



### MILFORD, IOWA

**CHERISH HOUSE**  
712-338-3333 • cherishcenter.org  
D, F, G, K, L, Q, R

### MT. PLEASANT, IOWA

**CRADLE OF HOPE**  
319-931-5759 • 319-986-5336 • cradleofhopeiowa.com  
A, B, C, D, F, G, H, I, L, N, P, Q, R, X

### NEWTON, IOWA

**PREGNANCY CENTER OF CENTRAL IOWA**  
641-792-3050 • pcciowa.org  
B, C, D, F, G, I, 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**  
641-683-30300 • ottumwachoice.com  
A, B, C, G, I, L, R

### PELLA, IOWA

**PATHWAYS OF PELLA**  
641-780-6075 • 641-780-4334 • pathwayspell.org  
A, B, C, D, E, G, L, N, I, R

### RED OAK, IOWA

**PREGNANCY CENTER OF SW IOWA**  
712-621-2117 • pesi.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  
A, B, C, E, F, G, I, L, M, P, R, U

### SIOUX CITY, IOWA

**HER HEALTH WOMEN'S CENTER**  
712-224-2000 • herhealthwc.org  
A, B, C, D, E, G, H, I, J, L, M, N, P, Q, 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 • cornerstoneforlifepc.com  
A, B, C, D, G, L, N, R,

### STUART, IOWA

**LC CLINIC**  
515.523.1173 • 515.523.KNOW (24hr txt hotline)  
iowalclinic.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

**MANY HEARTS UNPLANNED PREGNANCY SUPPORT**  
Text: LOVE to 844-764-2029  
many-hearts.com/

### ADOPTION AGENCIES

**LUTHERAN FAMILY SERVICE**  
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 J

# Pregnant?

## You Are Not Alone

UPDATED 5/2024



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

### IOWA FALLS, IOWA

**LIGHTHOUSE CENTER FOR HOPE**  
641-648-4198 • thelighthousecenter.com  
B, C, D, G, L, R (post rape support)

### KNOXVILLE, IOWA

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

### LE MARS, IOWA

**HER HEALTH WOMEN'S CENTER**  
712-224-2000 • herhealthwc.org  
A, B, C, D, E, G, H, I, J, L, M, N, P, Q, R

### 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

# 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. Church Support
- K. Housing
- L. Parenting Classes
- M. Sex Ed
- N. Support for Men
- O. OB Care
- P. Sexual Risk Avoidance
- Q. Life Skills Help
- R. Abortion Healing
- S. Cervical Cancer Screening
- T. Legal Services
- U. Financial Assistance
- V. Addiction Services
- W. Childcare
- X. Pregnancy Loss & Miscarriage Care

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

## AMES, IOWA

**OBRIA MEDICAL CLINIC**  
515-620-5892 • obria.org/iowa/  
**A, B, C, D, E, F, G, H, I, O, S**

**MARTHA'S HOUSE OF HOPE**  
515-337-0618 • marthashouseofhope.org  
**B, D, F, G, K, L, I, Q**

## ANKENY, IOWA

**ANKENY ALPHA WOMEN'S CENTER**  
515-965-7885 • awcdesmoines.org **B, C, D, G, I, J, L, R**

## ATLANTIC, IOWA

**LC CLINIC**  
712.254.9086 • 515.523.KNOW (24hr txt hotline)  
iowalclclinic.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, I, M, P, R**

## BURLINGTON, IOWA

**BIRTHRIGHT OF BURLINGTON**  
319-753-2702 • birthright.org **C, G**

### INFORMED CHOICES

319-208-9445 • informedchoiceia.org  
**A, C, D, E, F, I, P, R, S**

### CRADLE OF HOPE

319-986-5336 • cradleofhopeiowa.com  
**A, B, C, F, G, H, I, L, N, P, Q, R**

## CARROLL, IOWA

**NEW CREATION PREGNANCY RESOURCE CTR**  
712-775-3675 • newcreationprc.org  
**C, D, G, L, N, P, Q, R**

## 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, F, G, H, I, J, L, M, N, P, Q, R, X**

## 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, G, I, L, M, P, R**

## 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)  
iowalclclinic.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, I, L, N, Q, R, U**

**ALPHA WOMEN'S CENTER**  
515-285-5700 • awcdesmoines.org **B, C, D, G, I, J, L, R**

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

**HOUSE OF MERCY**  
515-643-6500  
mercyone.org/desmoines/house-of-mercy/ **B, L, V**

**INNERVISIONS HEALTHCARE**  
515-440-2273 • 24/7 text line 515-369-2244  
innervisionshealthcare.org  
**A, B, C, D, E, H, I, P**

**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**

## ELDORA, IOWA

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

## FAIRFIELD, IOWA

**CRADLE OF HOPE**  
319-931-5759 • cradleofhopeiowa.com  
**A, B, C, F, G, H, I, L, N, P, Q, R**

## FORT DODGE, IOWA

**OBRIA MEDICAL CLINIC**  
515-620-5892 • obria.org/iowa  
**A, B, C, D, E, F, H, I, O, S**

## FORT MADISON, IOWA

**CRADLE OF HOPE**  
319-931-5759 • cradleofhopeiowa.com  
**A, B, C, F, G, H, I, L, N, P, Q, R**

## 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, F, I, P, R, S**

**BIRTHRIGHT OF IOWA CITY**  
319-338-8665 • birthright.org **C, G**