




PLAN

Love. Care. Thrive.



Our mission is to make Northern Virginia a place where every child is loved, every woman is cared for, and every family is thriving. We do this by fostering collaboration among life-affirming organizations to maximize awareness of and access to our services and additional public assistance programs.

PLAN OBJECTIVES

ENGAGE WITH LIFE-AFFIRMING ORGANIZATIONS

Fully educate supporters on opportunities to engage with life-affirming organizations in their community. Those opportunities include involvement as donors, volunteers, and (when applicable) clients/patients.

HELP WOMEN AND FAMILIES FIND RESOURCES

Help women and families find resources and social services that help their health and relationships flourish. There is a special focus on women with unplanned pregnancies.

BUILD PUBLIC AWARENESS OF LIFE-AFFIRMING OPTIONS

Build public awareness that comprehensive life-affirming options exist for women in unplanned pregnancies, and show that we care about not just the child, but all the needs of the woman, family, and community.

Now is the time for truthful options, honest support and the long term resources needed to empower women and their families. PLAN is about bringing all of our assets together to assist those in our region who need our services. Together we are better!”

-Kirk Gillespie,
First Care Women’s Health/ Care Net PRCs
PLAN Region 4 Leader



PLAN SERVICE CATEGORIES

ADOPTION GROUPS

COMMUNITY EDUCATION OR POLICY GROUPS

FERTILITY EDUCATORS

INFANT LOSS SUPPORT GROUPS

MATERNITY HOMES/HOUSING

MEDICAL CARE PROVIDERS

POST-ABORTION RECOVERY AND HEALING

PREGNANCY, BIRTH, PARENTING SUPPORT ORGANIZATIONS

PREGNANCY CENTERS

PROFESSIONAL COUNSELORS

PLAN REGIONS

REGION-WIDE/OUTSIDE REGION

Organizations outside the 7 regions or without a geographic headquarters.

REGION 1

Alexandria, City of Fairfax, Fairfax County, and Falls Church

REGION 2

Arlington County

REGION 3

Loudoun County

REGION 4

Prince William County, Manassas, and Manassas Park

REGION 5

Culpeper, Fauquier County

REGION 6

Clarke County, Frederick County, Warren County

REGION 7

Fredericksburg, King George County, Stafford County, Spotsylvania County

WE PROVIDE TWO DIRECTORIES FOR THE NORTHERN VIRGINIA AREA

DIRECTORY 1: ALLIES OF PLAN

A list of allied life-affirming organizations in the Northern Virginia area, committed to collaboration.

DIRECTORY 2: PUBLIC ASSISTANCE PROGRAMS

Additional resources from a wide-variety of organizations for women and families, organized by need and region.

VISIT PLANVA.ORG TO ACCESS THESE DIRECTORIES.



"We need PLAN. Everyone is trying to do their own thing, but if we would just work together and organize our movement, we could literally change the culture, where children and families thrive and communities support one another."

- Meaghan Lane,
Catholic Charities of the Diocese of Arlington,
Pregnancy and Adoption Services
PLAN Board of Managers Member

PLAN ORGANIZATIONS BY SERVICE CATEGORIES

VISIT PLANVA.ORG TO ACCESS THE FULL DIRECTORY.

ADOPTION GROUPS

- **America World - International Group Based Locally**
awaa.org
- **Bethany Christian Services**
impregnant.org
- **Catholic Charities of the Diocese of Arlington Pregnancy and Adoption Services**
ccda.net/Need-Help/Pregnancy-and-Adoption/I-m-Pregnant
- **Christian Alliance for Orphans - International Group Based Locally**
cafo.org
- **Siena Adoption Services**
sienaadoptionsservices.com

COMMUNITY EDUCATION OR POLICY GROUPS

- **40 Days for Life - NOVA Chapters**
40daysforlife.com
- **American Life League - National Group Based Locally**
all.org
- **Anglicans for Life - NOVA Chapters**
anglicansforlife.org
tfcafl.org
- **The Center for Conservative Women - National Group Based Locally**
cblwomen.org
- **Charlotte Lozier Institute - National Group Based Locally**
lozierinstitute.org
- **Concerned Women for America - National Group Based Locally**
concernedwomen.org
- **Democrats for Life - National Group Based Locally**
democratsforlife.org
- **Divine Mercy Care**
divinemerccare.org
- **Family Foundation of Virginia - Statewide**
familyfoundation.org
- **Feminists for Life of America - National Group Based Locally**
Feministsforlife.org
- **Gospel Advocacy and Leadership Foundation**
gospeladvocacyandleadership
foundation.org

- **Hosea Initiative - National Group Based Locally**
hosea4you.org
- **Human Life International - International Group Based Locally**
hli.org
- **Life Runners - NOVA Chapters**
liferunners.org
- **Lutherans for Life - NOVA Chapter 168**
lutheransforlife.org
- **March for Life Virginia - Statewide**
marchforlife.org
- **MyBodyMyWorship**
mybodymyworship.org
- **National Right to Life - National Group Based Locally/Virginia Society for Human Life - Statewide**
nrlc.org
- **Population Research Institute - National Group Based Locally**
pop.org
- **The Radiance Foundation - National Group Based Locally**
theradiancefoundation.org
- **Silent No More Awareness - NOVA Chapter**
silentnomoreawareness.org
- **Students for Life - National Group Based Locally/ Students for Life - NOVA Chapters**
studentsforlife.org
- **Susan B. Anthony List - National Group Based Locally**
sba-list.org
- **Young America's Foundation - National Group Based Locally**
Yaf.org

