

## RED OAK, IOWA

PREGNANCY CENTER OF SW IOWA

712-621-2117 • www.pcsi.care

A, C, E, G, I

## SIOUX CITY, IOWA

MARY'S CHOICE

712-274-6279 • 712-229-0996 • maryschoice.org

A, B, C, D, I

## SIOUX CITY, IOWA

HER HEALTH WOMEN'S CENTER

712-276-0237

www.partnersofherhealth.org www.herhealthwomenscenter.org

A, B, C, D, E, N, O

## STORM LAKE, IOWA

CORNERSTONE PREGNANCY RESOURCE CTR.

712-299-1707 • www.cornerstoneforlifeprc.com

A, B, C, D, G, I, N, R, S

## STUART, IOWA

LIFE CARE CLINIC

515-523-1173 • www.iowalclclinic.org

A, B, C, D, E, G, M, N, O

## WATERLOO, IOWA

ALTERNATIVES PREGNANCY CENTER

319-535-2720 • www.alternativescenter.org

A, B, C, D, E, G, M, N, Referral to community resources

HOUSE OF HOPE

319-232-3823 • www.houseofhopeccd.org

B, D, L

GUIDING STAR OF CEDAR VALLEY

319.232.2695

## ADOPTION AGENCIES

LUTHERAN FAMILY SERVICES

Urbandale, Fort Dodge, Council Bluffs, Bettendorf.

Text "PregnancyHelp" to 56525, call 877-510-2229

www.lutheranfamilyservice.org

NEW HORIZON'S ADOPTION AGENCY INC

• Mason City, 50402 • 800.314.3370

## CHURCH SUPPORT

EMBRACE GRACE

www.embracegrace.com

(Helping women & men experiencing unplanned pregnancies find a place of belonging within the church.)

*You are not alone!*

## SUPPORT LEGEND

*The services each location offers will be indicated by the letters below each location.*

- A. Ultrasounds
- B. Counseling
- C. Pregnancy Testing
- D. Spiritual Support
- E. STI/STD Testing
- F. Prenatal Care
- G. Baby Items / Maternity Clothes
- H. RU-486 Reversal
- I. Adoption Services
- J. Prenatal Care
- K. Housing
- L. Parenting Classes
- M. Sex Ed
- N. Support for Men
- O. OB Care
- P. Abstinence Classes
- Q. Life SKILLS Help
- R. Abortion Healing
- S. Cervical Cancer Screening
- T. Legal Services
- U. Financial Assistance
- V. Addiction services
- W. Childcare

*Iowans for*  
**L I F E**

515-255-4113

www.IowansForLife.org

mdewitte@iowansforlife.org

*Pregnant?*  
You Are Not Alone



There are loving and supportive organizations throughout the state just waiting to help you with whatever you need.

**Reach Out And Get The Support You Need Today.**

If the organization you call does not offer what you need, they will refer you. If they don't, try another or feel free to call us.

515-255-4113

## **ALGONA, IOWA**

**CORNERSTONE PREGNANCY RESOURCE**

712-299-1707 • [www.cornerstoneforlifeprc.com](http://www.cornerstoneforlifeprc.com)

**A, B, C, D, Q, R**

## **AMES, IOWA**

**OBRIA**

515-232-8000 • 515.230.1169

[www.obria.org](http://www.obria.org)

**A, B, C, D, E, F, L, O, P, S**

## **ANKENY, IOWA**

**ANKENY ALPHA WOMEN'S CENTER**

515-965-7885 • [www.awcdesmoines.org](http://www.awcdesmoines.org)

**B, C, D, G, I, L**

## **ATLANTIC, IOWA**

**LIFE CARE CLINIC**

641-782-2150 • [www.iowalclclinic.org](http://www.iowalclclinic.org)

**A, B, C, D, E, G, N**

## **BETTENDORF, IOWA**

**WOMEN'S CHOICE CENTER**

563-332-0475 • 877-905-8990

[www.womenschoicecenter.org](http://www.womenschoicecenter.org)

**A, B, C, D, E, G, H**

## **BURLINGTON, IOWA**

**INFORMED CHOICES**

319-208-9445 • [www.informedchoiceia.org](http://www.informedchoiceia.org)

**A, C, D, E, I, J, P, R, S**

**CRADLE OF HOPE**

319-986-5336 • [www.cradleofhopeiowa.com](http://www.cradleofhopeiowa.com)

**A, B, C, E, G, I, J, L, N, I, T**

## **CEDAR RAPIDS, IOWA**

**BRIDGEHAVEN PREGNANCY SUPPORT**

319-364-8967 • [www.bridgehavencr.org](http://www.bridgehavencr.org)

