



PULSE
life ADVOCATES
515-255-4113
pulseforlife.org

MARSHALLTOWN, IOWA

GUIDING STAR OF MARSHALLTOWN
641-351-4041 • guidingstarmarshalltown.org
B, C, D, F, L, M, N, P, R, W

MASON CITY, IOWA

CARING PREGNANCY CENTER
641-424-2237 • cpcmasoncity.org
A, B, C, D, G, L, N, R

MILFORD, IOWA

CHERISH CENTER
712-338-3333 • cherishcenter.org
B, C, D, I, L, Q

MT. PLEASANT, IOWA

CRADLE OF HOPE
319-931-5759 • cradleofhopeiowa.com
A, B, C, E, N, G, I, L, T

NEWTON, IOWA

PREGNANCY CENTER OF CENTRAL IOWA
641-792-3050 • 800-395-4357 • pcc Iowa.org
B, C, D, G, K, I, P, R

ORANGE CITY, IOWA

GUIDING STAR OF SIOUXLAND
712-266-3282 • guidingstarsiouxland.org
B, C, D, F, L, M, N, P, R, W

OTTUMWA, IOWA

HEARTLAND PREGNANCY CENTER
641-683-3030 • 866-277-3402
ottumwachoices.com
B, C, D, G, P, T

PELLA, IOWA

PATHWAYS OF PELLA
641-628-4827 • pathwayspella.org
B, C, D, E, L, N, I, R

RED OAK, IOWA

PREGNANCY CENTER OF SW IOWA
712-621-2117 • pcsi.care
A, C, E, G, I

SIOUX CITY, IOWA

HER HEALTH WOMEN'S CENTER
712-276-0237
partnersofherhealth.org herhealthwomenscenter.org
A, B, C, D, E, N, O

SIOUX CITY, IOWA *(continued)*

MARY'S CHOICE
712-274-6279 • 712-229-0996 • maryschoice.org
A, B, C, D, I

SPENCER, IOWA

BIRTHRIGHT OF SPENCER
712-262-8271 • birthright.org
C, G

STORM LAKE, IOWA

**CORNERSTONE PREGNANCY
RESOURCE CENTER**
712-299-1707 • cornerstoneforlifeprc.com
A, B, C, D, G, L, N, R,

STUART, IOWA

LIFE CARE CLINIC
515-523-1173 • iowalcclinic.org
A, B, C, D, E, G, M, N, O

WATERLOO, IOWA

ALTERNATIVES PREGNANCY CENTER
319-535-2720 • alternativescenter.org
A, B, C, D, E, G, M, N, +Referral to community resources

HOUSE OF HOPE

319-232-3823 • houseofhopeccd.org
B, D, L

GUIDING STAR OF CEDAR VALLEY

319-232-2695 • guidingstarcedarvalley.org
B, C, D, F, L, M, N, P, R, W

ADOPTION AGENCIES

LUTHERAN FAMILY SERVICES

Urbandale, Fort Dodge, Council Bluffs, Bettendorf.
Text "PregnancyHelp" to 56525, call 877-510-2229
lutheranfamilyservice.org

