

Abortion Services

- **Family Planning Associates**
(562) 595-5653
2777 Long Beach Blvd #200
Long Beach, CA 90806
<http://www.fpawomenshealth.com/locations/long-beach-ca/>
- **Planned Parenthood**
(800) 576-5544 or (800) 230-PLAN
2690 Pacific Ave, Suite 370
Long Beach, CA 90806
<https://www.plannedparenthood.org/>
- **Women's Care Center Torrance**
(310) 715-2323
18051 Crenshaw Boulevard, Suite C
Torrance, CA 90504
<http://www.womensmedcarecenter.com/>

Prenatal Care Services

Prenatal care is important to begin as soon as possible during your pregnancy in order to deliver a healthy baby. This means visiting a doctor who will provide you with information about how to take proper care of yourself during pregnancy and help you with any medical conditions.

If you have health insurance and need assistance finding a provider that is covered by your health plan, please call the Student Health Services at (562) 985-4771 to schedule an appointment with the Referral Nurse.

If you do not have health insurance, you can receive care through St. Mary's Hospital in Long Beach.

- **Mary Hilton Mother & Child Center at St. Mary's Hospital**
(562) 491-9047
<https://www.dignityhealth.org/socal/locations/stmarymedical/services/maternal-child-health/mary-hilton-mother-child-center>
Healthcare Benefits Assistance (Covered California plans and Extended Medi-Cal) and have a Medi-Cal enrollment specialist on site.
 - Free pregnancy tests
 - Ultrasound
 - Prenatal Tests
 - Health Education Classes
 - High Risk Pregnancy Care
 - Prenatal Care Classes
 - Breastfeeding Assistance

Adoption Services

- **The National Pro-choice Adoption Collaborative**
<https://prochoiceadoption.org/>
- **Open Adoption & Family Services**
(800) 772-1115
<https://www.openadopt.org/>

Safe Haven Laws

In California, the Safely Surrendered Baby Law allows an individual to safely give up an unwanted infant with no fear of arrest or prosecution for abandonment as long as the baby has not been abused or neglected. The law does not require that names be given when the baby is surrendered. Parents are permitted to bring a baby within 3 days of birth to any designated hospital staff or designated fire station in the County of Los Angeles. The baby will be placed in a pre-adoptive home while the adoption process gets underway.

Birth Control Information

If you are interested in getting birth control after you have made your decision, the following resources are available.

- **CSULB Student Health Services**
(562) 985-4771
www.csulb.edu/shs
- **Family Planning Associates**
(562) 595-5653
<http://www.fpawomenshealth.com/locations/long-beach-ca/>
- **Planned Parenthood**
(800) 576-5544
<https://www.plannedparenthood.org/>