FERTILITY EDUCATORS

- **Couple to Couple League - NOVA Teacher(s)**
ccli.org
- **Holy Family Fertility Care**
holyfamilyfertilityeducation.com
- **The Marquette Model -NOVA Teacher(s)**
nfp.marquette.edu
- **Metro DC FertilityCare RN**
MetroDCfertilitycareRN.com
facebook.com/FertilityCareRN

- **Saint Teresa's Fertility Care Center**
facebook.com/fertilitycarecavanaugh

INFANT LOSS SUPPORT GROUPS

- **A Mom's Peace**
amomspiece.org
- **Daughters of Grace Doula Services**
humblemissionbeads.com
- **Embracing Grace**
embracinggraceva.org
- **FiLumena Bereavement**
filumenabirth.com
- **Miscarriage Matters, Inc. - National Group Based Locally**
mymiscarriagematters.org

MATERNITY HOMES/HOUSING

- **Carried to Full Term**
carriedtofullterm.org
- **Good Shepherd Alliance**
goodshepherdalliance.org
- **Mary's Shelter**
marysshelterva.org
- **New Eve Maternity Home**
newevematernityhome.org
- **Paul Stefan Foundation**
paulstefanhome.org
- **St. Margaret of Cortona Family Residences**
ccda.net/Need-Help/Housing/Family-Housing-(St--Margaret)

MEDICAL CARE PROVIDERS

- **Mother of Mercy Free Medical Clinic**
ccda.net/Need-Help/Medical-and-Counseling/Free-Medical-Clinic/
- **Tepeyac OB/GYN**
tepeyacobgyn.com
 - **Kristen Anderson Perinatal Hospice Program/Tepeyac OB/GYN**
tepeyacobgyn.com/services/perinatal-hospice-care

POST-ABORTION RECOVERY AND HEALING

- **Abortion Healing at Churches/Organizations**
 - Cornerstone Chapel, Surrendering the Secret
cynthia37h@gmail.com
 - McLean Bible Church, Forgiven and Set Free
women@mcleanbible.org
 - The Falls Church Anglican, SaveOne
TFCASaveOne@gmail.com

- **Abortion Healing at Pregnancy Centers**

- Choices Women's Center:
fredericksburgchoices.com
- Care Net Pregnancy Resource Centers
firstcarewomen.com
- Metro Women's Care - Annandale
metrowomensva.com
- Mosaic Virginia
mosaic-virginia.org
- NOVA Pregnancy Help Center
Fairfax and Alexandria/Sanctity of Life Ministries
novapregnancy.org
slmgetinvolved.org
- Warrenton Pregnancy Center
warrentonpregnancycenter.org
- **Project Rachel Post-Abortion Healing Ministry**
helpafterabortion.org

PREGNANCY, BIRTH, PARENTING SUPPORT ORGANIZATIONS

- **The Baby Closet**
svdpstfaustina.org/navbabycloset
- **Catholic Charities of the Diocese of Arlington Pregnancy and Adoption Services**
ccda.net/Need-Help/Pregnancy-and-Adoption/I-m-Pregnant
- **Cathy Harris Childbirth, Pregnancy, and Breastfeeding Educator**
birthtoblessing.com
- **Embrace Grace - NOVA Chapters**
embracegrace.com
- **FiLumena Birth**
filumenabirth.com
- **Heaven & Birth**
heavenandbirth.com
- **YoungLives - NOVA Chapters**
younglivesdc.younglife.org
northernstafford.younglife.org
fredericksburg.younglife.org

PREGNANCY CENTERS

- **A Best Choice Mobile Ultrasound and Pregnancy Resource Center**
abestchoice.us
- **A Woman's Choice - Falls Church and Herndon**
awomanschoicecenter.com
- **Abbacare**
abbacare.org
abbacarepartners.org
- **Birthmother Ministries, Inc.**
birthmothers.org
birthmotherministries.org

- **Birthright International - Fredericksburg, Loudon, Manassas, Woodbridge**
birthright.org
- **Care Net - National Group Based Locally**
care-net.org
- **Choices Women's Center**
fredericksburgchoices.com
cwcpartner.org
- **First Care Women's Health - Manassas and Woodbridge/Care Net Pregnancy Resource Centers**
firstcarewomen.com
voice4life.org
- **Front Royal Pregnancy Center**
frontroyalpregnancy.org
- **Gabriel Project Pregnancy Assistance Ministry**
helpforpregnantwomen.org
- **Options DMV/HOPE in Northern Virginia**
hopeinnova.org
friendsofhopeinnova.org
- **MaRiH Center**
marih.org
- **Metro Women's Care - Annandale**
metrowomensva.com
- **Mosaic Virginia**
mosaic-virginia.org

- **NOVA Pregnancy Help Center - Fairfax and Alexandria/Sanctity of Life Ministries**
novapregnancy.org
slmgetinvolved.org
- **ThirVe Women's Healthcare of Central Virginia / The Pregnancy Centers of Central Virginia**
thrivecentralva.org
partner.virginiapregnancy.org
- **Warrenton Pregnancy Center**
warrentonpregnancycenter.org/
wpcpartners.org

PROFESSIONAL COUNSELORS

- **Alpha Omega Clinic**
aoclinic.org
- **Catholic Charities Family Services**
ccda.net/about-us/our-locations/
programs-and-services-in-
fredericksburg
- **Fountain of Life**
fountainoflife.us
- **Christina M. Schultz**
christinamschultz.com



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