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OPTIONS CLINIC OFFERS FREE, CONFIDENTIAL SERVICES TO NEW PARENTS

HELENA, MT— Options Clinic, a pregnancy support center, has resumed all regular operations, offering confidential services for new parents and pregnant moms in Helena and the surrounding area. Options is an accredited medical clinic offering free pregnancy testing, ultrasound exams, educational services, counseling, and community referrals. STD testing and treatment are available at a low cost.

According to Chief Executive Officer Tracy Ullrey, “We remained open throughout the COVID-19 pandemic and in fact saw increased demand for pregnancy and STD testing.” Other services, however, were curtailed. Just recently Options resumed its daily educational programs and weekly mental health support services.

The clinic helps parents navigate the many questions and issues they face and helps them learn about their choices, and how to be the best parents possible.

Their KidsSmart program helps new parents navigate the parenting journey, offering topics ranging from prenatal care to emergency first aid. Parents completing lessons earn credit for the clinic’s Baby Boutique, which offers clothes, diapers, car seats, and other baby supplies.

Parents may also earn Baby Boutique credits through a suite of Life Skills lessons. Courses include Money Management, Time Management, and Menu Planning.

Ullrey says, “We are always looking for donations for our Baby Boutique. The items we are usually short on are newborn and size 1 diapers, wipes, and car seats.”

Options’ hours are 11 a.m.-4 p.m. Monday through Thursday, and 8:30 a.m.-12:30 p.m. Friday. For more information or to make an appointment, call 406-422-1011 or visit optionshelena.org. Walk-ins are welcome at their 1005 Partridge Place, Suite 1 location, just west of North Montana Ave. and north of Custer Ave.

The clinic is funded in part by the Gianforte Family Foundation and individual donors. To support the clinic, visit optionshelena.org/donate.

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