



## Collaborating for Comprehensive Care

PLAN *for her* (Pregnancy and Life Assistance Network) facilitates collaboration between assistance providers and their communities to empower women and families through comprehensive medical, social, and material support.

**[planforher.org](http://planforher.org)**  
**[info@planforher.org](mailto:info@planforher.org)**

# PLAN GOALS



## **CONNECT AND AID ASSISTANCE PROVIDERS**

We help providers collaborate to aid in fulfilling their mission to serve women and families. These connections are the core of PLAN and inform all we do.



## **CONNECT AND ENGAGE COMMUNITY ORGANIZATIONS**

We want communities to actively support providers that serve women and families. Communities will also benefit from knowing where to find help for themselves and others.



## **STRATEGIZE TO FILL SERVICE GAPS**

We work with the PLAN network to analyze geographic and service gaps revealed by our directories. With this information, we engage assistance providers and community organizations to develop strategies to create or expand programs in areas of need.

“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, Program Director,  
Catholic Charities of the Diocese of Arlington,  
Pregnancy and Adoption Services

## **Help for Pregnant/Parenting Women and Families**

### **PRIMARY NETWORK:**

Assistance providers collaborate to serve women and families but are not formally or legally affiliated and do not support or refer for abortion.

### **EXTENDED NETWORK:**

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

**VIEW DIRECTORIES AT [PLANFORHER.ORG](http://PLANFORHER.ORG)**

# **PLAN SERVICE CATEGORIES**

## **1. MENTORSHIP**

- Pregnancy help or case management

## **2. HEALTH AND WELL-BEING**

- Women's medical services (e.g. ob/gyn)
- Support services for women (e.g. breastfeeding)
- General health services (e.g. primary care, dental)

## **3. FINANCIAL ASSISTANCE, WORK, OR EDUCATION**

- Financial assistance
- Work opportunities
- Education opportunities

## **4. MATERIAL OR LEGAL SUPPORT**

- Transportation
- Food or nutrition
- Clothing, household goods, or baby supplies
- Housing, shelters, or maternity homes
- Legal support

## **5. RECOVERY AND MENTAL HEALTH**

- Addiction or suicide intervention
- Intimate partner violence, sexual assault, or sex trafficking
- Counseling for women and families
- Abortion recovery and healing

## **6. PRENATAL DIAGNOSIS**

- Disability support organizations
- Medical interventions for baby
- Perinatal hospice resources
- Pregnancy or infant loss support

## **7. CARE FOR CHILDREN**

- Childcare help
- Children's health care
- Family and parenting education
- Adoption services
- Foster or short-term care

“It troubles me deeply to think that if there were a substantial increase in unplanned pregnancies and births—our community would be completely unprepared to support these mothers and children. The caring and compassionate thing to do is to be ready to help. That is the reason for PLAN.”

-Cheryl Bachelder, Former CEO,  
Popeyes Louisiana Kitchen,  
and Author of *Dare to Serve*



Endorsed by the  
American College of Pediatricians.  
Learn more at [acpeds.org](http://acpeds.org)



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