

## 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 Pregnancy Care Ct](#) 715-834-7734  
Elk River-- [Abba Pregnancy Resource Ct](#) 763-441-7777  
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  
Ladysmith, WI--[Choices Health Network](#) 715-532-7600  
Little Canada -- [Women's LifeCare Center](#) 651-777-0350  
Little Canada -- [New Day Pregnancy Care Ctr](#) 651-644-3937  
Lindstrom-- The Baby Blanket, St. Bridget Catholic Church,  
baby items & maternity clothes, 651257-2474, ext. 34  
Mankato – [Birthright](#) 507-387-7818  
Mankato-- [Options for Women](#) 507-625-2229  
Marshall – [Birthright](#) 507-532-3660  
Milaca -- [Rum River Life Choices Center](#) 320-983-3771  
Minneapolis -- [Abria Preg. Resources Northside](#) 612-522-6589  
Minneapolis -- [Tandem Family Resource Ctr](#) 612-823-0301  
Se Habla Español  
Minneapolis – [Sagrada Familia Services](#) 612-392-2421  
Se Habla Español  
Minneapolis – [Birthright](#) 612-338-2353

## PREGNANCY HELP CENTERS

Minneapolis – [First Care Pregnancy Center](#) 612-623-8378  
Minneapolis – [City Life Center](#) 612-874-1808  
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 – [Northfield Women's 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  
Pine City -- [Pregnancy Resource Center](#) 320-629-2792  
Princeton-- [Rum River Life Choices Center](#) 763-389-7876  
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 -- [Options for Women](#) 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 Care Center](#) 218-463-0580  
St. Cloud-- Birthline 320-252-41500 or 800-786-0200  
St. Cloud-- [Caritas Fam Services](#) 320-252-4121/888-950-2656  
St. Cloud -- [Pregnancy Resource Center](#) 320-253-5333  
or toll-free 1-800-450-1962  
St. Michael – [Options for Women/Comerstone](#) 763-478-7367  
St. Paul – [Abria Pregnancy Resources](#) 651-695-0111  
Se Habla Español  
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 Women's 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  
Se Habla Español  
Willmar -- [Hope Pregnancy Center](#) 320-235-7619  
Winona – [Birthright](#) 507-452-2421  
Woodbury – [Woodbury Options](#) 651-340-9062  
Worthington -- [Helping Hand Preg. Center](#) 507-372-2111

## PRE-NATAL CARE

[Northside LifeCare Center](#) 612-522-6589

[Tandem Family Resource Center](#) 612-823-0301

[AALFA Family Clinic](#) – Medical consultation, Ob/Gyn surgeon,  
ultrasound 651-653-0062 www.aalfamily.com

## HOUSING

[Philomena House](#): Housing and help up to a year for  
homeless, expectant mothers. Call 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

**The Perry Center**: A loving home in West Fargo, ND for  
expectant mothers. 701-241-9289

**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.

**Other housing options** are available by contacting a PHC.

## ADOPTION SERVICES

[Holy Family Adoption Agency](#) 651-298-0133

[New Life Family Services](#) 612-866-7643

[New Horizons Adoption Agency](#) 1-800-314-3370

## 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.  
763-772-386 www.prenatalpartnersforlife.org