



# SHIFRA

empowering the unexpected journey

## What if her pregnancy doesn't feel like a blessing?

If pregnancy news is a crisis because of:



Emotional overwhelm



Financial concerns



Relationship stress

Let her know she can lean on SHIFRA

**Text:** 646-632-8547

**Call:** 888-360-5872

### SHIFRA offers:

- ★ Free Professional Counseling
- ★ Financial Aid
- ★ Maternal and Baby Material Aid
- ★ Resource Referrals
- ★ Lifetime Parenting Support Group

*SHIFRA's posek is Rabbi Yitzchak Breitowitz.*

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

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