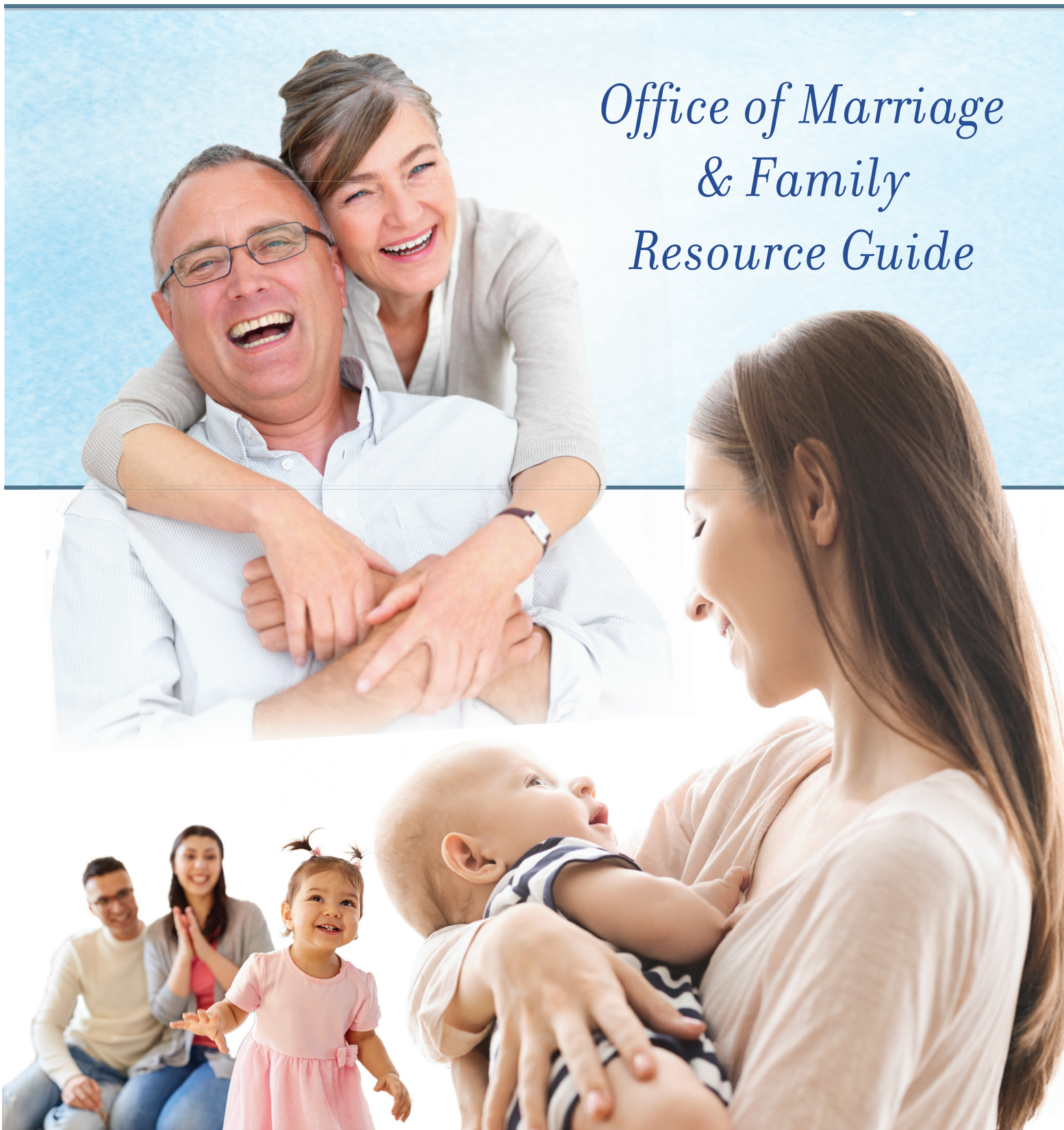




*Office of Marriage
& Family
Resource Guide*



WHAT IS *Walking with Moms in Need*?

The U.S. Conference of Catholic Bishops began the Walking with Moms in Need initiative in 2020, on the anniversary of the promulgation of Pope St. John Paul II's encyclical, *Evangelium Vitae: On the Value and Inviolability of Human Life*. This anniversary provided a wonderful opportunity for the Church to assess, expand, and communicate resources to pregnant moms and families in need. Through the combined efforts of parishes nationwide, we hope to move closer to the day when every pregnant mother in need knows where to turn for help.

Pregnant and parenting moms in need are in our parishes and our neighborhoods. As Pope Francis reminds us, our parishes need to be "islands of mercy in the midst of the sea of indifference." Everyone in the parish community should know where to refer a pregnant woman in need.

