

My name is Kristen Roos. I live in Yarmouth Maine where I am raising my 5 year old daughter.

When I was 20 years old, working up to 50 hours a week at four part-time jobs, yet still woefully uninsured, I found a lump in my left breast. I had nowhere to go, and no one to talk to. When I finally came clean to my roommate, she suggested going to Planned Parenthood. I was shocked because growing up, I had been told that Planned Parenthood was only for unwed women who had made poor decisions and who were now looking for abortions. I was surprised when I entered the building and found a calm, agenda-free staff. At Planned Parenthood I received the exams that I needed and when it was determined that more in-depth care was necessary, the staff at Planned Parenthood helped me find *financial grants* that helped me cover the costs of ultrasounds and other necessary procedures. I had finally found a place to go, a safe place, where my health mattered and where I could finally *receive care*. For years while I was uninsured, Planned Parenthood was the ONLY place I could go for annual check-ups and access to birth control. Without Planned Parenthood, my life would be very different, and probably not in a good way.

About a year later, a friend came to my door at 3am. She had just woken up in a strange place, with a strange man on top of her. Despite the terror, the fear, and the chaos of that moment, I knew EXACTLY where we needed to go: Planned Parenthood. At that visit, my friend received preventative treatment, exams, and information on where to find the emotional support she would need to recover from the sexual assault.

What's missing from these experiences? Abortion. There were *no* abortions in any of these stories. If Planned Parenthood could tally the number of abortions they have *prevented* in the first place, the number would be staggering. In my experience, Planned Parenthood is a place to go to prevent a situation that *NO* woman should find herself in in the first place. Let's support LD 143 and Planned Parenthood to prevent abortion, and to build healthy people who in turn, will go on to build healthy communities and, when they are ready, healthy families.

and other
Family
Planning
centers