



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

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