

Abortion Support Resources



Compiled by [Birth Mark](#)

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Find an Abortion Provider

Warning: There are anti-abortion groups that falsely advertise unbiased support and target pregnant people who are considering abortion. Many are top results when you search for abortion in search engines. These resources can help you find a real provider.

Choice Connect	Helps you find the nearest abortion provider based on your needs. Detailed referral info for more than 120 abortion providers and clinics across Canada.
Find a Provider SearchTool - National Abortion Federation (NAF)	Search tool to find an abortion provider. Only lists NAF member clinics.
Hotline - National Abortion Federation (NAF)	Toll-free, multi-lingual Hotline for abortion referrals and financial assistance in Canada and the US.
Action Canada for Sexual Health & Rights Access line	A toll-free, confidential phone and text line for questions about sexual health, pregnancy options, abortion, and safer sex. Provides information and referrals to sexual health providers.
Abortion Providers & Pregnancy Options Support Map	A map of abortion providers and pregnancy options support in the greater Toronto and Hamilton regions compiled by Birth Mark.

Pregnancy Decision-Making Support

Unbiased pregnancy options support while you decide what is right for you.

Warning: There are anti-abortion groups that offer pregnancy options counselling that won't include abortion as an option. They will often lie and perpetuate myths that can be scary. Before connecting with an organization that isn't listed below, you can check out this [list of anti-choice organizations by province](#) compiled by the ARCC and this article on [abortion myths and facts](#) by Action Canada SHR.

SHORE centre	Offers several virtual options for emotional support and pregnancy decision-making.
Choice in Health Clinic	Free pre- and post-abortion counselling services with a psychotherapist.
Planned Parenthood Toronto	Eligibility: 13-29 years old. Free decision-making, pregnancy options, and post-abortion support with a therapist. Individual, relationship and group counselling on any topic.
Pregnancy Options Workbook: A Guide for those facing a pregnancy decision	Self-guided booklet to support pregnancy decision-making. Uses reflection questions and statements to explore feelings and readiness for parenting, adoption, and abortion.

Find an Abortion Doula or Support Person

A doula or support person can provide emotional and practical support to someone navigating abortion care. Many provide support before, during, and after an abortion.

If you provide free abortion support, [contact us](#) to be added to this list.

Toronto & Hamilton, Ontario	Birth Mark Toronto & Hamilton Abortion Support Program
Ottawa, Ontario	Ottawa Abortion Doula Collective
Niagara region, Ontario	Niagara Reproductive Justice
Montreal, Quebec	Montreal Abortion Access Project - Projet d'Accessibilité à l'Avortement Montréal (MAAP-PAAM)
Atlantic Provinces	Abortion Support Services Atlantic
Alberta	Alberta Abortion Access Network

After Abortion Support

Warning: There are many anti-abortion groups that offer individual and after abortion support. We don't recommend accessing their support because they can perpetuate harmful myths and abortion stigma.

Before connecting with an organization that isn't listed below, you can check out this [list of anti-choice organizations by province](#) compiled by the ARCC and this article on [abortion myths and facts](#) by Action Canada SHR.

SHORE centre	Offers several virtual options for emotional support and pregnancy decision-making.
Choice in Health Clinic	Free pre- and post-abortion counselling services with a psychotherapist.
Abortion Resolution Workbook	A self-guided workbook to explore emotional and spiritual healing.
Faith Aloud Clergy Counselling line	Connect to compassionate clergy and religious counselors who will listen and offer support without judgment.
Connect & Breathe: After-abortion non-judgemental talkline	Talkline staffed by people trained to listen and provide unbiased support and encouragement of self-care regardless of how long it's been since your abortion.
Abortion Support Group for Heart Healing	Facebook group founded by two therapists to support people at any stage of an abortion journey. If considering joining, please read through the group description and rules. For your privacy, only group members can see the member list but you can consider creating an alternate account to join. Note: This group is working on inclusivity but members sometimes use gendered language.

Legal & Health Rights

You have legal and health rights when it comes to accessing abortion and healthcare. The following information and resources can help answer questions you might have.

[Sexual Rights in Health Care](#), Action Canada

[Abortion: Access & Rights](#), Legalline.ca

[Going to the doctor for sexual health matters](#)

[History of abortion in Canada](#), National Abortion Federation

[Your Rights – Choice in Health Clinic](#)

[Schlifer Clinic](#) - resources for racialized survivors of violence

Reproductive Coercion Support through [PPO](#)

Youth-focused Resources	
Sexual Rights in Health Care , Action Canada	Answers important questions about Sexual rights and Health Care access, including: <ul style="list-style-type: none"> ● What can I expect? ● What am I entitled to when I see a Healthcare Provider? ● What Happens if my rights are not upheld?
Facing an unplanned pregnancy as a young person , Action Canada	Explore options and resources for an unplanned pregnancy.
Planned Parenthood Toronto	Eligibility: 13-29 years old. Peer support, Counselling with a therapist, and resources.
Native Youth Sexual Health Network	
Find a youth-friendly sexual health service , Action Canada	

