

There is help

Cornerstone can take you through the options that are available to you.

We will give impartial, non directive information along with confidential and caring support, whatever decision is reached.

We can help you work through your thoughts and feelings. We can listen to you individually and together.

There is a lot of support available. Don't feel you have to work this all out on your own - we are here to help.

Remember, whatever your thoughts, feelings and ideas are they are important too.

Call us today!

We offer free pregnancy tests along with the time and space to help you make the right decision. You can be sure of professional, caring support.

Contact us*

1a Trinity Place
Huntingdon
PE29 3QA

Phone: 01480 45 77 11

For Huntingdon area text: 07760 146411

For Cambridge area text: 07305 744592

Email: info@pregnancyadvice.org.uk

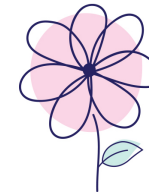
Web: pregnancyadvice.org.uk



[/CornerstoneCareinConfidence](https://www.facebook.com/CornerstoneCareinConfidence)

Charity Number 1104599

* If you are facing an unplanned pregnancy our trained advocates will give you time, space and information to help you make your own decision. Because we do not refer directly for abortion you can be sure of impartial advice. We will discuss all options with you and advise you how to proceed with whatever decision you reach.



Cornerstone

Pregnancy Advice Centre

Care in Confidence

She's pregnant!

Now what?



Call 01480 457711

For confidential counselling, caring support
and free pregnancy testing

When your partner is unexpectedly pregnant...

You may both still be feeling the shock from the news that she's pregnant and not know what to do. You could feel confused - thinking one thing one minute and feeling something else the next.

How you respond to the situation is important

Men often feel at a loss about how to help. Some men can feel as if they have no right to take part in the decision making process but would like to. Others feel glad to be relieved of the responsibility. What do you feel? Should she make the decision on her own or not? Women will often appreciate knowing your opinion on this.

Whatever you're thinking, it is important

"Whatever you choose - I'll support you".

Have you too found yourself saying the words above?

It's a common response and it sounds like a positive and kind thing to say, but it could leave your partner feeling like the weight of the decision is on her shoulders alone.

Few women want to make a choice without the support of their partner



Face it together, not apart

Some couples respond by pulling apart from one another and placing the 'problem' between them. This can cause a great deal of tension and conflict.

Your partner needs to know what you really think. It will help you both to talk openly and honestly regarding your feelings.

A sense of urgency can rush you into making a quick and not well thought out decision.

Ensure you have all the information you need about every option. Take time together to talk things through