

## Services

All services are free and confidential.

If you'd like to schedule a free pregnancy test or talk with a counselor, please call us at 770-889-8302 (office) or 770-899-9070 (helpline).

### Medical and Counseling

- Pregnancy testing and ultrasound
- Prenatal care information
- Breast feeding information and supplies
- Referrals for Medical, Education and Housing
- Compassionate, confidential and nonjudgmental support
- Post Abortion Counseling
- Abstinence Counseling

### Job Training

- Microsoft Office
- Resume and job search
- Office protocol and communication skills

### Parenting Skills Training

- Pregnancy
- Coping skills
- Relationships
- Safety
- Nutrition
- Behavior and discipline

### Extended Support

Whispering Hope offers extended support from a caring, nurturing friend outside the confines of the Center and ongoing support through the decision process. This support program is available for women up to 18 months postpartum.

### God's Healing and Support

Learn about God's healing and forgiveness through one on one and small group support. Compassionate, nonjudgmental help is available if you are struggling with guilt, shame, or any form of heartache, due to an untimely pregnancy or abortion.

### Explore Your Options

Explore your options in the decision making process. Get support in choosing the best options for you, your baby and your family.

### Job Training

A step toward self-sufficiency. Prepare for the future with individualized hands-on computer training based on your skill level.

Free one and a half hour long scheduled classes are held at Whispering Hope on Saturday mornings. You can work at your own pace. After successful course completion and testing, you will work with community staffing agencies to help you find your place in the workforce. Parenting Skills

Helping new parents adjust to life with an infant.

Whispering Hope offers a practical approach to being the best parent possible. The latest information and techniques are provided to help you stay healthy and productive parents. Free one hour classes, held at Whispering Hope are open to anyone in Forsyth County.