NEW HORIZON'S ADOPTION AGENCY INC

Mason City, 50402 • 800.314.3370

CHURCH SUPPORT

EMBRACE GRACE

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

Pregnant?
You Are Not Alone



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

**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

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

ALGONA, IOWA

CORNERSTONE PREGNANCY RESOURCE

712-299-1707 • cornerstoneforlifeprc.com

A, B, C, D, Q, R

AMES, IOWA

OBRIA

515-232-8000 • 515.230.1169

obria.org

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

MARTHA’S HOUSE OF HOPE

515-337-0618 • marthashouseofhope.org

B, D, G, J, K, Q

ANKENY, IOWA

ANKENY ALPHA WOMEN’S CENTER

515-965-7885 • awcdesmoines.org

B, C, D, G, I, L

ATLANTIC, IOWA

LIFE CARE CLINIC

641-782-2150 • iowalcclinic.org

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

BETTENDORF, IOWA

WOMEN’S CHOICE CENTER

563-332-0475 • 877-905-8990

womenschoicecenter.org

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

BURLINGTON, IOWA

BIRTHRIGHT OF BURLINGTON

319-753-2702 • birthright.org

C, G

INFORMED CHOICES

319-208-9445 • informedchoiceia.org

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

CRADLE OF HOPE

319-986-5336 • cradleofhopeiowa.com

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

CEDAR FALLS, IOWA

BIRTHRIGHT OF BLACK HAWK COUNTY

319-277-2000 • birthright.org

C, G

CEDAR RAPIDS, IOWA

BIRTHRIGHT OF CEDAR RAPIDS

319-393-3251 • birthright.org

C, G

BRIDGEHAVEN PREGNANCY SUPPORT

319-364-8967 • bridgehavencr.org

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

CHARLES CITY, IOWA

HOPE FOR LIFE PREGNANCY CENTER

641-715-1537 • hopeforlifepc.com

CLINTON, IOWA

THE PREGNANCY CENTER OF CLINTON

563-242-6628 • pregnancycenterclinton.org

A, B, C, D, L, M

COUNCIL BLUFFS, IOWA

BIRTHRIGHT OF COUNCIL BLUFFS

712-322-2100 • birthright.org

C, G

GABRIEL’S CORNER PREG. COUNSELING

712-323-7756 • gabrielscorner.com

A, B, C, G, R, U

ASSURE WOMEN’S CENTER

402-397-0600 • assureomaha.com/

A, C, I

CRESTON, IOWA

LIFE CARE CLINIC

641-782-2150 • iowalcclinic.org

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

DAVENPORT, IOWA

PREGNANCY RESOURCES

563-386-3737 • qcpregnancy.org

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

DES MOINES, IOWA

AGAPE PREGNANCY CENTER

515-255-0243 • agapedsm.com

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

ALPHA WOMEN’S CTR

515-285-5700 • awcdesmoines.org

B, C, D, G, L

BIRTHRIGHT OF DES MOINES

515-633-2133 • birthright.org

C, G

HOUSE OF MERCY

515-643-6500 • houseofmercydesmoines.org

B, G, K, L, V, W

INNERVISIONS HEALTHCARE

515-440-2273 • innervisionshealthcare.org

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

MARY’S HELPING HANDS

515-225-3825 • maryshelpinghandsiowa.org

G

RUTH HARBOR

515-279-4661 • ruthharbor.org

B, D, K

DUBUQUE, IOWA

BIRTHRIGHT OF DUBUQUE

563-556-1991 • birthright.org

C, G

DUBUQUE, IOWA (continued)

CLARITY CLINIC

563-556-5250 • 800-721-HELP

clarityclinic.com

A, B, C, D, R

CLARITY CLINIC’S TREE OF LIFE

EDUCATION CENTER

563-239-9090 • 563-239-9097 (Spanish)

treeoflifeeducationcenter.com

D, G, L, M, N, P, R

MARY’S INN MATERNITY HOME

563-552-6288 • marysinmaternityhome.org

K

FAIRFIELD, IOWA

CRADLE OF HOPE

319-931-5759 • cradleofhopeiowa.com

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

FORT DODGE, IOWA

OBRIA

515-620-5892 • obria.org/iowa/clinic/fort-dodge-ia

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

FORT MADISON, IOWA

CRADLE OF HOPE

319-931-5759 • cradleofhopeiowa.com

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

IOWA CITY, IOWA

INFORMED CHOICES

319-337-0575 • informedchoicesclinic.com

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

BIRTHRIGHT OF IOWA CITY

319-338-8665 • birthright.org

C, G

IOWA FALLS, IOWA

LIGHTHOUSE CENTER FOR HOPE

641-648-4198 • thelighthousecenter.com

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

KEOKUK, IOWA

BIRTHRIGHT OF KEOKUK

319-524-3733 • birthright.org

C, G

KNOXVILLE, IOWA

BIRTHRIGHT OF KNOXVILLE

641-842-5683 • birthright.org

C, G