

Northern Virginia Region



*Collaborating for
Comprehensive Care*

PLAN (The Pregnancy and Life Assistance Network) facilitates collaboration between assistance programs and their communities in order to empower women and families through comprehensive medical, social, and material support.

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PLAN GOALS

CONNECTING AND AIDING ASSISTANCE PROGRAMS

We will help programs connect and collaborate to aid in fulfilling their mission to serve women and families. These connections are the core of PLAN and informs all of what we do.

CONNECTING AND ENGAGING THE COMMUNITY

We want communities to know where to find help for themselves and others, and to actively engage in programs that serve women and families.

DEVELOPING STRATEGIES TO FILL SERVICE GAPS

By developing comprehensive lists of services, we will identify underserved geographic regions and categories of care that are currently unavailable. With this clear understanding of need, the entire network can work together to fill those gaps.

“We need PLAN...if we would just work together and organize...we could 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

Directories of Programs for Women and Families

PRIMARY NETWORK: Collaborates to serve women and families but are not formally or legally affiliated and do not perform or refer for abortion.

EXTENDED NETWORK: Assistance programs are listed based on publicly available information and may not meet requirements to be in the PLAN primary network.

VISIT PLANFORHER.ORG TO ACCESS THESE DIRECTORIES

PLAN SERVICE CATEGORIES

1. FORMING HER PLAN

- Pregnancy Help and Case Management

2. HER HEALTH AND WELL-BEING

- Women's Health Medical Services
- Women's Health Support Services
- General Health Services

3. FINANCIAL ASSISTANCE, WORK, OR EDUCATION

- Financial Assistance
- Work Opportunities
- Education Opportunities

4. MATERIAL OR LEGAL SUPPORT

- Transportation
- Food and Nutrition
- Clothing, Household Goods, and Baby Supplies
- Housing, Shelters, and Maternity Homes
- Legal Support

5. RECOVERY AND MENTAL HEALTH

- Addiction or Suicide Intervention
- Intimate Partner Violence, Rape, Assault, or Sex Trafficking
- Counseling for Women and Families
- Abortion Recovery and Healing

6. PRENATAL OR PERINATAL DIAGNOSIS

- Disability Support Organizations
- Medical Interventions for Baby
- Perinatal Hospice Resources
- Pregnancy and Infant Loss Support

7. CARE FOR CHILDREN

- Childcare Help
- Children's Healthcare
- Family and Parenting Education
- Adoption Services
- Foster and Short-Term Care

PLAN NORTHERN VIRGINIA SUB-REGIONS

SUB-REGION 1

City of Fairfax, Fairfax County,
Falls Church

SUB-REGION 2

Arlington County, Alexandria

SUB-REGION 3

Loudoun County

SUB-REGION 4

Prince William County,
Manassas, Manassas Park

SUB-REGION 5

Culpeper, Fauquier County,
Rappahannock County

SUB-REGION 6

Clarke County, Frederick
County, Winchester, Warren
County

SUB-REGION 7

Fredericksburg, King George
County, Stafford County,
Spotsylvania County

REGION-WIDE/ OUTSIDE REGION

Organizations outside the
7 regions or without a
geographic headquarters.



“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**