



TWO LINES

Pregnancy Clinic

A guide to offering compassionate love when the unexpected happens.

This guide is for you—the friend who wants to say the right thing, do the right thing, and be there in the moments that matter most. When someone you care about faces an unexpected pregnancy, your support can shape what comes next.

Inside, you'll find encouragement, thoughtful guidance on what to say (and what to avoid), and practical ways to walk with her gently and with compassion.

You don't need to have all the answers. You just need to show up with kindness and love.





Breathe in. Breathe out.

In moments of fear or shock, our instinct is often to react quickly—but the best decisions are made when the heart is steady and the mind is clear. That’s why your response to a friend sharing news of an unexpected pregnancy matters. Your steady presence creates space for her to be still.

Start with the simple reminder to slow down. To breathe. This will help both of you move beyond the initial panic. Below are recommendations for what you can say next.

Here are some loving, grounding things you can say:

“There’s no rush.
You have time to
think this through.”

“You are not alone.
I’m not going
anywhere.”

“Your choice doesn’t
need to happen today.
Tell me everything
you’re feeling.”

“Let’s sit still for a
minute—together.
No pressure,
no rush.”

“Breathe in, breathe
out. I’m here, and
we’ll take this one
step at a time.”

“This feels big—I
would love to pray
with you about this.”

Helpful tips on what to avoid:

Do not add pressure to make a quick decision.

Be mindful. If your friend is scared, refrain from emphasizing excitement over a baby. Instead, you can ask about her fears. This allows her to be heard and gives you opportunity to hear what is going on in her heart.

Avoid shaming. That is, adding to any distress your friend may be feeling over past choices, especially if they may have led to pregnancy. An example of this is, “well, you should have used protection.”

What You Both Need to Know

The pressure is real.

You have time.

Your friend might feel pressure from voices all around her—family, a partner, even the culture—to make a fast decision, often toward abortion. Remind her that she has time to make a decision, she doesn't need to rush. Even in the middle of fear and confusion, she can take a breath and quiet the noise.

Ask questions.

Your friend deserves honest answers—about her body, her baby, and all the options in front of her. Not scare tactics. Not silence. Just real, compassionate information. Invite her to ask anything, and remind her that places like Two Lines Pregnancy Clinic exist to provide clarity, not confusion.

Help is available.

You and your friend are not alone. Being in your friend's corner doesn't mean you have all the answers—it means not walking away. Let her know she doesn't have to face this alone. Offer to go with her to an appointment at Two Lines Pregnancy Clinic, sit beside her, ask questions with her, or just be present. That kind of support can change everything.

Your Next Step:

Help Her Get the Care She Deserves

Setting up an appointment at Two Lines is simple. You can visit our website, twolineskc.com, to choose a time that works best, or call us directly at 913.962.0200. Walk-ins are always welcome, too—because we know life doesn't always give you time to plan ahead.

When you arrive, you'll both be welcomed with care and without judgment. From the moment you walk in, our team will provide a calm, professional, and compassionate environment. Your friend will receive medical-grade services and honest answers—without cost, pressure, or fear. And you'll be part of a circle of support that brings steadiness, compassion, and clarity in a time that can feel uncertain.

Your willingness to stand beside your friend in a moment like this matters more than you may realize. What you're doing is rare. You're offering more than advice—you're making space for calm and clarity, and that kind of support can change everything.



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