Abortion Information	
Resources to help you plan and prepare for an abortion experience. This information is not meant as a substitute for information and advice from a healthcare provider.	
Abortion Factsheet , Planned Parenthood Toronto	Info on abortion procedures, access in and around Toronto, costs, FAQs, and available supports.
Abortion Services - Choice in Health Clinic	Videos describing surgical, medication, and virtual medication abortions at Choice in Health Clinic.
Abortion: What to Expect , National Abortion Federation	
Sam's Medication Abortion Zine	Follow Sam's story as they find out they are pregnant, consult with a friend, learn that medication is an option for abortion, take the pills, and deal with some of the symptoms and side effects of the medication. Created by the Reproductive Health Access Project
Abortion Myths & Facts , Action Canada	Explores many common myths about abortion.
A Difficult Choice (Ending a Pregnancy) , PAIL Network	This booklet contains a lot of valuable information on pregnancy and abortion options, and what to expect. It does however use the language of family, loss, and pain which may or may not be how you feel about your abortion.
Information for Queer & Trans people on Abortion , ARCC	Two brochures including: <ul style="list-style-type: none"> • Trans & Non-binary People and Abortion pamphlet • 2SLGBTQ+ People and Abortion pamphlet

<h2>Self-Guided Support Tools</h2> <p>Zines, booklets, & workbooks to explore on your own or with a support person.</p>	
DIY Doula Zine	Self-Care for Before, During, & After Your Abortion. More info: www.diydoula.org
Abortion Resolution Workbook	A guide to explore emotional and spiritual healing.
Abortion Intentions Care Plan	A guide to help you set intentions for yourself before, during, and after a medical abortion.
Abortion Affirmation Cards (downloadable poster formats)	Created by Stacie Balkaran based on affirmations shared that helped folks through their abortions.
Abortion Affirmation Cards (post with individual cards)	
Abortions Welcome	Abortions Welcome is a pro-choice spiritual companion for use before, during, and after abortion. Find meditations, rituals, stories, and scripture curated for different parts of the abortion process.

<h2>Peer Support Spaces & Talklines</h2> <p>Services and spaces to connect with others and receive support from peers.</p>	
All-Options Talk Line	Peer-based counseling and support for pregnancy, parenting, abortion, adoption. Accessible in Canada - may be asked to leave a message if someone isn't available
Faith Aloud Clergy Counselling line	Connect to compassionate clergy and religious counselors who will listen and offer support without judgment.
Connect & Breathe: After-abortion non-judgemental talkline	Talkline staffed by people trained to listen and provide unbiased support and encouragement of self-care regardless of how long it's been since your abortion.
Peer Education and Support - Planned Parenthood Toronto	Eligibility: 13-29 years old. Information and support on sexual and reproductive health issues from a peer. Sex-positive, inclusive, non-judgmental and pro-choice.
Abortion Support Group for Heart Healing	Facebook group founded by two therapists to support people at any stage of an abortion journey. If considering joining, please read through the group description and rules. For your privacy, only group members can see the member list but you can consider creating an alternate account to join. Note: This group is working on inclusivity but members sometimes use gendered language.

Counselling & Emotional Support	
Choice in Health Clinic	Free pre- and post-abortion counselling services with a psychotherapist.
Planned Parenthood Toronto	Eligibility: 13-29 years old. Free decision-making, pregnancy options, and post-abortion support with a therapist. Individual, relationship and group counselling on any topic.
SHORE centre	Offers several virtual options for emotional support and pregnancy decision-making.
Birth Mark Toronto & Hamilton Abortion Support Program	Offers abortion doula support before, during, and after an abortion of any kind.

Religious and Spiritual Resources

religious and spiritual resources that you may find helpful as you navigate your pregnancy options, decisions, or experiences.

[Faith Aloud Clergy
Counselling line](#)

If you have spiritual concerns about abortion or pregnancy decisions, Faith Aloud is here to walk with you. Connect to compassionate clergy and religious counselors who will listen and offer support without judgment.

[Spiritual Resource List - Faith Aloud](#)

[Religious Coalition for Reproductive Freedom](#)

Abortion Storytelling

spaces to share and read abortion stories

[Exhale Community Submissions](#)

[Shout Your Abortion \(SYA\)](#)

[We Testify](#)

Articles & Books

to support self-care, healing, and resilience

[Ideas for Self-Care after an abortion](#) (Exhale.org)

[The Healing Choice: Your Guide to Emotional Recovery After an Abortion](#)

Resources for Providers

[Trans-Inclusive Abortion Services: A Manual for Operationalizing Trans-Inclusive Policies and Practices in an Abortion Setting](#)

[National Abortion Federation](#)