

PREGNANCY HELP CENTERS

Alexandria – [Birthright](#) 320-762-1224
Anoka – [WomenSource](#) 763-208-0076
Apple Valley -- [Pregnancy Choices](#) 952-997-2229
Austin -- [Rachel's Hope](#) 507-437-7595
Austin – [Birthright](#) 507-437-2373
Bemidji – [Birthright](#) 218-751-9237
Brainerd -- [Lakes Area Preg. Support Center](#) 218-825-0793
Brainerd – [Birthright](#) 218-829-8470
Burnsville -- [Amnion Crisis Pregnancy Center](#) 952-898-4357
Cambridge -- [Pregnancy Resource Center](#) 763-689-4319
Cannon Falls – New Beginnings 507-263-8000
Chisago County-- [Chisago County LifeCare Center](#) 651-674-2121, after hours: 651-257-2550
Coon Rapids – [Birthright](#) 763-757-0715
Crystal -- [Metro Women's Center](#) 763-533-8642
Duluth -- Lake Superior LifeCare Center 218-727-3399
Duluth – [Birthright](#) 218-723-1801
Duluth-- [Women's Care Center](#) 218-623-7100
Eau Claire, WI -- [Apple Preg. Care Center](#) 715-834-7734
Elk River -- [Abba Pregnancy Resource Center](#) 763-441-7777
Ely – [Birthright](#) 218-365-2421
Fargo, ND -- [First Choice Clinic](#) 701-237-6530
Fargo, ND -- Women's Care Clinic 701-232-2716 or toll-free 1-800-747-2383
Fargo-Moorhead – [Birthright](#) 701-291-5799
Fairmont -- [Options Pregnancy Center](#) 507-238-2330
Faribault -- [Preg. Options LifeCare Center](#) 507-332-7644
Fergus Falls -- [Health Resources LifeCare Center](#) 218-736-6050 or toll-free 1-800-450-4673
Forest Lake -- [Lakes LifeCare Center](#) 651-464-4340
Grand Rapids – [Brepfos Pregnancy Center](#) 218-326-0404
Hastings – [Hastings Total LifeCare Center](#) 651-437-4200
Hibbing -- [Pregnancy LifeCare Center](#) 218-262-5768
Hopkins -- [Minnetonka LifeCare Center](#) 952-938-4496
Hutchinson – [Birthright](#) 320-587-5433
International Falls -- [Northern LifeCare Ctr](#) 218-285-7673
Little Canada -- [Women's LifeCare Center](#) 651-777-0350
Little Canada -- [New Day Pregnancy Care Ctr](#) 651-644-3937
Mankato – [Birthright](#) 507-387-7818
Marshall – [Birthright](#) 507-532-3660
Milaca -- [Rum River Life Choices Center](#) 320-983-3771
Minneapolis -- [North Side Pregnancy Options](#) 612-522-6589
Minneapolis -- [Tapestry Preg & Family Center](#) 612-823-0301
Minneapolis – [Sagrada Familia Services \(Hablan español\)](#) 612-392-2421
Minneapolis – [Birthright](#) 612-338-2353
Minneapolis – [First Care Pregnancy Center](#) 612-623-8378
Minneapolis – [City Life Center](#) 612-874-1808

