



### **MILFORD, IOWA**

**CHERISH HOUSE**  
712-338-3333 • [cherishcenter.org](http://cherishcenter.org)  
**B, D, G, J, K, L, Q**

### **MT. PLEASANT, IOWA**

**CRADLE OF HOPE**  
319-931-5759 • 319-986-5336 • [cradleofhopeiowa.com](http://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](http://pcciowa.org)  
**B, C, D, G, L, N, P, Q, R**

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

### **OTTUMWA, IOWA**

**HEARTLAND PREGNANCY CENTER**  
641-683-3030 • 866-277-3402  
[ottumwachchoices.com](http://ottumwachchoices.com)  
**B, C, D, G, P, T**

### **PELLA, IOWA**

**PATHWAYS OF PELLA**  
641-628-4827 • [pathwayspella.org](http://pathwayspella.org)  
**B, C, D, E, L, N, I, R**

### **RED OAK, IOWA**

**PREGNANCY CENTER OF SW IOWA**  
712-621-2117 • [pcsi.care](http://pcsi.care)  
**A, C, E, G, I**

### **SHENANDOAH, IOWA**

**SHENANDOAH PREG. & RESOURCE CENTER (SPARC)** • 712-581-9023  
[shenandoahpregnancyresourcecenter.com](http://shenandoahpregnancyresourcecenter.com)  
**C, D, G, L, N, Q**

### **SIOUX CENTER, IOWA**

**GUIDING STAR OF SIOUXLAND**  
712-266-3282 • [guidingstarsiouxland.org](http://guidingstarsiouxland.org)  
**B, C, G, L, M, P, R, U**

### **SIOUX CITY, IOWA**

**HER HEALTH WOMEN'S CENTER**  
712-224-2000 • [herhealthwomenscenter.org](http://herhealthwomenscenter.org)  
**A, B, C, D, E, G, L, N, R**

**MARY'S CHOICE**  
712-274-6279 • [maryschoice.org](http://maryschoice.org)  
**A, B, C, D, G**

### **SPENCER, IOWA**

**BIRTHRIGHT OF SPENCER**  
712-262-8271 • [birthright.org](http://birthright.org)  
**C, G**

### **STORM LAKE, IOWA**

**CORNERSTONE PREGNANCY RESOURCE CENTER**  
712-299-1707 • [cornerstoneforlifeprc.com](http://cornerstoneforlifeprc.com)  
**A, B, C, D, G, L, N, R,**

### **STUART, IOWA**

**LC CLINIC**  
515.523.1173 • 515.523.KNOW (24hr txt hotline)  
[iowalclinic.org](http://iowalclinic.org)  
**A, B, C, D, E, G, L, M, N, P, Q, R**

### **WAVERLY, IOWA**

**ALTERNATIVES PREGNANCY CENTER**  
319-535-2720 • [alternativescenter.org](http://alternativescenter.org)  
**A, B, C, D, E, G, H, L, M, N, Q, R**

### **WATERLOO, IOWA**

**ALTERNATIVES PREGNANCY CENTER**  
319-535-2720 • [alternativescenter.org](http://alternativescenter.org)  
**A, B, C, D, E, G, H, L, M, N, Q, R**

### **HOUSE OF HOPE**

319-232-3823 • [houseofhopeccd.org](http://houseofhopeccd.org)  
**K, L, Q**

### **GUIDING STAR OF CEDAR VALLEY**

319-232-2695 • [guidingstarcedarvalley.org](http://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/](http://many-hearts.com/)

### **ADOPTION AGENCIES**

**LUTHERAN FAMILY SERVICES**  
Urbandale, Fort Dodge, Council Bluffs, Bettendorf.  
Text "PregnancyHelp" to 56525, call 877-510-2229  
[lutheranfamilyservice.org](http://lutheranfamilyservice.org)

### **NEW HORIZON'S ADOPTION AGENCY INC**

Mason City, 50402 • 800.314.3370

### **CHURCH SUPPORT**

**EMBRACE GRACE**  
[embracegrace.com](http://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](http://pulseforlife.org)

### **KEOKUK, IOWA**

**BIRTHRIGHT OF KEOKUK**  
319-524-3733 • [birthright.org](http://birthright.org)  
**C, G**

### **KNOXVILLE, IOWA**

**BIRTHRIGHT OF KNOXVILLE**  
641-842-5683 • [birthright.org](http://birthright.org)  
**C, G**

### **LE MARS, IOWA**

**HER HEALTH WOMEN'S CENTER**  
712-541-6300 • [www.herhealthwomenscenter.org](http://www.herhealthwomenscenter.org)

### **MARSHALLTOWN, IOWA**

**GUIDING STAR OF MARSHALLTOWN**  
641-351-4041 • [guidingstarmarshalltown.org](http://guidingstarmarshalltown.org)  
**B, C, D, F, L, M, N, P, R, W**

