How to Access Abortion in Niagara

Part of Niagara Reproductive Justice's
*"**Actually Accurate Information**" Zine Series*

Created by Niagara Reproductive Justice

Updated Jan 2023

STEPS TO ACCESS ABORTION IN NIAGARA

See the following pages for more details!

1. Call the Niagara Region Sexual Health Centre at (905) 688-3817.
2. Call the abortion clinic and make an appointment.
3. Determine how you will get to your appointment(s) and what you will need.
4. Prepare for the appointment and for afterward.
5. Beware of fake clinics posing as abortion clinics!

STEP 1

Talk about your options (if you want) and get a referral

Call the **Niagara Region Sexual Health Centre** at (905) 688-3817. Hours: M-F 8:30am-4:30pm, closed for lunch 12pm-1pm.

If you want to talk about your pregnancy options, a nurse can chat with you over the phone.

A nurse can also walk you through the different abortion options and help you figure out what's best for you.

They can provide you a referral to the Niagara abortion clinic or help you get in touch with an abortion clinic outside of Niagara, which do not require a referral.

Other Options

Action Canada Access Line

1-888-642-2725
Confidential 24-hour Canada wide toll free number that provides information on reproductive and sexual health and referrals on pregnancy options. May need to leave a voicemail.

Choice Connect Abortion Referral App

Web app provides referrals to closest abortion provider in your area.

MORE INFORMATION ABOUT THE SEXUAL HEALTH CENTRES

You do not need a health card.

You can choose to remain anonymous (unless a referral is needed).

You must call to make a same-day or next-day appointment.

Staffed by nurses who provide STI testing and treatment, birth control at a reduced price, pregnancy testing, the morning after pill, unplanned pregnancy options counselling, and free condoms.

905-688-3817
Monday - Friday 8:30am-4:30pm
Closed for lunch 12pm-1pm

You can also message a nurse through the sexual health **live chat**, Monday to Friday 8:30 a.m. - noon and 1 - 4 p.m
http://bit.ly/3HlLFc2

LOCATIONS

Niagara Falls - 7835 McLeod Rd
St. Catharines - 277 Welland Ave.
Welland - 200 Division St.

TYPES OF ABORTION

Medication	Procedural
Up to 10 weeks pregnant	Up to 24 weeks pregnant (in Canada)
A series of pills taken at home	A small procedure that takes place in a clinic
Can take 24-48 hours	Usually takes 15-20 minutes
Requires one appt and possibly a trip to the pharmacy	May only require one appt, or may require appts spanning 2-3 days

STEP 2

Book the abortion at a clinic.

You can skip this step if you received a referral to the abortion clinic in Niagara. Instead, follow the instructions provided to you by the person or clinic that referred you.

Once you've had a chance to talk about your options and choose an abortion clinic, you need to book your appointment.

A Sexual Health Centre nurse can help you figure out which clinic you want to go to and tell you how to contact them.

For an overview of the abortion clinics in the Niagara Region, Hamilton, and the GTA, visit www.niagarareproductivejustice.com/docs/abortion-clinics.

For the most accurate and up-to-date info, contact the clinic directly.

STEP 2 (CONTINUED)

Book the abortion at a clinic.

The abortion clinic will walk you through what to expect and how to prepare.

Your appointment may last a few hours, or you may need multiple appointments spanning 2 or 3 days. This will depend on the type of abortion and the clinic.

COST

If you have a valid OHIP card, both types of abortion are fully covered. There may be a $50-$70 booking fee that is not covered by OHIP.

If you don't have OHIP or you have a different type of health insurance, see www.niagarareproductivejustice.com/docs/abortion-cost-breakdown-by-clinic.

For the most accurate and up-to-date info, contact the clinic directly.

STEP 3

Figure out what you'll need

Here are some things to think about:

- How will you get to your appointment(s)?
- Does the clinic require somebody to be there afterward to drive you home?
- Will you need to stay overnight out of town?
- Do you need to take time off work/school/caregiving?
- Will you need financial support?
- Do you have a safe place to recover afterward?
- What might you need afterward for your physical and emotional comfort?

If you don't have OHIP, you may need to receive pre-approval from your insurance company. **For more info,** contact your clinic or visit www.niagarareproductivejustice.com/docs/abortion-cost-breakdown-by-clinic.

NEED FINANCIAL SUPPORT OR TRANSPORTATION?

NRJ's Abortion & Reproductive Support Network

Transportation
Funding
Overnight accommodations
Post-abortion supplies

Contact us!

support@niagarareproductivejustice.com
IG & FB: @NiagaraReproductiveJustice

You can also call the
Action Canada Access Line
1-888-642-2725.

This is a confidential, Canada-wide number that provides information, funding, and logistical support. You may need to leave a voicemail and they will get back to you soon.

STEP 4

Prepare for the appointment and for afterward

Make sure you have a safe place to take the medication (if you're having a medication abortion) and recover afterward.

Some supplies you might want to have on hand:

- Over-the-counter pain medication like ibuprofen
- Heat pack
- Tea
- Pads
- Face/body wipes
- Ginger ale

Contact NRJ and we can provide these supplies to you for free!

STEP 4 (CONTINUED)

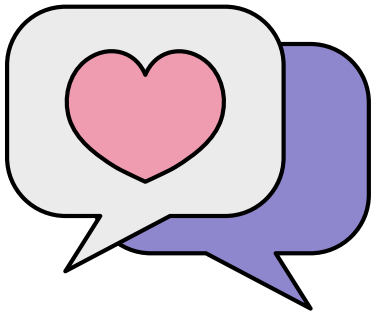
Post-abortion emotional support

It is normal to feel a range of emotions after an abortion, or to not feel anything at all! Whatever you're feeling, it's okay.

