

— 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 birth parents 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.nationalsafehavenalliance.org 1-888-510-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 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?

No-Cost Pregnancy Resource Organizations

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



Pregnancy Care Centers offer services including free pregnancy testing, ultrasounds, options 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, visit mccl.org/pregnant



Minnesota Citizens Concerned for Life | Updated July 2024

----- 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. Spt 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
 Crystal Women's Clinic...763-531-9554
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 SW Optns for Women952-938-4496
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 Begin. 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 Nrthrn Optns for Women 218-285-7673
Le Sueur The Well507-593-9001

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 612-482-8770
 Abria Preg. Resources ... 612-522-6589
 Tandem Family Resr Ctr 612-823-0301
Moorhead Birthright 218-477-1977
Mora Family & Life Resrc CPC . 320-679-4493
Morris Optns for Women Morris 320-589-0300
New Ulm First Choice Preg. Services 507-359-9800
Northfield Women's Ctr..... 507-645-7638
North Branch ... Optns 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
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 Cmrstn..612-584-9449
St. Paul Abria Preg. Resources651-350-1158
 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. Supp. Ctr 218-895-5200
Stillwater..... Optns 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..218-513-1677
Walker..... Area Preg. Support Ctr .. 218-547-5433
West St. Paul... Wakota Guiding Star 651-457-1195
Willmar..... Hope Pregnancy Ctr 320-235-7619
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 -----

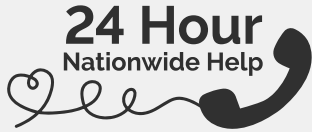
Fargo..... Birthright 218-447-1977
 Women's Care Center 701-237-6530
Grand Forks Lutheran Social Services 701-772-7577
 Women's Pregnancy Ctr 701-746-8866

----- South Dakota -----



Brookings Birthright605-692-2693
 Option 1 Wmns Health Ctr 605-692-1600
Sioux Falls Alpha Center 605-361-3500
 Bethany Christian Svcs 605-336-6999
 Birthright 605-809-8409
 Catholic Family Services 605-988-3775

----- Wisconsin -----

La Crosse..... New Life Resource Ctr ... 608-785-2377



24 Hour
Nationwide Help

OptionLine
Call/Text 800-712-4357 optionline.org

Birthright
Call 1-800-550-4900 birthright.org

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