

— **Additional Services** —

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

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

Crescent Cove Support for 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 Support and guidance through education, information, referrals, and advocacy. | Winona: 507-452-2283

Holy Family Catholic Adoption Agency Adoption services for 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 Horizons Adoption Agency Free services for birthparents including counseling, support groups, assistance with housing, and financial resources. | 1-800-314-3370

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 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. | 1-888-447-4754

Star of the North Maternity Home Christian-based housing for pregnant mothers and their babies. www.togetherforlifeforthland.org | Duluth: 218-461-0564

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-Abortion Services** —

Abortion Changes You An online resource for post-abortion healing. www.abortionchangesyou.com

Abortion Recovery International A worldwide database of organizations that can assist in healing. www.abortionrecovery.org

Conquerors A post-abortion support group affiliated with New Life Family Services. | Twin Cities: 612-746-5639

Healing Hearts Ministries Offers post-abortion group/online study. www.healinghearts.org

Liberate Ministries A safe place to learn and heal after abortion through structured 10-week group sessions for women. 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 One-on-one therapy sessions for those coping with abortion's painful after-effects; across Minn. respectlife@archspm.org | 651-291-4515

Rachel's Vineyard Weekend retreats for healing after abortion. www.rvineyardmn.org | 763-250-9313

Rich in Mercy A safe, biblically based, 8-week healing program for women, men, and youth. Online registration at www.everlastinglightministries.org. | Brooklyn Center: 763-560-8383

Silent No More Awareness Nonprofit organization exposing the devastation of abortion and helping women find healing. www.silentnomoreawareness.org

National Office of Post-Abortion Reconciliation & Healing:
1-800-5WE-CARE

Organizations listed are not necessarily endorsed by MCCL.



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

Pregnant? Need Help?

Organizations Offering Alternatives to Abortion

More than 100 centers reaching out to meet the needs of pregnant girls and women



Pregnancy Care Centers

offer services including free pregnancy testing, counseling, alternatives to abortion, and many other forms of assistance. Available services vary by center. Individual centers are sponsored by various organizations; some are faith-based, all are open to women of all faiths.

Most of these centers have websites; for links go to mccl.org/pregnant

————— 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 Optns 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 Comerstone. 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..... 218-689-5454
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 218-727-3399

This information is also available in Spanish at mccl.org/pregnant or by contacting MCCL at mccl@mccl.org or 612-825-6831.

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