

ABORTION & FAMILY PLANNING SERVICES

IN LOS ANGELES COUNTY

Access to high quality, timely, comprehensive family planning and reproductive health services is fundamental to the health of individuals, families, and communities. This guide describes resources available in Los Angeles County for anyone who needs abortion care, contraception, or related services.

This guide will be regularly updated to reflect the changing landscape of reproductive health care in the County. Resources are listed alphabetically in each section.



WHO PROVIDES ABORTIONS IN LA COUNTY?

Abortion care is available and accessible in LA County. Abortion is covered by health insurance in California, including Medi-Cal. Note that all people with low incomes in California have access to Medi-Cal during pregnancy, regardless of immigration status. Abortion is available with medication (pills) or through an in-clinic procedure, depending on patient preference, individuals' health status and living situation, and the stage of pregnancy.

In some cases, private obstetricians/gynecologist (OB-GYN) physicians or nurse practitioners/nurse midwives can provide abortion care. In most cases, abortion services are provided by OB-GYNs who have training for this specialized care.

Abortion providers in Los Angeles County include:

Cedars Sinai | Family Planning Program

<https://www.cedars-sinai.org/programs/obstetrics-gynecology/specialties/family-planning.html>

310-423-3946 (Open Monday - Friday, 8 am-5 pm)

In person clinic that offers a full range of family planning services as well as medical and surgical abortion care.

FPA Women's Health

<https://www.fpawomenshealth.com/abortion>

Call or Text 877- 883-7264

In person, online and telehealth medicine women's health care clinic that provides gynecology, birth control, abortion and sexually transmitted infections (STI) testing.

<https://www.fpawomenshealth.com/telehealth>



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Her Care

<https://hercare.org/>

213-516-8580

Private family planning, cosmetic surgery, and abortion provider for women ages 15-65 in three LA County locations.

LA County Department of Health Services (DHS)

<https://dhs.lacounty.gov/womens-health/our-services/womens-health/abortion/care121/>

(877)-CARE121 (Monday-Friday 7:30 am - 6:30 pm PST)

Private and confidential abortion services at free to low cost for anyone, regardless of age. Provides additional support that focuses on the individual, including counseling, medical information and education, and other needs like transportation, access to healthy food, finding childcare, and more.

Luna Flow

<https://www.lunaflowhealth.com>

Private medical abortion by telemedicine in California, for up to 10 weeks of pregnancy. In person services are also available locally in Los Angeles County.

My Choice Medical Center

<https://www.mychoicemedicalcenter.com/>

866-397-3070

My Choice Medical Center is a full-service private medical practice that offers abortion services.

Planned Parenthood Los Angeles (PPLA)

<https://www.plannedparenthood.org/planned-parenthood-los-angeles>

800-576-5544

Planned Parenthood Los Angeles provides comprehensive reproductive health care to communities throughout LA County.

Planned Parenthood Pasadena and San Gabriel Valley (PPPSGV)

<https://www.plannedparenthood.org/planned-parenthood-pasadena-san-gabriel-valley>

626-798-7938

Planned Parenthood Pasadena & San Gabriel Valley provides comprehensive reproductive health care. Walk-in, same day or video conferencing appointments with medical providers.



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UCLA | OBGYN Division of Family Planning

<https://www.uclahealth.org/medical-services/obgyn/family-planning>

Contact coordinator: 310-825-5961 Office Hours: Mon – Thurs 8-5pm, Fri 8 – 4:30pm Closed for lunch 12 – 1pm

This clinic provides comprehensive reproductive health services.

WHERE CAN I FIND LOCAL AND NATIONAL SURGICAL AND MEDICAL ABORTION SITES

Abortion is legal and safe in the state of California. Abortion care in California is available to all pregnant people of any age, **regardless of immigration status or where you live.**

These national websites assist people who want more information about where and how to have an abortion.

Abortion Finder

<https://www.abortionfinder.org/>

Website with more than 700 health centers and a comprehensive directory of verified abortion service providers.

ACCESS Reproductive Justice

<https://accessrj.org/>

(Open Mon-Thurs, 10am-4pm)

English Healthline: 800-376-4636 (Open Mon-Thurs, 10am-4pm) Spanish

Healthline: 888-442-2237

Text Healthline: 510-925-0335

Call line (English and Español) provides free and confidential information, referrals, advocacy, and peer counseling on many reproductive and sexual health issues, with expertise in pregnancy options and abortion services.

Aid Access

<https://aidaccess.org/>

AID Access works to improve the health status and human rights of women who cannot access local abortion services.

American College of Obstetricians and Gynecologists (ACOG)

<https://www.acog.org/womens-health/faqs/induced-abortion>

Reliable, evidence-based health information, focusing on women's health.



