Prenatal Resources

Iowa Department of Public Health
IDPH Maternal Health Centers provide preventive health care services to Medicaid eligible and other to Medicaid eligible and other low income pregnant individuals. Medical services provided by Maternal Health Centers follow standards of the American College of OB/GYN for ambulatory obstetric care.

idph.iowa.gov/family-health/locations

Iowa Family Support Network
Family support programs, also known as home visiting programs, share information, education and champion families.

iafamilysupportnetwork.org/families/family-support/individual

I-Smile
I-Smile is a statewide program that connects Iowans with dental, medical, and community resources to ensure a lifetime of health and wellness. I-Smile is for kids and pregnant individuals.

idph.iowa.gov/ohds/ismile

Pregnancy Options for Iowans

Doula Service for African American/Black
Identifying Pregnant Individuals
A doula is a trained, non-medical professional who will provide continuous emotional and physical support before, during, and after childbirth. Limited Doula Services are currently available.

Waterloo: Allen Women's Health: 319-235-5090
Black Hawk County Health Department: 319-291-2413
Dubuque Visiting Nurse Association: 563-556-6200 Ext 1916
Polk County: EveryStep: 515-558-9946
Scott County Health Department: 563-328-4114

Women, Infants and Children (WIC)
WIC is a supplemental nutrition program for babies, children under the age of 5, pregnant women, breastfeeding women, and women who had a baby in the last 6 months.

idph.iowa.gov/wic/families

Adoption Referral Resources

Avalon Center
Staff will travel throughout the state of Iowa to meet with anyone interested in adoption services. In addition, they offer mental health counseling that include a wide range of specialties. Avalon offers adoption to same sex couples.

Mason City: 641-422-0079
Charles City: 641-715-1183
www.avaloncenter.us

Bethany Christian Services
Des Moines: 515-270-0824 by appointment only
Pella: 641-628-3247
Orange City: 712-737-4831
Sioux City: 712-737-4831
Council Bluffs: 712-352-0222 by appointment only
bethany.org

Lutheran Family Services
Urbandale: 515-251-4900
lutheranfamilyservice.org

Hillcrest Family Services
Cedar Rapids: 319-362-3149
Dubuque: 563-207-5396
hillcrest-fs.org

Lutheran Services in Iowa
Des Moines: 515-271-7411
tsiowa.org

Family Resources, Inc.
Davenport: 563-468-2331
famres.org

Baby Safe Haven
The Safe Haven Act is a law that allows parents, or another person with the parent’s authorization, to leave an infant up to 90 days old at a hospital or healthcare facility without fear of prosecution for abandonment. A parent may also contact 911 and relinquish physical custody of an infant up to 90 days old to a first responder. All states have Safe Haven laws, although provisions differ.
Iowa - Out-of-State Clinics

Iowa Abortion Access Fund
Iowa Abortion Access Fund raises money for Iowans that wish to have an abortion but may not be able to pay for the service.
iowaabortionaccessfund.org

Planned Parenthood

The Current Law
Currently, abortion is legal in Iowa up to 20 weeks.

Planned Parenthood
The phone number provided above is the call center for scheduling appointments in Iowa and Nebraska locations. Planned Parenthood offers a variety of health services in addition to abortion at select clinic sites.
1-800-230-7526
plannedparenthood.org/planned-parenthood-north-central-states

Your Abortion Rights

Interstate travel – You have the right to travel to another state for care. You have the right NOT to answer questions about where you’re going, coming from, or what you are doing. You do not have to offer excuses or apologies. Simply say you do not wish to answer.

Privacy – You have the right to privacy. Your home, car, purse, phone, or computer can NOT be searched without your consent or without a search warrant signed by a judge. Law enforcement is required to give you a copy of the warrant and you do NOT need to allow police or anyone in your home without it.

Out-of-State Clinics

Nebraska

Planned Parenthood—Omaha Health Center
PP Omaha offers both the abortion pill up to 11 weeks and 0 days and procedure up to 11 weeks and 6 days after the first day of your last menstrual period.
877-859-0589
plannedparenthood.org/health-center/nebraska/omaha/68134/
omaha-health-center-2447-90720

Planned Parenthood—Lincoln Health Center
PP Lincoln offers both the abortion pill 11 weeks and 0 days and procedure up to 11 weeks and 6 days after the first day of your last menstrual period.
877-859-0587
plannedparenthood.org/health-center/nebraska/lincoln/68516/
lincoln-health-center-4062-90720

Clinics for Abortion and Reproductive Excellence (CARE)
CARE offers the abortion pill through 10 weeks and 6 days from the first day of your last period
402-291-4797
abortionclinics.org/bellevue-nebraska

Emma Goldman
Located in Iowa City, Iowa the Emma Goldman Clinic provides a variety of services including abortions.
1-800-848-7684
emmagoldman.com

Illinois

Planned Parenthood—Ottawa Health Center
PP Ottawa offers the abortion pill up to 11 weeks and 0 days after the first day of your last menstrual period.
815-433-4011
plannedparenthood.org/health-center/illinois/ottawa/61350/ottawa-
health-center-2631-90430

Planned Parenthood—Peoria Health Center
PP Peoria offers the abortion pill up to 11 weeks and 0 days after the first day of your last menstrual period.
309-681-0350
plannedparenthood.org/health-center/illinois/peoria/61604/peoria-
health-center-3281-90430

Planned Parenthood—Rochester Health Center
PP Rochester offers the abortion pill up to 11 weeks and 0 days after the first day of your last menstrual period.
800-230-7526
plannedparenthood.org/health-center/illinois/rochester/55901/rochester-health-center-2799-90720

Planned Parenthood—St. Paul Health Center
PP St. Paul offers the abortion pill up to 11 weeks and 0 days after the first day of your last menstrual period and the abortion procedure up to 21 weeks and 6 days.
651-698-2406
plannedparenthood.org/health-center/minnesota/saint-paul/55114/
st-paul-health-center-vandalia-4055-90720

Planned Parenthood—Minneapolis Health Center
PP Minneapolis offers the abortion pill up to 11 weeks and 0 days after the first day of your last menstrual period.
612-823-6300
plannedparenthood.org/health-center/minnesota/
minneapolis/55408/minneapolis-clinic-2719-90720

Kansas

Planned Parenthood—Overland Park Health Center
PP Overland Park offers the abortion pill up to 11 weeks and 0 days after the first day of your last menstrual period and the abortion procedure up to 21 weeks and 6 days.
913-345-1400
plannedparenthood.org/health-center/kansas/overland-park/66211/
comprehensive-health-center-2594-90740

Planned Parenthood—Wyandotte Health Center
PP Wyandotte offers the abortion pill up to 11 weeks and 0 days after the first day of your last menstrual period.
507-288-5186
plannedparenthood.org/planned-parenthood-great-plains

Minnesota

Planned Parenthood—Rochester Health Center
PP Rochester offers the abortion pill up to 11 weeks and 0 days after the first day of your last menstrual period.
800-230-7526
plannedparenthood.org/health-center/minimumnesota/rochester/55901/
rochester-health-center-2799-90720

For state-by-state, up-to-date, confidential information on abortion laws
abortionfinder.org – State-by-state guide
reprolegalhelpline.org or (844)868-2812 – Answers to specific questions
reprolegaldefensefund.org – Legal assistance and help paying for it

Note: these locations are closest to the IA border to find more locations go to abortionfinder.org