



MILFORD, IOWA

CHERISH HOUSE
712-338-3333 • cherishcenter.org
B, D, G, J, K, L, Q

MT. PLEASANT, IOWA

CRADLE OF HOPE
319-931-5759 • 319-986-5336 • cradleofhopeiowa.com
A, B, C, E, N, G, I, L, T

NEWTON, IOWA

PREGNANCY CENTER OF CENTRAL IOWA
641-792-3050 • 800-395-4357 • pcciowa.org
B, C, D, G, L, N, P, Q, R

HOUSE OF MERCY
(641) 792-0717
mercyone.org/desmoines/house-of-mercy/
B, L, V

OTTUMWA, IOWA

HEARTLAND PREGNANCY CENTER
641-683-3030 • 866-277-3402
ottumwachchoices.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

SHENANDOAH, IOWA

SHENANDOAH PREG. & RESOURCE CENTER (SPARC) • 712-581-9023
shenandoahpregnancyresourcecenter.com
C, D, G, L, N, Q

SIOUX CENTER, IOWA

GUIDING STAR OF SIOUXLAND
712-266-3282 • guidingstarsiouxland.org
B, C, G, L, M, P, R, U

SIOUX CITY, IOWA

HER HEALTH WOMEN'S CENTER
712-224-2000 • herhealthwomenscenter.org
A, B, C, D, E, G, L, N, R

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

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

LC CLINIC
515.523.1173 • 515.523.KNOW (24hr txt hotline)
iowalclclinic.org
A, B, C, D, E, G, L, M, N, P, Q, R

WAVERLY, IOWA

ALTERNATIVES PREGNANCY CENTER
319-535-2720 • alternativescenter.org
A, B, C, D, E, G, H, L, M, N, Q, R

WATERLOO, IOWA

ALTERNATIVES PREGNANCY CENTER
319-535-2720 • alternativescenter.org
A, B, C, D, E, G, H, L, M, N, Q, R

HOUSE OF HOPE

319-232-3823 • houseofhopeccd.org
K, L, Q

GUIDING STAR OF CEDAR VALLEY

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

STATEWIDE SUPPORT

LUTHERAN FAMILY SERVICES
D.B.A. Many Hearts Unplanned Pregnancy Support
Text: LOVE to 844-764-2029
many-hearts.com/

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

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.

PULSE
life ADVOCATES

515-255-4113 • pulseforlife.org

KEOKUK, IOWA

BIRTHRIGHT OF KEOKUK
319-524-3733 • birthright.org
C, G

KNOXVILLE, IOWA

BIRTHRIGHT OF KNOXVILLE
641-842-5683 • birthright.org
C, G

LE MARS, IOWA

HER HEALTH WOMEN'S CENTER
712-541-6300 • www.herhealthwomenscenter.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 • epcmasoncity.org
A, B, C, D, G, L, N, R

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

Most of these places offer referral services if they cannot meet your exact needs.

AMES, IOWA

OBRIA

515-620-5892 • obria.org/iowa/

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

ATLANTIC, IOWA

LC CLINIC

712.254.9086 • 515.523.KNOW (24hr txt hotline)

iowalclinic.org

A, B, C, D, E, G, L, M, N, P, Q, R

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

ALTERNATIVES PREGNANCY CENTER

319-535-2720 • alternativescenter.org

A, B, C, D, E, G, H, L, M, N, Q, R

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 FAMILY RESOURCE CENTER

641-715-1537 • hopeforlifepc.com

A, C, G, L, N

CENTERVILLE, IOWA

NEW HOPE PREGNANCY CENTER

641-856-3326 • newhopeministrycc.org

C, B, G, R

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

712-318-1971 • gabrielscorner.com

A, B, C, G, R, U

ASSURE WOMEN'S CENTER

402-397-0600 • assureomaha.com/

A, C, I

CRESTON, IOWA

LC CLINIC

641.782.2150 • 515.523.KNOW (24hr txt hotline)

iowalclinic.org

A, B, C, D, E, G, L, M, N, P, Q, R

DAVENPORT, IOWA

PREGNANCY RESOURCES

563-386-3737 • qcpregnancy.org

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

DENISON, IOWA

CROSSROADS OF CRAWFORD COUNTY

712-393-4673 • crossroadsofcrawfordcounty.org

D, G, L, Q, R (ultrasound coming soon)

DES MOINES, IOWA

AGAPE PREGNANCY CENTER

515-255-0243 • agapedsm.com

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

ALPHA WOMEN'S CENTER

515-285-5700 • awcdesmoines.org

B, C, D, G, L

EMBRACE GRACE FORT DES MOINES

515-285-1254 • Find us on Facebook

HOUSE OF MERCY

515-643-6500

mercyone.org/desmoines/house-of-mercy/

B, L, V

INNERVISIONS HEALTHCARE

515-440-2273 • innervisionshealthcare.org

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

MARY'S HELPING HANDS

515-225-3827 • 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

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)

thetreeoflifeeducationcenter.com

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

MARY'S INN MATERNITY HOME

563-552-6288 • marysinmaternityhome.org

D, K, L, Q

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

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

FORT MADISON, IOWA

CRADLE OF HOPE

319-931-5759 • cradleofhopeiowa.com

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

INDIANOLA, IOWA

HOUSE OF MERCY

(515) 358-7610

mercyone.org/desmoines/house-of-mercy/

B, L, V

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, G, L, R (post rape support)