



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 • pccciowa.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

ottumwachoice.com

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

PELLA, IOWA

PATHWAYS OF PELLA

641-628-4827 • pathwayspell.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

partnersoherhealth.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 • cornerstoneforlifeprec.com

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

STUART, IOWA

LIFE CARE CLINIC

515-523-1173 • iowalclinic.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.

PULSE

life ADVOCATES

515-255-4113 • pulseforlife.org

You are not alone!



KNOXVILLE, IOWA

BIRTHRIGHT OF KNOXVILLE

641-842-5683 • birthright.org

C, G

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

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

AMES, IOWA

OBRIA

515-620-5892

obria.org/iowa/

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 • iowalclclinic.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 • iowalclclinic.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

DENNISON, IOWA

CROSSROADS OF CRAWFORD COUNTY

712-393-4673 (HOPE)

www.crossroadsofcrawfordcounty.org

B, D, G, L, R

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