### **MASON CITY, IOWA**

**CARING PREGNANCY CENTER**  
641-424-2237 • [epcmasoncity.org](http://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 or Referrals
- 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/](http://obria.org/iowa/)

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

### MARTHA'S HOUSE OF HOPE

515-337-0618 • [marthashouseofhope.org](http://marthashouseofhope.org)

**B, D, G, J, K, Q**

## ANKENY, IOWA

### ANKENY ALPHA WOMEN'S CENTER

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

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

## ATLANTIC, IOWA

### LC CLINIC

712.254.9086 • 515.523.KNOW (24hr txt hotline)

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

**A, B, C, D, E, G, H, I, M, P, R**

## BURLINGTON, IOWA

### BIRTHRIGHT OF BURLINGTON

319-753-2702 • [birthright.org](http://birthright.org)

**C, G**

### INFORMED CHOICES

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

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

### CRADLE OF HOPE

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

**C, G**

### ALTERNATIVES PREGNANCY CENTER

319-535-2720 • [alternativescenter.org](http://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](http://birthright.org)

**C, G**

### BRIDGEHAVEN PREGNANCY SUPPORT

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

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

## CHARLES CITY, IOWA

### HOPE FAMILY RESOURCE CENTER

641-715-1537 • [hopeforlifepc.com](http://hopeforlifepc.com)

**A, C, G, L, N**

## CENTERVILLE, IOWA

### NEW HOPE PREGNANCY CENTER

641-856-3326 • [newhopeministrycc.org](http://newhopeministrycc.org)

**C, B, G, R**

## CLINTON, IOWA

### THE PREGNANCY CENTER OF CLINTON

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

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

## COUNCIL BLUFFS, IOWA

### BIRTHRIGHT OF COUNCIL BLUFFS

712-322-2100 • [birthright.org](http://birthright.org)

**C, G**

### GABRIEL'S CORNER PREG. COUNSELING

712-318-1971 • [gabrielscorner.com](http://gabrielscorner.com)

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

### ASSURE WOMEN'S CENTER

402-397-0600 • [assureomaha.com/](http://assureomaha.com/)

**A, C, I**

## CRESTON, IOWA

### LC CLINIC

641.782.2150 • 515.523.KNOW (24hr txt hotline)

[iowalclinic.org](http://iowalclinic.org)

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

## DAVENPORT, IOWA

### PREGNANCY RESOURCES

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

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

## DENISON, IOWA

### CROSSROADS OF CRAWFORD COUNTY

712-393-4673 • [crossroadsofcrawfordcounty.org](http://crossroadsofcrawfordcounty.org)

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

## DES MOINES, IOWA

### AGAPE PREGNANCY CENTER

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

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

### ALPHA WOMEN'S CENTER

515-285-5700 • [awcdesmoines.org](http://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/](http://mercyone.org/desmoines/house-of-mercy/)

**B, L, V**

### INNERVISIONS HEALTHCARE

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

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

### MARY'S HELPING HANDS

515-225-3827 • [maryshelpinghandsiowa.org](http://maryshelpinghandsiowa.org)

**G**

### RUTH HARBOR

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

**B, D, K**

## DUBUQUE, IOWA

### BIRTHRIGHT OF DUBUQUE

563-556-1991 • [birthright.org](http://birthright.org)

**C, G**

### CLARITY CLINIC

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

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

### CLARITY CLINIC'S TREE OF LIFE EDUCATION CENTER

563-239-9090 • 563-239-9097 (Spanish)

[thetreeoflifeeducationcenter.com](http://thetreeoflifeeducationcenter.com)

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

### MARY'S INN MATERNITY HOME

563-552-6288 • [marysinmaternityhome.org](http://marysinmaternityhome.org)

**D, K, L, Q**

## FAIRFIELD, IOWA

### CRADLE OF HOPE

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

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

## FORT DODGE, IOWA

### OBRIA

515-620-5892 • [obria.org/iowa](http://obria.org/iowa)

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

## FORT MADISON, IOWA

### CRADLE OF HOPE

319-931-5759 • [cradleofhopeiowa.com](http://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/](http://mercyone.org/desmoines/house-of-mercy/)

**B, L, V**

## IOWA CITY, IOWA

### INFORMED CHOICES

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

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

### BIRTHRIGHT OF IOWA CITY

319-338-8665 • [birthright.org](http://birthright.org)

**C, G**

## IOWA FALLS, IOWA

### LIGHTHOUSE CENTER FOR HOPE

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

**B, C, D, G, L, R (post rape support)**