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California Abortion Access

<https://www.cdph.ca.gov/programs/ohe/abortion/pages/home.aspx>

This California state website lists current and accurate information about how you can access abortion services in California.

Hey Jane

<https://www.heyjane.co/>

Text providers at 405-643-7957

A virtual clinic that provides abortion pills shipped to your home.

INeedAnA

<https://www.ineedana.com/>

"I Need an A" is an online, interactive platform in English and Español that assists users with finding resources and clinics in their area or zip code of choice.

Miscarriage + Abortion Hotline

<https://www.mahotline.org/>

833-246-2632; Hotline hours: 5am – 10pm Pacific Time

Find confidential support and self-manage your miscarriage or abortion. Call or text clinicians with years of experience in caring for miscarriage and abortion.

National Abortion Federation

<https://prochoice.org/patients/find-a-provider/>

An online interactive map to find a provider near you (US, Mexico, Canada). For information about abortion and other resources, including financial assistance, call 1- 800-772-9100.

Plan C

<https://www.plancpills.org/>

Plan C provides current information in English and Español to help people in the U.S. access at-home abortion pill options online.

Women's Health Specialists

<https://www.womenshealthspecialists.org/>

800-714-8151 (Open Mon-Fri 8:30 am – 5:00 pm)

This resource provides reproductive health support, education, and services.



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CAUTION: BEWARE OF MISLEADING ADVERTISING

Crisis Pregnancy Centers (CPCs), also known as Pregnancy Resource Centers, are privately run places that look like health care clinics but are often not staffed by medical providers. In California and throughout the nation, they are more common than clinics that perform abortion. They are often located very close to real abortion clinics. Online, it is easy to think they are abortion clinics unless one reads the fine print.

CPCs are usually run by religious organizations and offer pregnancy testing, ultrasounds, and supplies for pregnant parents and infants, for free or in exchange for clients taking classes. Some CPCs in California offer more comprehensive health services. However, rather than provide patients with accurate information about pregnancy termination so that people can make their own decisions, their aim is to discourage women from seeking abortion. CPCs across the U.S. often provide clients false medical information.

It can be difficult to tell whether a particular clinic is a medical clinic or a CPC, so [please see our CPC fact sheet here.](#)

Reproaction lists anti-abortion fake clinics in the United States that oppose abortion, shame abortion care, or promote alternatives to abortion. Please find the list [here](#).

In California, Attorney General Rob Bonta issued a consumer alert warning Californians seeking reproductive health services about the limited and potentially misleading nature of the services provided by crisis pregnancy centers. Californians who believe they have been the victim or target of deceptive, misleading, unfair, or unlawful conduct should immediately file a complaint at oag.ca.gov/crisis-pregnancy-center-complaint.

If you are considering abortion and want to receive high-quality, medically accurate counseling or medical care, be sure make an appointment with a reputable, licensed health care agency, like the ones listed in this resource.



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HOW DO I PAY FOR AN ABORTION?

Paying for abortion – costs related to medical care

In the state of California, abortion is covered by health insurance, including through Medi-Cal for people with low incomes. Anyone can apply for Medi-Cal when they are pregnant, regardless of immigration status (please see the next section *Medi-Cal Insurance* for more information).

Medi-Cal Insurance

Medi-Cal is California's health care insurance for lower income people. You can apply for Medi-Cal benefits regardless of age, sex, race, religion, color, national origin, sexual orientation, marital status, age, disability, veteran status, or immigration status.

Restricted Medi-Cal (emergency and pregnancy services only) and Pregnancy-Related Medi-Cal both cover health needs during pregnancy and for birth, miscarriage, or abortion, and medical care for 12-months post-pregnancy, regardless of immigration status. For more information:

<https://www.dhcs.ca.gov/Get-Medi-Cal/Pages/pregnancy.aspx>

- **If you live in CA and are income-eligible you can get immediate temporary Medi-Cal coverage for abortion care through the Presumptive Eligibility for Pregnant Women Program (PE4PW).** Get help from:
<http://publichealth.lacounty.gov/mch/choi/CHOIContractorListEngSp.pdf>
- **Learn more about PE4PW:** https://www.dhcs.ca.gov/services/medi-cal/eligibility/Pages/PE_Info_women.aspx
- **Medi-Cal Non-Medical Transportation Benefit (NMT):** NMT is transportation to and from a service that Medi-Cal covers. All people enrolled in Medi-Cal may use this service, including pregnant individuals to the end of the 12-month post-pregnancy period, regardless of immigration status. Find more information:
https://www.dhcs.ca.gov/services/medi-cal/Pages/Transportation_General_FAQ.aspx

Get help applying for free or low-cost coverage through Community Health Outreach Initiative (CHOI)

<http://publichealth.lacounty.gov/mch/choi/choi.htm>

Note: Applying for Medi-Cal benefits as an immigrant, with or without legal status, will NOT harm your ability to apply for immigration status changes in the future.