If you want post-abortion emotional support, you can contact the

All-Options Talkline
1-888-493-0092

They are a peer-based talkline that can provide support.



OR
find more resources at
www.niagarareproductivejustice.com/support

STEP 5

Be aware of fake clinics posing as abortion clinics

In Niagara there are some organizations that pretend to be able to help you get an abortion, but in reality they are actually against abortion and will give you the wrong information on purpose. It can be very hard to identify these organizations for what they are.

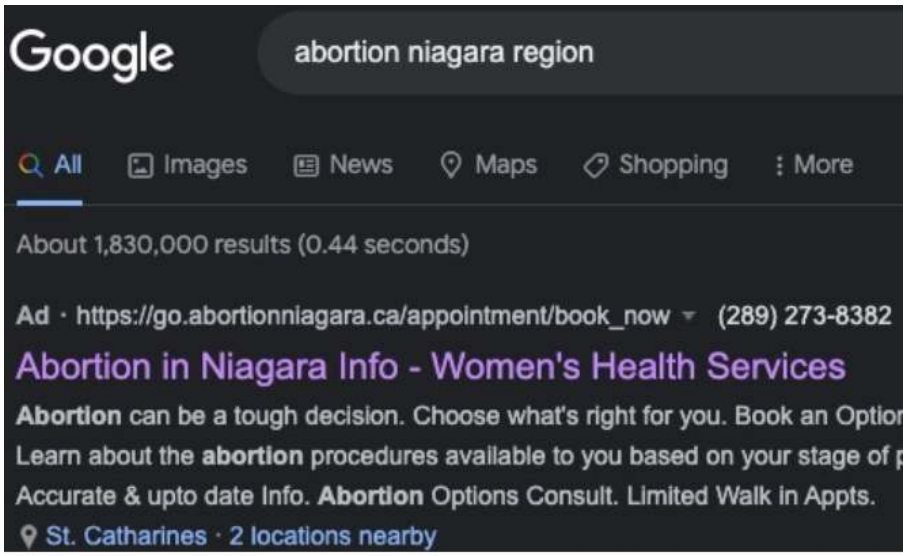
THERE ARE 7 ANTI-ABORTION FAKE CLINICS IN THE NIAGARA REGION.

Clarity Pregnancy Options (St. Catharines, Welland, and Niagara Falls)
Niagara Life Centre (St. Catharines)
Grimsby Life Centre
South Niagara Life Ministries (Fort Erie and Port Colborne)

STEP 5 (CONTINUED)

Be aware of fake clinics posing as abortion clinics

These fake clinics put up ads online that make it seem like they offer abortion, like this one:



This may seem like a good place to go, but it actually directs to Clarity Pregnancy Options, which is an anti-abortion fake clinic. When you are researching your options, be really careful that you are not accidentally booking an appointment at a fake clinic!

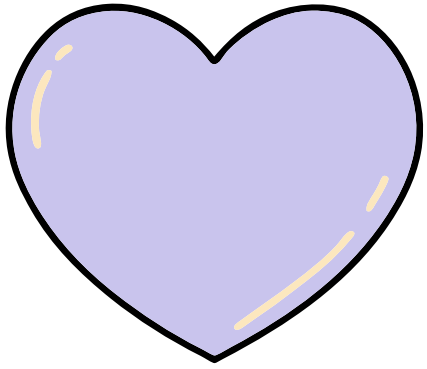
STILL NOT SURE WHAT TO DO? NEED HELP?

Contact NRJ at

support@niagarareproductivejustice.com

We will get back to you within 24 hours! You can also leave your phone number and request a call back instead.

Or you can DM us on Instagram or Facebook:
@NiagaraReproductiveJustice



FREQUENTLY ASKED QUESTIONS

Is abortion dangerous?

Abortion is normal and safe. In 2019, a study of the safety of abortion in Canada published by the Canadian Medical Association found that about 0.16% of procedural abortions had severe adverse outcomes, whereas childbirth had a 1.38% rate of severe adverse outcomes (or over 8x higher than procedural abortion).

"Abortion services in Canada: access and safety" (Schummers & Norman, 2019).

What if I'm more than 24 weeks pregnant?

You will need to go to the United States to have an abortion past 24 weeks pregnant. There are 3 clinics that accept OHIP, so the procedure will still be covered if you have OHIP. NRJ can help you figure out the logistics and access the funding you need to travel there and back. Reach out to us at support@niagarareproductivejustice.com.

What if I have multiple abortions in a year or in my lifetime?

There are no health risks associated with having multiple abortions. Abortion is a safe and normal part of your healthcare. If you have concerns, talk to your doctor or the abortion clinic.

How can I help others safely access abortion?

Learn the information in this zine and be ready to help others who come your way! You can also email volunteer@niagarareproductivejustice.com if you're interested in joining our organizing team!

Report Anti-Choice Activity:
bit.ly/ReportAntiChoicers

Share your Healthcare Experiences in Niagara:
bit.ly/sharewithNRJ

Need Abortion Support? Email
support@niagarareproductivejustice.com

nrj niagara reproductive justice

NRJ is a group of community members in the Niagara Region of Ontario advocating for increased visibility of and access to sexual health resources in Niagara.

Stay in touch!

Niagara Reproductive Justice

@niagarareproductivejustice

niagarareproductivejustice.com

Contact us!

niagarareproductivejustice@gmail.com

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