

— **Los Servicios Adicionales** —

Amazing Grace Maternity Home Twin Cities home offering women hope for the future. | 763-533-8642

Cradle of Hope Offers financial assistance grants for pregnancy-related expenses statewide. | Roseville: 651-636-0637

Crescent Cove Support to children with shortened life expectancy, and families. | Brooklyn Center: 952-426-4711

Enkrateia House of Hope A faith-centered Shepherd Home for pregnant mothers to live during and after pregnancy. | Twin Cities: 507-516-2229

Grace Place Offering support and guidance through education, information, referrals and advocacy. Winona: 507-452-2283

Holy Family Catholic Adoption Agency Adoption services for birth mothers and adoptive families. St. Paul: 612-209-5869

Missionaries of Charity Home A home for women who need shelter during pregnancy. Minneapolis: 612-721-8614

The Mysterious Miscarriage Sisterhood Supporting families who have experienced the trauma of miscarriage. www.mysteriousmiscarriage.com | 320-597-4138

The Nest Maternity home meeting the spiritual, physical, and emotional needs of women facing unexpected pregnancies. www.thenestmn.org | St. Michael: 763-267-7797

New Horizon Adoption Agency Free services for birth parents. | 1-800-314-3370 or 507-528-3518

New Life Adoptions Comprehensive adoption services for both birth parents and adoptive parents. | 612-746-5658

Perry Center Maternity home providing for women's physical, emotional and spiritual needs. www.perrycenter.org | Fargo, N.D.: 701-241-9289

The Philomena House A residence for homeless expectant mothers: www.philomenahouse.org St. Paul: 651-373-1205

Prenatal Partners for Life Supporting families expecting or parenting a special needs child. www.prenatalpartnersforlife.org | Maple Grove: 763-772-3868

Safe Place for Newborns Confidential help for overwhelmed new mothers, and foster care for newborns at risk of being abandoned. Newborns may be brought to any hospital. www.safeplacemn.org | 1-877-440-BABY

Sidelines National Support Network Supporting women with complicated pregnancies and their families. 1-888-447-4754

Sustaining Grace Provides 3D and 4D ultrasounds (when they can't afford it) for the parents of babies who have received a fatal diagnosis. | 612-850-8400

— **Post-aborto** —

Abortion Recovery International Base de datos nacional con organizaciones que ofrecen ayuda (busca por lugar). www.abortionrecovery.org

Healing Hearts Ministries Offers post-abortion group or online study "Binding Up the Brokenhearted." www.healinghearts.org

Conquerors Un grupo del post-aborto se afilió con New Life Family Services. | Twin Cities: 612-746-5639

Liberate Ministries Ofrece un lugar seguro para recuperación y educación después del aborto en un grupo. www.liberateministries.org | Eden Prairie: 952-847-3682

National Helpline for Abortion Recovery Counseling services and a model for sexual health, abortion recovery and prevention. www.internationalhelpline.org 866-482-5433

Project Rachel (Post-Abortion Healing) Ayuda después del aborto (uno a uno): respectlife@archspm.org St. Paul: 651-291-4515

Rachel's Vineyard Refugios durante el fin de semana para ayuda después del aborto. www.rvineyardmn.com | 763-250-9313

Rich in Mercy Una programa basado en la Biblia para mujeres, hombres y adolescentes después del aborto. www.everlastinglightministries.org | Brooklyn Center: 763-560-8383

Silent No More Awareness Organización que expone la devastación del aborto y ayuda mujeres después del aborto. www.silentnomoreawareness.org

Oficina nacional de post-aborto
Toll free: 1-800-5WE-CARE

MCCL no necesariamente aprueba todas estas organizaciones.



Minnesota Citizens Concerned for Life
4249 Nicollet Avenue | Minneapolis MN 55409
www.mccl.org | MCCL@mccl.org | 612-825-6831

*¿Estás Embarazada?
¿Necesitas ayuda?*

Estos Centros de Apoyo para Mujeres Embarazadas

Hay más de 100 organizaciones que ofrecen las alternativas al aborto para mujeres y jóvenes embarazadas



Centro de Cuidado de Embarazo ofrecen muchos servicios diversos que incluyen: pruebas de embarazo, consejería sobre alternativas al aborto y otras formas de ayuda. Los servicios disponibles varían de acuerdo a cada organización. Algunos centros son patrocinados por otras varias clases de organizaciones; algunos son religiosos, pero todo están abiertos a mujeres de cualquier fe.

