

## **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