Paying for an abortion with private health insurance

California law requires most private health insurance plans to cover abortion services without a co-payment, deductible, or any type of cost-sharing. If you have private insurance, check with your healthcare



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plan because if the insurance's primary base is not located in California, then abortion coverage may vary by the state's laws.

Other Support for Paying for Abortion

Accessing abortion often involves **costs beyond the cost of medical care**. Abortion funds are private organizations that can help cover the cost of an abortion, as well as covering out-of-pocket, "logistical" or "practical support" expenses including transportation, lodging, meals, childcare, translation services, abortion doulas, and more, as well as the cost of the abortion (both for Californians as well as for people coming from out of state). Abortion funds do not check for immigration status or proof of citizenship.

Los Angeles/California Practical Support and Abortion Navigation Services:

ACCESS Reproductive Justice

<https://accessrj.org/>

(Open Mon-Thurs, 10am-4pm) English

Healthline: 800-376-4636

Spanish Healthline: 888-442-2237

Text Healthline: 510-925-0335

Provides free and confidential information, referrals, advocacy, and peer counseling on the full range of reproductive and sexual health issues, with special expertise in pregnancy options and abortion services.

Maternal and Child Health Access (MCHA)

<https://www.mchaccess.org/>

MCHA Phone Number: 213-749-4261; se habla Español.

Offers health coverage navigation and support to individuals and their providers to ensure timely and appropriate care. Helps with insurance eligibility issues, coverage options, and enrollment assistance for Medi-Cal, Covered California, the Medi-Cal Access Program, and private insurance. May provide monetary assistance and other abortion support for expenses like childcare, transportation, lodging, etc.

Sex Workers' Abortion Navigation Services (SWANs), Sex Workers Outreach Project LA (SWOP LA)

<https://swoplosangeles.org/sex-workers-abortion-navigation-services/>

Text Number: 657-549-4556; Email: swoplaswans@proton.me

Sex Workers Abortion Navigation Services (SWANs) is a project of SWOP LA that provides abortion access support with financial aid and trauma-informed peer support for those seeking an abortion.



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National Resources:

National Abortion Hotline

Multi-Lingual Hotline: 800-772-9100 (M-F 5 am-4 pm PT & Sa-Su 5 am-1 pm PT)

Chat Hotline: <https://prochoice.org/patients/naf-hotline>

Provides information about abortion providers and limited financial assistance in the U.S. and Canada.

National Network of Abortion Funds

<https://abortionfunds.org/>

The National Network of Abortion Funds connects users with organizations that can support financial and logistical needs as women arrange an abortion.

Women's Health Specialists

<https://www.womenshealthspecialists.org/>

800-714-8151 (Open Mon-Fri 8:30 am – 5:00 pm)

This resource provides reproductive health support, education, and services.

Women's Reproductive Rights Assistance Fund (WRRAP)

<https://wrrap.org/>

WRRAP works directly with over 700 doctors, clinics, and hospitals—not patients—to fund abortion, medical and surgical abortion for women all over the U.S., including in California and LA County. Contact them through your clinic or doctor.



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WHERE CAN I GET BIRTH CONTROL OR OTHER CONTRACEPTIVE CARE?

Community Clinic Association of LA County (CCALAC)

CCALAC represents non-profit community clinics and health centers that operate primary care sites throughout the county. Community clinics provide primary health care, including medical, dental, mental health services and contraception to uninsured, underinsured, and under-resourced populations.

To find a clinic near you: <https://ccalac.org/find-a-clinic/>

Family PACT Providers

Family PACT provides comprehensive family planning services to eligible men and women with low incomes in California.

Find a Family PACT provider near you: <https://familypact.org/provider-search/>

Federally Qualified Health Centers (FQHCs)

Federally Qualified Health Centers are community-based health care providers that provide primary care services in underserved areas. FQHCs will provide care, if you have health insurance or are uninsured.

Find a clinic near you: <https://findahealthcenter.hrsa.gov/>

Los Angeles County Department of Health Services, Women's Health Services

This program provides adults and teens with low incomes access to health information, counseling, and family planning services to reduce the likelihood of unintended pregnancy and maintain reproductive health.

Find care near you: <https://dhs.lacounty.gov/womens-health/our-services/womens-health/>

Title X Family Planning Clinic Locator

Title X is the federal funding that provides a broad range of family planning methods and related preventive health services. Find comprehensive family planning clinics that offer youth and people with low income a full range of birth control, sexually transmitted infection (STI) services, pregnancy testing and options counseling, and cancer screenings.

