

# Pregnancy Resource Centers

*Support when you need it the most.*



## What help is available?

Alternatives to Abortion (A2A) can help you with:

- Food, clothing, & supplies
- Housing & utilities
- Transportation
- Child Care
- Education & short-term training
- Prenatal care & ultrasound services
- Finding a job
- Domestic abuse protection
- Drug & alcohol treatment
- Establishing legal paternity
- Medical & mental health care
- Adoption assistance

## Who is eligible?

You may be eligible for help through the A2A program if you are a pregnant woman and you:

- Choose to carry your child to term
- Live in Missouri
- Are making at or below 185% of the **federal poverty level** (based on you or your household's income)

## How do I get help?

To find help through A2A you can:

- Visit [dss.mo.gov/fsd/a2a](https://dss.mo.gov/fsd/a2a)
- Visit [moa2a.com](https://moa2a.com)
- Email [DFAS.A2APrograms@dss.mo.gov](mailto:DFAS.A2APrograms@dss.mo.gov)



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[dss.mo.gov/fsd/a2a](https://dss.mo.gov/fsd/a2a)  
IM-4 A2A flyer (04/25)

## Civil Rights & Discrimination

HHS provides federal financial assistance for many programs to enhance health and well-being, including TANF, Head Start, the Low Income Home Energy Assistance Program (LIHEAP), and others. If you believe that you have been discriminated against because of your race, color, national origin, disability, age, sex (including pregnancy, sexual orientation, and gender identity), or religion in programs or activities that HHS directly operates or to which HHS provides federal financial assistance, you may file a complaint with the Office for Civil Rights (OCR) for yourself or for someone else.

To file a complaint of discrimination for yourself or someone else regarding a program receiving federal financial assistance through HHS, complete the form on line through OCR's Complaint Portal at <https://ocrportal.hhs.gov/ocr/>. You may also contact OCR via mail at: Centralized Case Management Operations, U.S. Department of Health and Human Services, 200 Independence Avenue, S.W., Room 509F HHH Bldg., Washington, D.C. 20201; fax: (202) 619-3818; or email: [OCRmail@hhs.gov](mailto:OCRmail@hhs.gov). For faster processing, we encourage you to use the OCR online portal to file complaints rather than filing via mail. Persons who need assistance with filing a civil rights complaint can email OCR at [OCRmail@hhs.gov](mailto:OCRmail@hhs.gov) or call OCR toll-free at **1-800-368-1019**, TDD 1-800-537-7697. For persons who are deaf, hard of hearing, or have speech difficulties, please dial 7-1-1 to access telecommunications relay services. We also provide alternative formats (such as Braille and large print), auxiliary aids and language assistance services free of charge for filing a complaint.

The Missouri Department of Social Services is and equal opportunity provider.

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