

Resources for Pregnant Women

IOWA

Gabriel's Corner:

131 South 16th, 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
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

***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

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
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. 42nd St, Omaha, NE 402-553-3000
www.heartlandfamilyservice.org

Adoptions:

Catholic Charities
3300 N. 60th St, Omaha 402-554-0520
www.ccomaha.org

UNMC Olson Center for Women's Health:

4400 Emilie Street, Omaha, NE
DOC Building, Room 4640 (4th 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. 15th 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 Website: www.theVNAcares.org

Essential Pregnancy Services:

6220 Maple St, Omaha, NE 402-554-0121 Hotline: 402-554-1000
Email: nancy@essentialps.org Website: www.essentialps.org

Nebraska Children's Home Society:

4939 S. 118th St, Omaha, NE 402-451-0787
www.nchs.org

Lutheran Family Services:

124 S. 24th St, Suite 230, Omaha, NE 402-342-7038
www.lfsneb.org

A Woman's Touch:

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