PREGNANCY HELP CENTERS

Monticello – [Birthright](#) 763-295-2232
Mora -- [Crisis Pregnancy Center](#) 320-679-4493
Morris -- [Options for Women-Morris](#) 320-589-0300
New Brighton – [St. John the Baptist Catholic Church](#), maternity and baby clothes, 763-516-1417, by appointment
Northfield – [Crisis Pregnancy Center](#) 507-645-7638
New Ulm – [First Choice Pregnancy Services](#) 507-359-9800
Osceola, WI -- [Tri-County LifeCare Center](#) 715-755-2229
Owatonna – [Birthright](#) 507-455-1622
Park Rapids -- [Caring Pregnancy Center](#) 218-732-5212 (collect calls accepted)
Pine City -- [Pregnancy Resource Center](#) 320-629-2792
Red Wing – [New Beginnings](#) 651-267-4357
Redwood Falls -- [Choices Pregnancy Center](#) 507-637-2534
Rice Lake, WI -- [Pregnancy Help Center](#) 715-736-4357
Richfield – [First Care Pregnancy Center](#) 612-866-7643
River Falls, WI -- [Pregnancy Helpline](#) 715-425-8539
Robbinsdale – [Robbinsdale Women's Center](#) 763-531-9554
Rochester – [First Care Pregnancy Center](#) 507-282-3377
Rochester – [Birthright](#) 507-288-9374
Roseau – [North Region Pregnancy Center](#) 218-463-0580
St. Cloud -- [Birthline](#) 320-252-4150 or toll-free 1-800-786-0200
St. Cloud -- [Caritas Family Services](#) 320-252-4121 or toll-free 1-888-950-2656
St. Cloud -- [Pregnancy Resource Center](#) 320-253-5333 or toll-free 1-800-450-1962
St. Michael– [Cornerstone Women's Center](#) 763-478-7367
St. Paul – [Abria Pregnancy Resources](#) 651-695-0111
St. Paul -- [Options for Women East](#) 651-776-2328
St. Paul – [First Care Pregnancy Center](#) 651-730-4342
St. Paul – [Birthright](#) 651-646-7033
Sauk Centre – Central Minn. LifeCare Center 320-351-4025
Savage- [Alpha Preg. Resource Center](#) 952-447-5683
Staples - [Lakes Area Preg. Support Center](#) 218-895-5200
Stillwater– [Options for Women St Croix Valley](#) 651-439-5964
Superior, WI -- Lake Superior Life Care Center 715-394-4102
Thief River Falls -- [Thief River Falls LifeCare](#) 218-689-5454
Waconia – [Birthright](#) 952-442-4026
Wadena -- Wadena Area Crisis Preg. Center 218-631-2324 or toll-free 1-800-425-HOPE (1-800-425-4673)
Walker – [Walker Area Pregnancy Center](#) 218-547-5433
West St. Paul -- [Wakota LifeCare Center](#) 651-457-1195
Willmar -- [Hope Pregnancy Center](#) 320-235-7619
Winona – [Birthright](#) 507-452-2421
Woodbury – [Life Pregnancy Options](#) 651-340-9062
Worthington -- [Helping Hand Preg. Center](#) 507-372-2111

PRE-NATAL CARE

[Northside LifeCare Center](#) 612-522-6589
[Seton Services](#) 651-641-1180
[Tapestry Pregnancy and Family Center](#) 612-823-0301
[AALFA Family Clinic](#) – Medical consultation, Ob/Gyn surgeon, ultrasound 651-653-0062 [www.aalfafamily.com](#)

HOUSING

Philomena House: Housing and help up to a year for homeless, expectant mothers. For information, call Bernie, 651-633-4391, or Joyce, 651-334-5913.

Amazing Grace Home: Metro Women's Center: Temporary housing for pregnant women, age 18 or over. 763-533-8642

Missionaries of Charity: Home in Minneapolis for pregnant women and their children. 612-721-8614

New Beginnings: Residence in St. Cloud for single, pregnant women 14 to 28 years old. Women may stay after delivery until their babies are six months old. 320-255-1252 or toll-free 1-877-974-7174

Share-A-Life: Provides Christian households throughout the metro area where a woman can live with a family during her pregnancy. These families offer much encouragement and support. For information, call Sharon Bowen, 651-644-8347.

ADOPTION SERVICES

[Holy Family Adoption Agency](#) 651-298-0133
[New Life Family Services](#) 612-866-7643
[New Horizons](#) 1-800-314-3370
[Seton Services](#) 651-641-1180

FINANCIAL ASSISTANCE

Cradle of Hope: Provides financial assistance to pregnant women and to women with infants up to three months of age. Applications are made through any Pregnancy Help Center.

Life Fund: Provides last-resort emergency funding to pregnant women and to women with infants up to one year of age. 651-291-4515

MISCELLANEOUS

Grace Place: A mentoring program in Winona 507-452-2283

Prenatal Partners for Life: Resources and support for carrying to term your child who has an adverse diagnosis and support for raising your special child after birth. 763-772-3868

