

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

Crystal – Crystal Women's Clinic 763-531-9554

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. Res., Northside 651-695-0111

Minneapolis * – First Care (Phillips) 612-482-2035

Minneapolis * – First Care (University) 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

(Se Habla Español)

PREGNANCY HELP CENTERS

New Brighton – St. John the Baptist Church, baby clothes,
diapers, etc. 1-800-221-8211 (make an appointment)

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

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

OTHER RESOURCES

The following are just a *few* examples of the many other resources available to you. Contact a PREGNANCY HELP CENTER for more resources beyond those listed below.

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

Let Them Live: Pregnant, struggling with finances, and considering abortion? www.letthemlive.org
Call or text: 203-450-HELP (4357)

MEDICAL PROBLEMS?

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

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

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

ADOPTION SERVICES

Holy Family Adoption Agency 651-298-0133

New Life Family Services 612-413-0056

New Horizons 507-526-3518 or 800-314-3370

Note – *If you have contacted a Pregnancy Help Center and need additional help finding the resources you need, please contact Debra at Pro-Life Action Ministries: 651-797-6364*

It may seem that you're all alone and have nowhere to turn. Would it surprise you to know that there are many people who want to help you during this challenging 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, employment assistance, or STD testing at some locations. (*STD testing is available at centers marked with * on the inside of this brochure.*)

Other organizations provide housing, financial assistance, 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