

PREGNANCY RESOURCE CENTERS – MINNESOTA

Mobile Medical Clinic ² - Alpha Women's Center 952-495-0300

Mobile Medical Clinic ² (**Fridley/Spring Lake Park**) * - Creative Women's Health 763-317-8728

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 Pregnancy Support Center 218-825-0793

Brainerd - Birthright 218-829-8470

Burnsville ¹ - Amnion Women's Center 952-209-9990
(ASL interpreter available)

Cambridge - Lex Specialty Clinic 763-689-4319

Coon Rapids - Birthright 763-757-0715

Crystal - Metro Women's Center 763-533-8642

Crystal ¹ - Crystal Women's Clinic 763-531-9554

Deer River - New Beginnings 218-246-2010

Detroit Lakes ² - 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

Eden Prairie - SouthWest Options for Women 952-938-4496

Elk River - Elevier Women's Center 763-441-7777

Fairmont - Options Pregnancy Center 507-238-2330

Faribault ² - Pregnancy Options LifeCare Center 507-332-7644

Fergus Falls ² - Health Resources Center 218-736-6050

Forest Lake - Lakes LifeCare Center 651-464-4340

Grand Rapids - New Beginnings 218-326-0404

Hastings - TLC of Hastings 651-437-4200

Hibbing - Family Life Center 218-262-5768

Hutchinson - Birthright 320-587-5433

International Falls - North Options for Women 218-285-7673

Little Canada ¹ - Women's LifeCare Center 651-777-0350

Little Canada - New Day Pregnancy Care Center 651-644-3937

Mankato - Options for Women 507-625-2229

Mankato - Birthright 507-387-7818

Marshall - Choices Pregnancy Center 507-637-2534

Marshall - Birthright 507-532-3660

Milaca - Rum River Life Choices Center 320-983-3771

Minneapolis ² - Abria Pregnancy Res., Northside 651-695-0111

Minneapolis ^{1,2} - First Care (Phillips) 612-286-0076

Minneapolis ^{1,2} - First Care (University) 612-623-8378

Minneapolis ¹ - Tandem Family Resource Center 612-823-0301

Minneapolis - City Life Center 612-874-1808

Moorhead - Women's Care Center 218-512-0453

Moorhead - Birthright 218-477-1977

Mora - Crisis Pregnancy Center 320-679-4493

Morris / Ortonville ^{1,2} - Options for Women 320-589-0300

North Branch - Options for Women 651-674-2121

Northfield ² - Northfield Women's Center 507-645-7638

New Ulm - First Choice Pregnancy Services 507-359-9800

Park Rapids - Pregnancy Resource Center 218-732-5212

Pine City - Pregnancy Resource Center 320-629-2792

PREGNANCY RESOURCE CENTERS – MINNESOTA

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

Richfield ^{1,2} - First Care Pregnancy Center 612-866-7643

Rochester ^{1,2} - 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 ² - Pregnancy Resource Center 320-253-1962

St. Michael - Options for Women / Cornerstone 612-584-9449

St. Paul ² - Abria Pregnancy Resources 651-695-0111

St. Paul ² - Options for Women / East 651-776-2328

St. Paul ¹ - First Care Pregnancy Center 651-730-4342

St. Paul - Birthright 651-646-7033

Sandstone ² - Sandstone Options for Women 320-216-7633

Sauk Centre ² - Options for Women / Central MN 320-351-4025

Staples - Lakes Area Pregnancy Support Center 218-895-5200

Stillwater / OPH ² - Options for Women 651-439-5964

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 Pregnancy Support Center 218-513-1677

Waite Park ² - Pregnancy Resource Center 320-253-1962

Walker - Walker Area Pregnancy Support Center 218-547-5433

West St. Paul ¹ - Guiding Star Wakota 651-457-1195

Willmar ² - Hope Pregnancy Center 320-235-7619

Winona - Birthright 507-452-2421

Woodbury - Woodbury Options for Women 651-340-9062

Worthington ¹ - Helping Hand Pregnancy Center 507-372-2111

PREGNANCY CENTERS - NEARBY STATES

Note – These are just a *few* of the *many* centers in these states. For other centers near your home, go to **OptionLine.org 800-712-4357 (English & Español)**

IA – Mason City - Caring Pregnancy Center 641-424-2237

Waterloo ² - Alternatives Pregnancy Center 319-535-2720

ND – Fargo - Women's Care Center 701-237-6530

Grand Forks ² - Relate Care Clinic 701-746-8866

SD – Sioux Falls ² - Alpha Center 605-361-3500

WI – Eau Claire - Apple Pregnancy Care Ctr 715-834-7734

Ladysmith ² - Choices Health Network 715-532-7600

Menomonie - Options for Women 715-222-0777

Rice Lake - Pregnancy Help Center 715-736-4357

River Falls ² - Options for Women 715-425-8539

St. Croix Falls - Options on 8 715-755-2229

Superior - Lake Superior Life-Care Center 715-394-4102

1) Se Habla Español

2) STD / SDI testing also available if requested

OTHER RESOURCES

The following are just a *few* examples of the *many* other resources available to you. Contact a Pregnancy Resource Center for many more resources besides those listed here.

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

LoveLine: Provides support for single moms and women facing unplanned pregnancies, who feel they have exhausted all opportunities for resources in their area.

Call or text: 888-550-1588 www.loveonline.com

Let Them Live: Pregnant, struggling with finances, and considering abortion?

Call or text: 203-450-HELP (4357) www.letthemlive.org

MEDICAL PROBLEMS?

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

ADDITIONAL MATERIAL RESOURCES

The Baby Blanket: St. Bridget Church, Lindstrom, MN
Baby items and maternity clothes, 651-304-0432

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

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 Resource Center** and want 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 Resource 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
and #I Saw My Baby**

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. NFP can also help a couple achieve pregnancy.

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

Published by Pro-Life Action Ministries 651-771-1500

10/25

Free Pregnancy Resources

Recursos Gratuitos del Embarazo