

## — Los Servicios Adicionales —

**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-Aborto —

**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

**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](http://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 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 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 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 612-482-8770  
 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. Resources ....651-350-1158  
 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** ..... Birthright .....605-692-2693  
 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

Ayuda nacional  
**las 24 horas**




**OptionLine\***  
 Call/Text 800-712-4357  
[optionline.org/espanol](http://optionline.org/espanol)



**Birthright**  
 Call 1-800-550-4900 [birthright.org](http://birthright.org)

*\*Representa las organizaciones que hablan español*