Mucho centros tienen un sitio web; para estos sitios vaya a mccl.org/pregnant

Minnesota Citizens Concerned For Life

————— **Minnesota** —————

Albert Lea Catholic Charities 507-377-3664
Alexandria Life Connections 320-762-1224
Anoka WomenSource 763-208-0076
Apple Valley Pregnancy Choices 952-997-2229
Austin Catholic Charities 1-800-222-5859
 Rachel's Hope 507-437-7595
Bemidji Northwoods Preg. Care Ctr. 218-444-3035
Brainerd Birthright 218-829-8470
 Lakes Area Preg. Support Ctr. 218-825-0793
Burnsville Amnion Preg. Ctr 952-898-4357
Cambridge Lex Specialty Clinic 763-689-4319
Coon Rapids Birthright 763-757-0715
 Epiphany Caring for Life 612-803-2225
Crystal Metro Women's Ctr 763-533-8642
Detroit Lakes ... Health Resources Ctr 218-844-8822
Duluth Lk. Superior LifeCare Ctr ... 218-727-3399
 Women's Care Ctr 218-623-7100
East Bethel Lex Specialty Clinic 763-452-0343
Eden Prairie SouthWest Options for Women 952-938-4496
Elk River Elevier Women's Center 763-441-7777
Fairmont Options Pregnancy Ctr 507-238-2330
Faribault Preg. Options LifeCare Ctr 507-332-7644
Fergus Falls Health Resources Ctr 218-736-6050
Forest Lake Lakes LifeCare Ctr 651-464-4340
Grand Rapids .. New Beginnings Preg Care Ctr. 218-326-0404
Hastings TLC of Hastings 651-437-4200
Hibbing Family Life Center 218-262-5768
Hutchinson Birthright 320-587-5433
Int'l Falls Northern Options for Women... 218-285-7673
LeSueur The Well 507-593-9001
Little Canada... New Day Preg. Care Ctr 651-644-3937
 Women's LifeCare Ctr 651-777-0350
Long Prairie Preg. & Life Resource Ctr... 320-533-0976
Mankato Birthright 507-387-7818
 Catholic Charities 1-800-222-5859
 Options for Women 507-625-2229
Marshall Birthright 507-532-3660

Milaca Rum River Life Choices Ctr .. 320-983-3771
Minneapolis City Life Ctr 612-874-1808
 First Care Pregnancy Ctr 612-623-8378
 Abria Pregnancy Resources . 612-522-6589
 Sagrada Familia Apostolate 612-392-2421
 Tandem Family Resr Ctr 612-823-0301
Moorhead Birthright 218-477-1977
Mora Family & Life Resources CPC. 320-679-4493
Morris Options for Women Morris . 320-589-0300
New Ulm First Choice Preg. Services . 507-359-9800
Northfield Women's Ctr 507-645-7638
North Branch... Options for Women Chisago Co 651-674-2121
Owatonna Catholic Charities 1-800-222-5859
Park Rapids Pregnancy Resource Ctr 218-732-5212
Pine City Pregnancy Resource Ctr 320-629-2792
Plymouth Bethany Christian Svcs 763-553-0344
Princeton Rum River Life Choices Ctr. 763-389-7876
Prior Lake Alpha Women's Center 952-495-0300
Red Wing First Choice Clinic 651-267-4357
Redwood Falls . Choices Pregnancy Ctr 507-637-2534
Richfield First Care Pregnancy Ctr 612-866-7643
Robbinsdale Robbinsdale Women's Ctr... 763-531-9554
Rochester Birthright 507-288-9374
 Catholic Charities 1-800-222-5859
 First Care Pregnancy Ctr 507-282-3377
Roseau No. Region Preg. Care Ctr .. 218-463-0580
St. Cloud Elevate Preg. & Fam. Ctr 320-252-4150
 Pregnancy Resource Ctr 320-253-1962
St. Michael Options for Women Cornerstone. 612-584-9449
St. Paul Abria Pregnancy Resources . 651-383-9157
 Birthright 651-646-7033
 First Care Pregnancy Ctr 651-730-4342
 Options for Women East 651-776-2328
Sandstone Options for Women 320-216-7633
Sauk Centre Cntrl MN Options for Women. 320-351-4025
Staples Lakes Area Preg. Support Ctr. 218-895-5200
Stillwater Options for Women St Croix Vly 651-439-5964
Thief River Fls. LifeCare Pregnancy Ctr 218-681-1279
Virginia Family Life Center 218-262-5768

Wadena Lakes Area Preg. Support Ctr. 218-895-5200
Walker Area Preg. Support Ctr 218-547-5433
West St. Paul Wakota Guiding Star 651-457-1195
Willmar Hope Pregnancy Ctr 320-235-7619
 Bethany Christian Svcs 1-800-238-4269
Winona Birthright 507-452-2421
 Catholic Charities 1-800-222-5859
Woodbury Options for Women 651-340-9062
Worthington Catholic Charities 1-800-222-5859
 Helping Hand Preg. Ctr 507-372-2111

————— **North Dakota** —————

Fargo Birthright 218-447-1977
 Women's Care Center 701-237-6530
Grand Forks Lutheran Social Services 701-772-7577
 Women's Pregnancy Ctr 701-746-8866

————— **South Dakota** —————

Brookings Birthright 605-692-2693
 Option 1 605-692-1600
Sioux Falls Alpha Center 605-361-3500
 Bethany Christian Services . 605-336-6999
 Birthright 605-809-8409
 Catholic Family Services 605-988-3775

————— **Wisconsin** —————

La Crosse New Life Resource Ctr. 608-785-2377
Osceola Options for Women/Tri-Co . 715-755-2229
River Falls Options for Women 715-425-8539
Superior Lk. Superior LifeCare Ctr 715-394-4102

24 hr
nationwide
help

Pregnancy Resource: 1-800-395-HELP
Birthline Hotline: 1-800-786-0200
Birthright Hotline: 1-800-550-4900
Option Line: 1-800-712-4357

*Representa las organizaciones que hablan español