



Pregnancy counseling services are available statewide in Nebraska & Pottawattamie County, Iowa

Council Bluffs - (712) 242-1040
Fremont - (402) 721-1774
Lexington - (308) 324-6400
Lincoln - (402) 435-2910
North Platte - (308) 532-0587
Omaha - (402) 661-7100

Call your nearest office or the toll free number for statewide services.
1 (800) 267-9876.

 **Lutheran Family Services**
of Nebraska, Inc.

www.lfsneb.org

Children Services Center
124 South 24th Street, Suite 200
Omaha, NE 68102



Accredited by the Council
on Accreditation



United Way Affiliate

“I already have two children and I don’t have the ability to parent another child. LFS helped me to make an adoption plan that would meet the needs of all of my children.”

- Sheryl, 29

We invite you to support the work of Lutheran Family Services. For more information about programs, to volunteer or to make a charitable gift, visit
www.lfsneb.org,
call (402) 342-7038 or email info@lfsneb.org



Pregnancy Counseling

Children Services

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An unexpected pregnancy changes your life. Suddenly, you are faced with major decisions. Loneliness, confusion and fear can overwhelm you.

If you find yourself in this situation, you can receive help from our experienced counselors. They will help you explore your options confidentially and without pressure or judgment. They will respect your wishes.

Counseling

Confidential pregnancy counseling is available at Lutheran Family Services at no cost. You, the father of your child, and both of your families can obtain counseling until six months after delivery. In counseling, you are encouraged to explore your feelings about the pregnancy, tell significant others and examine your options.

Parenting Support

You may decide to parent your child. If so, our counselors will help you prepare for your child's birth, learn about infant care, secure housing and other needed materials, and arrange for child care.

These services are also available:

- Referrals for prenatal care and other medical care
- Referrals for labor and delivery education
- Help to secure housing or other living arrangements
- Referrals for education and vocational training
- Parenting and child development education
- Adoption planning



“At Lutheran Family Services, I didn't feel alone anymore. I didn't have to make any quick decisions. I explored all my options without pressure.”

- Jennifer, 19

Adoption

You may choose to make an adoption plan. Your goals and current circumstances may contribute to the decision you make for your baby. Whatever your reasons, your wishes are always respected in adoption planning.

When the choice for adoption is made, the staff of Lutheran Family Services believes an open adoption will best serve your needs and the child's needs. We will assist you in selection, meeting and developing a lifelong relationship with the adoptive family.

An open adoption has four characteristics:

- Birth parents select the adoptive family
- Birth and adoptive families have face-to-face contact
- Both families exchange full identifying information
- Both families establish and maintain an ongoing relationship

“When I decided on adoption, I chose the couple who would parent my baby. They were at the hospital when my baby was born. We have a close relationship today and see one another regularly. I know my daughter is happy and loved.”

— Bethany, 17