

Pregnancy Options for Iowans

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

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

These resources will aid expecting parents, birth parents and relatives on adoption planning, connecting with an agency or lawyer, adoption laws, maintaining connections with children who are adopted, and the emotional impact of adoption in the state of Iowa.

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

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.

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

lsiowa.org

Family Resources, Inc.

Davenport: 563-468-2331

famres.org



Abortion Resources



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.

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

Iowa

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

Iowa Abortion Access Fund

IAAF raises money for Iowans that wish to have an abortion but may not be able to pay for the service.

iowaabortionaccessfund.org

Emma Goldman

Located in Iowa City, Iowa the Emma Goldman Clinic provides a variety of services including abortions.

1-800-848-7684

emmagoldman.com

Out-of-State Clinics

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

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

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

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.

815-433-4111

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

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/minnesota/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 23 weeks and 5 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