

PREGNANCY HELP CENTERS

Alexandria – Life Connections 320-762-1224
Anoka – Women’s Care Center 763-208-0076
Apple Valley -- Pregnancy Choices 952-997-2229
Austin -- Rachel’s Hope 507-437- 7595
Bemidji – Northwoods Pregnancy Center 218- 444-3035
Brainerd -- Lakes Area Preg. Support Center 218-825- 0793
Brainerd – Birthright 218-829-8470
Burnsville -- Amnion Crisis Pregnancy Center 952-898-4357
Cambridge -- Lex Specialty Clinic 763-689-4319
Coon Rapids – Birthright 763-757-0715
Crystal -- Metro Women’s Center 763-533-8642
* **Detroit Lakes** – Health Resources Center 218-844-8822
Duluth -- Lake Superior Life-Care Center 218-727-3399
Duluth-- Women’s Care Center 218-623-7100
East Bethel -- Lex Specialty Clinic 763-452-0343
Eau Claire, WI -- Apple Pregnancy Care Ctr 715-834-7734
Eden Prairie -- SouthWest Options for Women 952-938-4496
Elk River – Elevier Women’s Center 763-441-7777
Fargo, ND –Women’s Care Center 701-237-6530
Fargo-Moorhead – Birthright 218-477-1977
Fairmont -- Options Pregnancy Center 507-238-2330
* **Faribault**--Pregnancy Options LifeCare Ctr 507-332-7644
* **Fergus Falls** -- Health Resources Center 218-736- 6050
Forest Lake -- Lakes LifeCare Center 651-464-4340
Grand Rapids – New Beginnings Preg. Care 218-326-0404
Hastings – TLC of Hastings 651-437-4200
Hibbing -- Family Life Center 218-262-5768
Hutchinson – Birthright 320-587-5433
International Falls - -N. Options for Women 218-285- 7673
Ladysmith, WI – Choices Health Network 715-532-7600
Little Canada -- Women’s LifeCare Center 651-777-0350
(Se Habla Español)
Little Canada -- New Day Pregnancy Care Ctr 651-644-3937
Lindstrom – The Baby Blanket, St. Bridget Church,
baby items and maternity clothes, 651-304-0432
Mankato – Options for Women 507-625-2229
Mankato – Birthright 507-387-7818
Marshall – Birthright 507-532-3660
Menomonie, WI – Options for Women 715-222-0777
Milaca -- Rum River Life Choices Center 320-983-3771
Minneapolis-Abria Preg. Resources, Northside 612-522-6589
* **Minneapolis** – First Care (Phillips) 612-482-2035
* **Minneapolis** – First Care Preg. Ctr (Univ.) 612-324-4192
Minneapolis – Tandem Family Resource Ctr 612-823-0301
(Se Habla Español)
Minneapolis – City Life Center 612-874-1808
Mora -- Crisis Pregnancy Center 320-679-4493
* **Morris** -- Options for Women / Morris 320-589-0300
New Brighton – St. John the Baptist Church, baby clothes,
651-633-8333, by appointment

PREGNANCY HELP CENTERS

North Branch –Options for Women 651-674-2121
Northfield – Northfield Women’s Center 507-645-7638
New Ulm – First Choice Pregnancy Services 507-359-9800
Oak Park Heights - Options for Women 651-439-5964
Osceola, WI -- Options for Women/Tri-County 715-755-2229
Park Rapids -- Pregnancy Resource Center 218-732-5212
Pine City -- Pregnancy Resource Center 320-629-2792
Princeton – Rum River Life Choices Center 763-389-7876
Red Wing – First Choice Clinic 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 612-712-6113
* **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 Center 218-463-0580
St. Cloud -- Elevate Pregnancy and Family Resource Center
320-252-4150
* **St. Cloud** -- Pregnancy Resource Center 320-253-1962
St. Michael – Options for Women/Cornerstone 612-584-9449
* **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 612-445-2494
St. Paul – Birthright 651-646-7033
***Sandstone** - Sandstone Options for Women 320-216-7633
***Sauk Centre**–Options for Women/Central MN 320-351-4025
Savage- Alpha Women’s Center 952-495-0300
Staples - Lakes Area Preg. Support Center 218-895-5200
Superior, WI -- Lake Sup. Life-Care Center 715-394-4102
Thief River Falls -- LifeCare Pregnancy Center of TRF
218-681-1279 or 24/7 HOTLINE 218-689-5454
Virginia -- Family Life Center 218-262-5768
Wadena -- Lakes Area Preg. Support Center 218-513-1677
* **Waite Park** -- Pregnancy Resource Center 320-253-1962
Walker – Walker Area Preg. Support Center 218-547-5433
West St. Paul – Guiding Star Wakota 651-457-1195
(Se Habla Español)
* **Willmar** -- Hope Pregnancy Center 320-235-7619
Winona – Birthright 507-452-2421
Woodbury – Woodbury Options for Women 651-340-9062
Worthington -- Helping Hand Preg. Center 507-372-2111
(Se Habla Español)
* **STD testing also available if requested**

