



# Pregnant or Parenting Teen?

Discover your strengths. Set goals. Achieve your dreams.

The Adolescent Family Life Program (AFLP) in Orange County is here to help you and other young parents grow into the best people—and best parents—you can be. AFLP is a **VOLUNTARY** and **FREE** case management program for young people, female and male, who are:

- ◆ Parenting or expecting a baby
- ◆ Under age 19
- ◆ Live in Orange County

**AFLP provides one-on-one support and resources in the following areas and more:**

- ◆ Family planning and safer sex
- ◆ Health and health care
- ◆ Education and work
- ◆ Healthy relationships

**To learn more, please visit our website or call us today.**

<http://www.ochealthinfo.com/phs/about/family/mcah/tppp>

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