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LEARNING ABOUT YOUR OPTIONS WHILE THINKING ABOUT
STARTING A FAMILY OR ADDING A CHILD TO YOUR FAMILY:

RESEARCH A TOPIC

REPRODUCTIVE ASSISTANCE

DONOR EGG / DONOR SPERM

SURROGACY

ADOPTION

FOSTER CARE

CHILD FREE

PREGNANCY

WAYS TO LEARN

READ BOOKS, ARTICLES AND NEWSLETTERS

ENROLL IN CLASSES

COLLECT INFORMATION, SHEETS AND HAND-OUTS

ATTEND LECTURE SERIES

UTILIZE INTERNET

PARTICIPATE IN SPECIAL EVENTS

JOIN SUPPORT GROUPS

EXPLORE COUNSELING

HIRE A PROFESSIONAL GUIDE

NETWORK WITH OTHER INDIVIDUALS OR COUPLES WHO ARE PARENTING
OR CHILD-FREE. LEARN ABOUT THEIR JOURNEY AND HEAR
THEIR STORIES.