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 Life Care 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 [2] - 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 - First Care Pregnancy Center 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

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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.loveline.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. 612-391-8086.
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 call Debra at Pro-Life Action Ministries: 651-797-6364 (landline)

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 material help such as diapers, other baby items and maternity clothes; pregnancy testing; emotional support; parenting classes; and even ultrasounds, pre-natal care, life-coaching, employment assistance, and STD / SDI testing at some locations. (*STD / SDI testing is available at centers marked with [2] 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 will 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:

SCAN ME

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@rvineyardmn.org

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

Rich in Mercy – Contact Denise at 763-350-6038 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.ElVinedoDeRaquel.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

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Free Pregnancy Resources

Recursos Gratuitos del Embarazo