

Next Step  
Pregnancy Services  
in Lynnwood,  
is a non-profit agency serving those who  
face unplanned pregnancies ~  
regardless of race, color, creed,  
religion or marital status.  
All services are provided  
free of charge.

We are dedicated to serving  
with compassion and dignity the immediate  
and long term needs of those facing  
unplanned pregnancies.

Our aim is to preserve the dignity  
of women in this difficult time by providing  
confidential support, peer counseling,  
truth and friendship.

*We provide a safe place for  
you to come and discuss your  
options and we do not make any  
money off your choice.*

**CALL 425-329-4569  
TOLL FREE  
866-892-5125**

**You are smart.  
You are resourceful.**

**You are not alone ~  
we are here to help.**

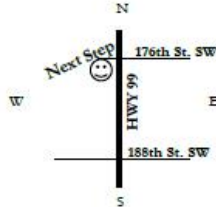


**Bus Information:**

**From Northgate** ~ Metro #346 to Au-  
rora Village Park & Ride, then #101

**From Everett** ~ #201 to Mariner Park  
& Ride then #101

**From Bothell** ~ #121 to Lynnwood  
Park & Ride then #119 to Meadowdale



**17602 HWY 99 Suite 170  
Lynnwood, WA 98037**

# Pregnant?

*Scared?*

*Feeling alone?*

*Need to talk?*



**Next Step**  
Pregnancy Services

Wondering if you are pregnant can be a very scary time. Even under the best of circumstances, it can turn your life upside down and inside out.

There are so many thoughts and questions that go through your head, and it can help to talk to someone in a confidential atmosphere where you will not be judged and you can learn the truth about your options and your choices so you can plan your next step.

**Post Abortion Stress Syndrome in Women**  
Studies have shown some degree of post-abortion trauma or negative effects on individuals who have had an abortion. Although their immediate response may be profound relief, over time a woman may experience regret and loss of her unborn child. Women who suffer after an abortion often feel isolated and alone. Frequently they deny their own feelings, because confronting those feelings is too frightening or painful. Once she comes to a point in her life where she recognizes the need to deal with a past abortion, grief and guilt must be allowed to surface and be resolved. Some symptoms of PAS in women include:

- A desire to replace the baby ~ preoccupation with becoming pregnant again
- Anger
- Anniversary grief ~ on the anniversary of the abortion or due date of the aborted child
- Anxiety
- Avoidance of babies or anything to do with pregnancy or abortion
- Lowered self-esteem
- Depression
- Nightmares or sleep disorders

#### Free Confidential Tests

Next Step Pregnancy Services offers free pregnancy testing and limited OB ultra sound. Because we are operating under the license of a physician, we are a pregnancy medical center allowing our nurses the ability to verify the result of your pregnancy test and our doctor the ability to confirm your diagnosis upon review of the ultra sound report. We have volunteers and nurses that are well trained and able to provide information about all your options, including parenting, adoption and abortion. We specialize in pregnancy diagnosis and referrals.

All information is kept confidential.

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A positive pregnancy test presents a whirlwind of emotions. You will be making one of the most important decisions you will ever face.

First, take time to think. Don't rush into a hasty decision. You have questions ~ we have information.

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Next Step Pregnancy Services offers peer support and practical help for single, pregnant women and low income families. We will do whatever we can to help you, including providing maternity clothes, assisting you in getting pregnancy medical insurance, and researching other local agencies that may be able to help you as well. We understand that this is a delicate time. We also supplement your needs by providing free diapers and baby clothes for the first two years of your child's life.

**www.nextstepnw.com**  
**425-329-4569**  
**866-892-5125**

If you are pregnant, think you are, or know someone who is, we provide the following services free-of-charge in a confidential, supportive atmosphere:

- \* Pregnancy testing and verification
- \* Limited obstetrical ultra sound
- \* Education & information on:

**pregnancy  
abortion  
adoption  
fetal development**

- \* Distribution of maternity & baby clothing
- \* Post-abortion support group referrals
- \* Comprehensive community service resources/referrals
- \* Spiritual discussion
- \* Chastity and Abstinence awareness
- \* Natural Family planning information (for married and engaged couples)



***NEXT STEP PREGNANCY SERVICES***

17602 HWY 99 #170  
LYNNWOOD, WA 98037  
(425) 329-4569

We are a medical pregnancy clinic offering:

- \*free pregnancy testing
- \*free limited OB ultra sound
- \*maternity clothes
- \*formula

- \*monthly assistance with diapers & wipes
- \*baby clothes & blankets
- \*miscellaneous items such as:  
shampoo, baby wash, bibs, socks, etc.

All of our services are free but we don't guarantee items  
will always be available.  
MON-FRI 1PM-6PM

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