Or for a center near you, contact 24/7:

800-712-4357 (English and Español)

www.OptionLine.org

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.aalfafamily.com

HOUSING

Philomena House: Housing and help up to a year for homeless,
expectant mothers. Call Nancy at 651-373-1205.

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

Enkrateia House of Hope: Housing and help for pregnant
women. Duration of stay based on need. 507-516-2229

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

St. Gianna & Pietro Molla Maternity Home: A loving home for
pregnant mothers and their little ones. Warsaw, ND
701-248-3077

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

Other housing options are available by contacting a
Pregnancy Help Center.

ADOPTION SERVICES

Holy Family Adoption Agency 651-298-0133
New Life Family Services 612-413-0056
New Horizons Adoption Agency 507-526-3518
or 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.

Marriage Material: Provides financial assistance to pregnant
women in need of help with rent, food, or transportation.
Call Nancy Kiolbasa 651-373-1205

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 www.prenatalpartnersforlife.org

It may seem that you're all alone and have nowhere to turn. Would it surprise you to know there are a lot of people who want to help you during this difficult time?

There are pregnancy help centers whose free services include pregnancy testing, emotional support, parenting classes, material help such as baby items and maternity clothes, and even ultrasound, pre-natal care, life-coaching or STD testing at some locations. (*STD testing is available at centers marked with * on inside of this brochure .*)

Other organizations provide housing, financial assistance, pre-natal care, and adoption services. You can make it through this pregnancy and these centers can support you! (Most of the agencies listed in this brochure have websites.)

**If you've taken the
abortion pill:**

It may not be too late!

Thousands of babies have survived the first drug (mifepristone) and are perfectly healthy! **DON'T TAKE** the second drug (misoprostol)! Instead, call this 24-hour helpline right away for help in saving your baby:

1-877-558-0333

www.AbortionPillReversal.com

**Watch what the abortion pill can be
like for the woman:**

www.AbortionPillHurts.com

HURTING FROM A PAST ABORTION?

For free, confidential help, contact one of the following programs. Healing can begin today by letting *this* baby live.

Rachel's Vineyard Retreats – Contact
763-250-9313 or rachels@vineyardmn.org

Nationally (for a location near you), call 1-877-467-3463 or go to www.rachelsvineyard.org

Rich in Mercy – Contact Denise at 763-560-8383
or briandenise@ellm.org
Website: www.richinmercy.org

Project Rachel – Contact Sonya at 651-291-4515 or respectlife@archspm.org

Conquerors – Contact 612-746-5639 or
coordinator@conquerorsafterabortion.org
Website: www.conquerorsafterabortion.org

Español – www.EIVinedoDeRaquel.org
1-877-467-3463

NATURAL FAMILY PLANNING (NFP)

A healthy, safe alternative to the Pill, the “patch,” shots, implants, the “morning after” pill, other hormonal birth control methods, and the IUD (all of which can cause very early abortions and be very harmful to the woman). New methods of NFP are more than 99% effective, and many couples say NFP improves their marriages.

For more information:

Couple to Couple League 1-800-745-8252
or www.ccli.org

Twin Cities FertilityCare Center 651-232-3088
or www.tcnfp.org
Text: 612-424-2334 E-mail: info@tcnfp.org

One More Soul 1-800-307-7685
or www.onemoresoul.com

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Free Help for Pregnant Women



*Ayuda Gratis
para Las
Mujeres
Embarazadas*