

— **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** Offers support to children with shortened life expectancy and families. | St. Louis Park: 952-426-4711

**Gerard Hall** Community-based residential facility for women and children. | La Crosse, Wis.: 608-392-3985

**Grace Place** 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 | Rockford: 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, and their families. 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 "Binding Up the Brokenhearted." 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](http://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  
**Cannon Falls**.... First Choice Clinic ..... 507-263-8000  
**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**..... Birthright ..... 218-723-1801  
 Lk. Superior LifeCare Ctr ... 218-727-3399  
 Women's Care Ctr ..... 218-623-7100  
**East Bethel** ..... Lex Specialty Clinic ..... 763-452-0343  
**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  
**Hopkins** ..... SouthWest Optns for Women 952-938-4496  
**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**..... Life Choices Ctr ..... 320-983-3771  
**Minneapolis** .... Birthright ..... 612-338-2353  
 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**..... Birthright ..... 507-455-1622  
 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**..... 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  
**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** ..... 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](http://mccl.org/pregnant) or by contacting MCCL at [mccl@mccl.org](mailto: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**