To find a clinic near you: <https://opa-fpclinicdb.hhs.gov/>



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ABORTION DOULA SUPPORT

If you are about to have, are having or have recently had an abortion and would like additional support during that process, consider exploring the care that abortion doulas can provide. Abortion doulas, and other specially trained folks, are equipped to provide emotional and physical support before, during and after an in-office or at-home abortion. Some of the ways that an abortion doula may support you is through providing you with education about your upcoming abortion, accompanying you to your appointment(s), holding your hand while you're in the clinic, and offering distraction or talking through feelings that arise during or after this process. You can work with an abortion doula in-person or via phone or text. Ultimately, this highly-trained, compassionate person is there to support you and respect your reproductive autonomy in a personalized way that serves your unique needs.

Birthworkers of Color

<https://www.birthworkersofcolor.com/>

Provides full spectrum doula services and support for marginalized communities. Connect individuals, families, and communities with support (e.g., educational, emotional, and physical) throughout their pregnancy and postpartum outcomes.

LA Abortion Support Collective

<https://www.laabortionsupport.org/>

Provides information on free options for in-person and virtual doula support in LA County

Medi-Cal Doula Directory

<https://www.dhcs.ca.gov/provgovpart/Pages/Doula-Services-Members.aspx>

Provides information of doula services available to Medi-Cal members. It also includes a directory of Medi-Cal enrolled doula providers throughout the state of California, including their specialties, languages, and contact information.

MENTAL HEALTH SUPPORT

Many people need support in deciding what to do when they become pregnant and don't want to be or are not sure they want to carry a pregnancy to term. Though decades of research have proven that abortion does not result in negative physical or mental health outcomes, it is also normal for some people to feel sad or emotional before or after ending a pregnancy. These resources are specifically for those who are seeking an abortion, have had an abortion, or are supporting someone who had an abortion.



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All-Options Talk-line

<https://www.all-options.org/find-support/talkline/>

888-493-0092 Mon-Fri 7 am - 1 pm & Sat-Sun 7 am-3 pm PST

Medically accurate, unbiased options counseling

Connect & Breathe

<https://www.connectandbreathe.org/about.html>

1-866-647-1764; Monday 4-7 pm, Tues/Thurs 3-6 pm, and Sat 9-12 pm PST

Connect & Breathe provides a safe space to discuss abortion experiences by offering a talkline for unbiased support and encouragement of self-care.

Exhale Pro-Voice

<https://exhaleprovoice.org/>

Text 617-749-2948; Mon-Fri 3-9 pm, Sat 1-9 pm, Sun 3-7 pm PST

Exhale Pro-Voice provides nonjudgmental after-abortion support for post-abortion experiences and those seeking to support a partner, child, or friend after their abortion. It can take up to 24 hours to receive a first response after texting for support.

Faith Aloud (Non-Judgmental Faith based Support)

<https://www.faithaloud.org/>

888-717-5010

Mon/Wed/Fri 8 am - 3 pm PT, Sa/Su 9 am - 12 pm PST

Call to be connected to compassionate religious and spiritual support for abortion and pregnancy options. Clergy and religious counselors will listen and offer support without judgment.

Miscarriage + Abortion Hotline

<https://www.mahotline.org/>

833-246-2632 5 am – 10 pm PST

Find confidential support and self-manage your miscarriage or abortion while remaining anonymous. Call or text clinicians with years of experience in caring for miscarriage and abortion.

Reprocare Healthline

<https://abortionhotline.org/>

833-226-7821 9am – 9pm PST Call 7 days a week

Provides anonymous peer-based emotional support, medical information, and referrals to people having an abortion at home with pills.



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ABORTION AND CONTRACEPTIVE RIGHTS IN CALIFORNIA

ACLU Southern California

<https://www.aclusocal.org/en/know-your-rights/abortion-care-california>

ACLU Southern California provides information on abortion rights in California. This page is regularly updated as laws change.

Advocates for Youth - Free the Pill

<https://www.advocatesforyouth.org/freethepill/>

Advocates for Youth works alongside thousands of young people here in the U.S. and around the globe as they fight for sexual health, rights, and justice.

California Consumer Alert: Right to Access Free or Low-Cost Birth Control

A copy of the consumer alert is available [here](#)

If you are a California resident, you have options for free or low-cost birth control, regardless of immigration status.

Teen Source

<https://www.teensource.org/know-your-rights>

Teen Source is an online hub for teen-friendly sexual and reproductive health information and resources. Features accurate and reliable information on sexually transmitted diseases (STDs), birth control, healthy relationships, and teen rights to accessing sensitive services (like sexual health services) in CA.