**A, B, C, D, E, G, M**

**GUIDING STAR OF CEDAR VALLEY**

220 Southbrooke

## **CHARLES CITY, IOWA**

**HOPE FOR LIFE PREGNANCY CENTER**

641.715.1537 *Call for pregnancy help.*

## **CLINTON, IOWA**

**THE PREGNANCY CENTER OF CLINTON**

563-242-6628 • [www.pregnancycenterclinton.org](http://www.pregnancycenterclinton.org)

**A, B, C, D, L, M**

## **COUNCIL BLUFFS, IOWA**

**GABRIEL'S CORNER PREG. COUNSELING**

712-323-7756 • [www.gabrielscorner.com](http://www.gabrielscorner.com)

**A, B, C, G, R, U**

## **CRESTON, IOWA**

**LIFE CARE CLINIC**

641-782-2150 • [www.iowalclclinic.org](http://www.iowalclclinic.org)

**A, B, C, D, E, G, M, N**

## **DAVENPORT, IOWA**

**PREGNANCY RESOURCES**

563-386-3737 • [www.qcpregnancy.org](http://www.qcpregnancy.org)

**A, B, C, D, G, I, L**

## **DES MOINES, IOWA**

**DES MOINES ALPHA WOMEN'S CTR**

515-285-5700 • [www.awcdesmoines.org](http://www.awcdesmoines.org)

**B, C, D, G, L**

**INNERVISIONS HEALTHCARE**

515-440-2273 • [www.innervisionshealthcare.org](http://www.innervisionshealthcare.org)

**A, B, C, D, E, I, N**

**AGAPE PREGNANCY CENTER**

515-255-0243 • [www.agapedsm.com](http://www.agapedsm.com)

**A, B, C, D, E, G, N**

**HOUSE OF MERCY**

515-643-6500 • [www.houseofmercydesmoines.org](http://www.houseofmercydesmoines.org)

**B, G, K, L, V, W**

**RUTH HARBOR**

515-279-4661 • [www.ruthharbor.org](http://www.ruthharbor.org)

**B, D, K**

## **DUBUQUE, IOWA**

**CLARITY CLINIC**

563-556-5250 • 800-721-HELP • [www.clarityclinic.com](http://www.clarityclinic.com)

**B, C, D, E, L, R, M, N, L**

**MARY'S INN MATERNITY HOME**

563.552.6288 • [www.marysinmaternityhome.org](http://www.marysinmaternityhome.org)

**K**

## **FAIRFIELD, IOWA**

**CRADLE OF HOPE**

319-931-5759 • [www.cradleofhopeiowa.com](http://www.cradleofhopeiowa.com)

**A, B, C, E, N, G, I, L, T**

## **FORT MADISON, IOWA**

**CRADLE OF HOPE**

319-931-5759 • [www.cradleofhopeiowa.com](http://www.cradleofhopeiowa.com)

**A, B, C, E, N, G, I, L, T**

## **IOWA CITY, IOWA**

**INFORMED CHOICES**

319-337-0575 • [www.informedchoicesclinic.com](http://www.informedchoicesclinic.com)

**A, C, D, E, I, J, P, R, S**

## **IOWA FALLS, IOWA**

**LIGHTHOUSE CENTER FOR HOPE**

641-648-4198 • [www.thelighthousecenter.com](http://www.thelighthousecenter.com)

**B, C, D, L, R** (post rape support, story time and more)

## **MARSHAL TOWN, IOWA**

**GUIDING STAR OF MARSHALLTOWN**

641-351-4041 • [www.guidingstarmarshalltown.org](http://www.guidingstarmarshalltown.org)

## **MASON CITY, IOWA**

**CARING PREGNANCY CENTER**

641-424-2237 • [www.cpcmasoncity.org](http://www.cpcmasoncity.org)

**A, B, C, D, G, L, N, R**

## **MILFORD, IOWA**

**CHERISH CENTER**

712-338-3333 • [www.cherishcenter.org](http://www.cherishcenter.org)

**B, C, D, I, L, Q**

## **MT. PLEASANT, IOWA**

**CRADLE OF HOPE**

319-931-5759 • [www.cradleofhopeiowa.com](http://www.cradleofhopeiowa.com)

**A, B, C, E, N, G, I, L, T**

## **NEWTON, IOWA**

**PREGNANCY CENTER OF CENTRAL IOWA**

641-792-3050 • 800-395-4357 • [www.pccciowa.org](http://www.pccciowa.org)

**B, C, D, G, K, I, P, R**

## **OTTUMWA, IOWA**

**HEARTLAND PREGNANCY CENTER**

641-683-3030 • 866-277-3402

[www.ottumwachoices.com](http://www.ottumwachoices.com)

**B, C, D, G, P, T**

## **PELLA, IOWA**

**PATHWAYS OF PELLA**

641-628-4827 • [www.pathwayspell.org](http://www.pathwayspell.org)

**B, C, D, E, L, N, I, R**