

## **FREE & CONFIDENTIAL CRISIS PREGNANCY HELP**

24-Hour National Hotline  
**1-800-848-LOVE or 1-800- 54-CHILD**  
**1-877-675-5900 (Español)\***

**Adoption Center of San Diego (800) 298-9111**

**Chula Vista – Birthline (619) 425-5012**

**Chula Vista – Silent Voice (619) 422-0757**  
[www.silentvoices.org](http://www.silentvoices.org)

**Clairemont – Birthline (858) 270-2491**

**El Cajon – East County Pregnancy Care (619) 442-4357**

**Escondido – Alternatives Pregnancy Care Clinic\* (760) 741-9796**

**Oceanside - Pregnancy Resource Center\* (760) 945-HOPE**  
[www.pregnancyresourcecenter.com](http://www.pregnancyresourcecenter.com)

**POWAY - Life Choices Pregnancy Ctr of Poway (858)486-1738 or (858)486-5433**  
[www.sdlifechoices.org](http://www.sdlifechoices.org)

**Ramona Pregnancy Care Clinic\* (760) 789-7059**

**San Diego – Culture of Life Family Services\***  
**550 Washington St. (877) 558-0333**  
*Doctor provides Free medical care/ultrasound for women in crisis pregnancies*

**San Diego – College Area Pregnancy Services (619) 337-8080**  
**6663 El Cajon Blvd. (24 HOURS)**  
[www.capsonline.org](http://www.capsonline.org)

**San Diego (Sorrento Valley) – Turning Point Pregnancy Resource Center**  
**(858) 689-9560 (24 HOURS)**  
[www.mmpregnancy.com](http://www.mmpregnancy.com)

**San Marcos – Birth Choice\* (760) 744-1313**  
[www.birthchoice.net](http://www.birthchoice.net)

**Tijuana – Sisters of Mercy\* 011-5266-82-5058**

**Post Abortion Help - Rachel's Hope\* (858) 581-3022**  
[www.RachelsHope.org](http://www.RachelsHope.org)

*\* Se habla Español. Puedo ayudarla*