnancy



You're pregnant. What do you want to do?



*People have the right to decide when and if they want to have children. For low-cost birth control options please visit hpePublicHealth.ca to get more information and arrange for an appointment with a public health nurse.



Options counselling:

A public health nurse will explain options available to you, to respond to your pregnancy. This includes parenting, adoption or termination (abortion).



Continue with pregnancy:

If you chose to continue the pregnancy you have two options: parenting or adoption. Regardless of your choice, if you decide to continue the pregnancy, it is important you connect with a healthcare provider for the health of both yourself and the baby.

Parenting: Public health has programs available to support people through pregnancy and after the baby is born.

Adoption: Information about the process of adoption can be found on [Ontario's](#) provincial website.

Connect with a healthcare provider

Call your primary care provider or go to your campus health centre to determine the appropriate prenatal care provider.

Obstetrician: Typically, an obstetrician starts care at approximately 20 weeks. A healthcare provider referral is required.

Midwifery: Midwives accept self referrals.

Primary care: NP/MD can provide prenatal care and referral to an OB/midwife. Some family doctors can care for you the entire pregnancy including delivery.



Terminate pregnancy

If you decide that you would like to terminate your pregnancy, you have some options. The type of abortion you can qualify for will depend on how many weeks pregnant you are. Healthcare providers determine the number of weeks pregnant you are by counting from the first day of your last menstrual period. Typically, providers require an ultrasound to confirm the pregnancy and to make sure you get the right treatment. There are two options for termination, one is called a medical abortion. For a medical abortion, you take a pill. In 95-98% of cases, the pill will end a pregnancy when taken up to 63 days of gestation (counting from the first day of your last period). Most people have coverage for a medical abortion if they have medical insurance or are covered by OHIP. For people without coverage the medication will cost \$350-\$400. This does not include the cost of required blood work and ultrasound. The cost of a surgical abortion varies across clinics and hospitals. This procedure costs at least \$1,000 and possibly more.

Self referral: Many clinics allow self-referral.

Provider referral: Talk to a public health nurse about local options that require healthcare provide referral. Local options are available through a public health nurse referral.

National Abortion Federation Canada (NAF)

Can provide full or partial financial assistance for clients seeking abortion services who must travel outside of their geographical area.

Funding is limited, and each client's situation is assessed on a case by case basis.

Call 1-800-772-9100 for clients in need of financial support to access medical or surgical abortion.

Clinics

Kingston General Hospital Lakeside Clinic

76 Stuart St., Kingston
613-548-2329

Medical abortion

up to 9 weeks gestation.

Surgical abortion

up to 12 weeks gestation.

Self-referral

If a patient does not have a family doctor or cannot get a timely appointment with a healthcare provider, they can contact the clinic directly.

Peterborough Regional Health Centre Women's Healthcare Centre

1 Hospital Dr., Peterborough
705-743-4132 | 1-800-419-3111

Surgical and medical abortions available.

Self-referral

Self-referrals accepted to the unplanned pregnancy clinic.

Morgentaler Clinic Toronto

727 Hillside Ave., Toronto
416-932-0446

Medical abortion

Up to 10 weeks gestation.

Surgical abortion

Up to 19 weeks gestation.

Self-referral

Client contacts the clinic directly.

Taunton Health Centre Durham Women's Care Clinic

1290 Keith Ross Dr., Oshawa
905-721-2547

Medical abortion

Up to 9 weeks gestation.

Self-referral

Client contacts the clinic directly.

Cabbagetown Women's Clinic Toronto

302 Gerard St. E, Toronto
416-323-0642

Medical abortion

Up to 10 weeks gestation.

Surgical abortion

Up to 24 weeks gestation.

Self-referral

Client contacts clinic and books an appointment. Often has same day, next day availability.

Choice Health Toronto

1678 Bloor St. W, Toronto
647-370-3203

Medical abortion

Up to 10 weeks gestation for in person and virtual.

Surgical abortion

Up to 15 weeks gestation.

Self-referral

All services are self referral and appointments can be booked by phone or online.

Planned Parenthood Toronto

36 Prince Arthur Ave, Toronto
416-961-0113

Medical abortion

Not provided onsite, but can help Ontario residents ages 13-29 with no OHIP or other private insurance find a clinic and cover the cost.

Self-referral

Client calls the clinic to speak with a peer counsellor who may be able to help you cover the cost of the abortion and find a clinic closest to the client.

Bay Centre Women's College Hospital

76 Grenville St., Toronto
416-351-3700

Medical abortion

Up to 10 weeks gestation.

Surgical abortion

Up to 24 weeks gestation.

Self-referral

Accepts self referrals for first trimester abortions. Healthcare provider referral required for second trimester abortions.