

# Unplanned Pregnancy Crisis?



Financial



Relationship



Emotional



## We are here for your journey.



In Shifra's Arms

Confidential Helpline: **1-888-360-5872**

Text: **646-632-8547** or

Find out more:

**[jewishpregnancyhelp.org](http://jewishpregnancyhelp.org)**

\* In Shifra's Arms is a non-partisan social service organization. Our professional counselors are licensed, clinical social workers who offer support during pregnancy and after birth. They cannot provide rabbinical guidance on abortion questions. If a client requests, they do provide sensitive follow-up after miscarriage or abortion.