



# SHIFRA

empowering the unexpected journey

## Pregnant & Worried?

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 counselors are licensed, clinical social workers who offer support during and after pregnancy. This includes sensitive follow-up after miscarriage or abortion as well as ongoing support after birth.*

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

SHIFRA PO Box 7212 Silver Spring, MD 20910