



PREGNANT?

You Are Not Alone

UPDATED 6/2026



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

Reach Out And Get The Support You Need Today.



515-255-4113 • pulseforlife.org

STORM LAKE, IOWA

HOPE FOR LIFE WOMEN'S RESOURCE CENTER

712-299-1707 • Hopeforlifewrc.com

A, B, C, D, G, H, I, 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

WEST UNION, IOWA

HOPE FAMILY RESOURCE CENTER

563-412-0130 • hopeforlifepc.com/west-union

C, G, L, N, Q

STATEWIDE SUPPORT

MANY HEARTS UNPLANNED PREG. 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

Cedar Rapids • 800-314-3370 (birth parent/Safe Haven

hotline) 507-383-1190 (text) • Nhadoptionagency.org

Mason City • 800-314-3370

SAFE HAVEN LOCATION:

24 hour hotline: 800-314-3370

CHURCH SUPPORT

EMBRACE GRACE • embracegrace.com J

ORANGE CITY, IOWA

GUIDING STAR SIOUXLAND WOMEN'S HEALTH & WELLNESS CENTER

712-266-3282 (call/text) • guidingstarsiouxland.org

A, B, C, E, F, G, H, I, L, M, P, R, U, X

OTTUMWA, IOWA

HEARTLAND PREGNANCY CENTER

641-683-30300 • ottumwachoices.com

A, B, C, G, I, L, R

PELLA, IOWA

PATHWAYS OF PELLA

641-780-6075 • 641-780-4334 • pathwayspella.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 CITY, IOWA

HER HEALTH WOMEN'S CENTER

(712) 224-2000 (phone/text) • 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

KNOXVILLE, IOWA

BIRTHRIGHT OF KNOXVILLE

641-842-5683 • birthright.org C, G

LE MARS, IOWA

HER HEALTH WOMEN'S CENTER

712-224-2000 (phone/text) • 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

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, K, L, N, P, Q, R, X

NEWTON, IOWA

PREGNANCY CENTER OF CENTRAL IOWA

641-792-3050 • pcc Iowa.org

B, C, D, F, G, I, L, N, P, Q, R, X

HOUSE OF MERCY

(641) 792-0717

mercyone.org/desmoines/house-of-mercy B, L, V

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.** Abortion Pill 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

Referrals provided if direct service is not available.

AMES, IOWA

OBRIA MEDICAL CLINIC

515-620-5892 • obriaiowa.org

A, B, C, D, E, F, H, I, L, N, O, S, U, X

MARTHA'S HOUSE OF HOPE

515-337-0618 (phone/text) • marthashouseofhope.org

B, D, G, K, L, I, Q

ANKENY, IOWA

ANKENY ALPHA WOMEN'S CENTER

515-965-7885 • awcdesmoines.org **A, B, C, D, G, I, J, L, R**

ATLANTIC, IOWA

LC CLINIC

712.254.9086 • 515.523.KNOW (24hr txt hotline)

iowalcclinic.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 • informedchoicesclinic.com

A, B, C, D, E, F, G, I, J, L, M, N, P, Q, R, U, V, W, X

CRADLE OF HOPE

319-986-5336 • cradleofhopeiowa.com

A, B, C, F, G, H, I, K, 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)

iowalcclinic.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 (phone) (712) 263-9950 (text)

crossroadsofcrawfordcounty.org

C, D, G, J, 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, X

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 • 855-584-8302 (24/7 text)

innervisionshealthcare.org

A, B, C, D, E, H, I

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 PREGNANCY CENTER

563-556-5250 • 800-721-HELP • clarityclinic.com

A, B, C, D, G, I, J, L, M, N, P, Q, R, X

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, K, L, N, P, Q, R

FORT DODGE, IOWA

OBRIA MEDICAL CLINIC

515-620-5892 • obriaiowa.org

A, B, C, D, E, F, H, I, L, N, O, S, U, X

FORT MADISON, IOWA

CRADLE OF HOPE

319-931-5759 • cradleofhopeiowa.com

A, B, C, F, G, H, I, K, 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, B, C, D, E, F, G, I, J, L, M, N, P, Q, R, U, V, W, X

BIRTHRIGHT OF IOWA CITY

319-338-8665 • birthright.org **C, G**

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)