

## Resources for Pregnant Women

### IOWA

#### **Gabriel's Corner:**

131 South 16<sup>th</sup>, Council Bluffs, IA  
712-323-7756  
Free Pregnancy tests, pregnancy counseling, ultrasounds  
Parenting classes, baby items

#### **AAA Center Pregnancy Counseling:**

6510 Sorensen Parkway, Omaha, NE 68152  
Business 390-9700 **Hotline 397-0600**  
Open: \*Mon-Wed 10am-5pm \*Tues-Thurs 4pm-8pm \*Sat 11am-2pm  
Free STD testing, pregnancy tests, ultrasounds, counseling

#### **Birthright:**

427 Kanesville Blvd., Council Bluffs, IA 51501  
712-322-2100  
Baby clothes and necessities; maternity clothes

#### **Child Health Specialty Services:**

300 West Broadway (Omni Center), Council Bluffs, IA  
712-309-0041  
Helpful with community services, educational programs for new moms  
Insurance and Additional aid

#### **Lutheran Family Services:**

310 West Kanesville Blvd (East end of Omni Center), Council Bluffs, IA  
712-323-1558  
Pregnancy Counseling and Assistance, boutique store – See Flyer

#### **DHS-(Department of Human Services):**

417 East Kanesville Blvd., Council Bluffs, IA 51501  
712-328-5661  
Apply for Medicaid

#### **HAWK-I – Healthy and Well Kids in Iowa:**

1-800-257-8563  
[www.hawk-i.org](http://www.hawk-i.org)  
Free or low cost health care coverage (you may make too much money for Medicaid but not enough to buy your own health insurance). Check it out.

#### **Council Bluffs Community Health Department:**

209 Pearl St, Council Bluffs, IA 51501 712-328-4666

#### **Catholic Charities:**

411 E. Broadway, Council Bluffs, IA 51501 712-328-3086  
Counseling, Domestic abuse housing, adoptions.

#### **Pottawattamie County Services:**

300 West Broadway (Omni Center), Council Bluffs, IA 51501

**\*WIC Program: (Women and Infant Children):** 712-328-5886

Assistance with groceries

[www.pottcounty.com](http://www.pottcounty.com)

**\*VNA – Visiting Nurses Association:** 712-328-2636

Need Physician Referral

**\*Homemaker's Program:** 712-328-4756

**\*Pottawattamie County Mental Health:** 712-328-5643

#### **Heartland Family Services**

515 E. Broadway, Council Bluffs, Iowa 51501  
712-322-1407  
[www.heartlandfamilyservice.org](http://www.heartlandfamilyservice.org)

**Adoptions:**

Catholic Charities IOWA 712-328-3086  
Catholic Charities NEBRASKA 402-554-0520  
Lutheran Family Services 712-323-1558  
Bethany Christian Services 712-737-4831

**NEBRASKA:****Nebraska Department of Health and Human Services:**

1313 Farnam, Omaha, NE 402-595-2850  
[www.hhs.state.ne.us](http://www.hhs.state.ne.us)  
Food stamps

**Douglas County Health Department:** 402-444-7750

**General Assistance:** Primary Health Care 402-444-6215

**Child Protective Services:** 402-535-3250

**Heartland Family Services:**

2101 S. 42<sup>nd</sup> St, Omaha, NE 402-553-3000  
[www.heartlandfamilyservice.org](http://www.heartlandfamilyservice.org)

**Adoptions:**

Catholic Charities  
3300 N. 60<sup>th</sup> St, Omaha 402-554-0520  
[www.ccomaha.org](http://www.ccomaha.org)

**UNMC Olson Center for Women's Health:**

4400 Emilie Street, Omaha, NE  
DOC Building, Room 4640 (4<sup>th</sup> floor)  
402-559-4500  
Maternal Care Program (with a teen pregnancy portion)  
Doctors for prenatal visits, ultrasounds, WIC dietician for each mom  
Social Worker for each mom, resources/referrals, Childbirth education  
“Storage Nest” program: moms earn points when they go to appointments, take childbirth education classes, bring a support person, etc; they can then use to “buy” baby items.

**Women's Care for the Heartland:**

2301 S. 15<sup>th</sup> Street, Omaha, NE  
402-502-9224  
Home for women with problem pregnancies – offering private rooms in a safe environment.

**Visiting Nurse Association:**

12565 West Center Rd, Suite 100, Omaha, NE  
402-342-5566  
Email: [info@thevna cares.org](mailto:info@thevna cares.org) Website: [www.theVNAcares.org](http://www.theVNAcares.org)

**Essential Pregnancy Services:**

6220 Maple St, Omaha, NE 402-554-0121 Hotline: 402-554-1000  
Email: [nancy@essentialps.org](mailto:nancy@essentialps.org) Website: [www.essentialps.org](http://www.essentialps.org)

**Nebraska Children's Home Society:**

4939 S. 118<sup>th</sup> St, Omaha, NE 402-451-0787  
[www.nchs.org](http://www.nchs.org)

**Lutheran Family Services:**

124 S. 24<sup>th</sup> St, Suite 230, Omaha, NE 402-342-7038  
[www.lfsneb.org](http://www.lfsneb.org)

**A Woman's Touch:**

908 W. Mission Ave, Bellevue, NE 402-933-2988  
[Http://awtpcc.org](http://awtpcc.org)