Are you interested in bringing Walking with Moms in Need to your parish? Learn more at www.walkingwithmoms.com or contact:

Office of Marriage & Family
305 7th Avenue North
St. Cloud MN 56303
janet.dusek@gw.stcdio.org
320-258-7616

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ABORTION PILL REVERSAL

Abortion Pill Reversal

877-558-0333

www.abortionpillreversal.com

ADOPTION

Holy Family Catholic Adoption Agency

730 I Bass Lake Road • Crystal, MN 55428

651-298-0133

www.holyfamilyadoption.org

ADVERSE PRENATAL DIAGNOSIS

Be Not Afraid

Online Helpline: www.benotafraid.net

Prenatal Partners for Life

P.O. Box 2225 • Maple Grove, MN 55311

763-772-3868

www.prenatalpartnersforlife.org

CLOTHING, FURNITURE, HOUSEHOLD & THRIFT SHOP

Catholic Charities

157 Roosevelt Road, Suite 100 • St. Cloud, MN 56301

320-229-4560 or 800-830-8254

www.ccstcloud.org

Email: emergencyservices@ccstcloud.org

Treasure Chest

2234 Frontage Road N • Waite Park, MN 56387

320-255-1808

www.treasurechestthrift.blogspot.com

COMMUNITY PROGRAMS

Tri-CAP (Tri-County Action Program)

Connecting to housing and other resources, energy assistance, transit bus service, low-cost vehicles, food resources, rebuilding lives program and childcare assistance.

1210 23rd Avenue S • Waite Park, MN 56387
320-251-1612
www.tricap.org

Good Samaritan Fund

Providing funding to individuals and families with verifiable emergency needs when other services or funds are unavailable.
www.ccstcloud.org/other-services/good-samaritan-fund

DIVORCE MINISTRY

DivorceCare

Divorce recovery support groups meeting weekly in MN
www.divorcecare.org/countries/us/states/mn

DOMESTIC VIOLENCE

Minnesota Day One Crisis line

866-223-1111
www.dayoneservices.org

Anna Marie's Alliance

Services ensure housing needs are met for women who have experienced domestic violence and their children.
320-253-6900
www.annamaries.org

FOOD PROGRAMS

WIC - Special Nutrition Program for Women, Infants & Children

A nutrition and breastfeeding program that helps pregnant women, new mothers, babies and young children. WIC provides nutrition education and counseling.
651-201-4444 (state office)
www.fns.usda.gov/wic

SNAP - Supplemental Nutrition Assistance Program

Provides food benefits to low-income families to supplement their grocery budget so they can afford the nutritious food essential to health and well-being.
800-657-3698
www.fns.usda.gov/snap-directory-entry/minnesota

FOOD SHELVES

Catholic Charities Food Shelf

157 Roosevelt Road, Suite 100 • St. Cloud, MN 56301

320-229-4560 or 800-830-8254

Email: emergencyservices@ccstcloud.org

www.ccstcloud.org

Ruby's Pantry

Pop up pantry locations across MN. For a \$25 bundle donation you will receive an abundance of groceries. To find the location near you call 651-674-0009.

www.rubyspantry.org

Fare For All

Pop up grocery store that sells packs of fresh produce and frozen meat at up to 40% off retail prices.

763-450-3860

www.thefoodgroupmn.org

Minnesota Food Help Line

888-711-1151

www.hungersolutions.org

GRIEF RESOURCES

CentraCare - St. Cloud Hospital

www.centracare.com/site-search/?C=grief

HEALTHCARE DIRECTIVES

Minnesota Catholic Conference

Make your wishes known: Essential resources for End-of-Life decisions

www.mncatholic.org/healthcaredirective

HOUSING ASSISTANCE

Catholic Charities

157 Roosevelt Road, Suite 100 • St. Cloud, MN 56301

320-229-4560 or 800-830-8254

Email: emergencyservices@ccstcloud.org

www.ccstcloud.org

HUMAN TRAFFICKING

Central MN Sexual Assault Center

Service Area: Stearns, Benton, Sherburne and Wright Counties
320-251-4357
www.cmsac.org

Terebinth Refuse

Christ-centered resource offering hope, healing, freedom, and a safe place for sexually exploited and trafficked women.
Service Area: Central MN and service across the state
Primary Referral Method
Crisis Line: 320-428-4707 (24 hours/7days)
Main Business Line: 320-828-7721
8:30 a.m.-4:30 p.m. Administration;
for general inquiries email office@terebrinthrefuge.org
www.terebrinthrefuge.org

National Human Trafficking Hotline

We'll Listen. We'll Help.
If you or someone you know is a victim of human trafficking, we're here to provide the support you need.
888-373-7888
Text INFO to 233733
Website in English: www.humantraffickinghotline.org/en
Website in Spanish: www.humantraffickinghotline.org/es

MATERNITY HOMES

Amazing Grace Maternity Home

6418 Bass Lake Road • Plymouth, MN 55428
763-533-8642
www.metrowomenscenter.org

Philomena House

Contact Nancy Kiolbasa
906 Lexington Pkwy N • St. Paul MN 55103
763-444-3339
www.philomenahouse.org

Philomena House provides a safe, loving home for pregnant, homeless mothers allowing them to choose life, and they provide food and baby items for community baby showers. This is done to support the USCCB initiative to 'Walking with Moms in Need'.

Perry Center

2345 Meadow Ridge Parkway • West Fargo, ND 58078
701-241-9289
www.perrycenter.org

Star of the North - Duluth

218-340-1645
www.togetherforlifeforthland.org

Star of the North - Hibbing

218-206-1931
www.togetherforlifeforthland.org

MENTAL HEALTH RESOURCES

Suicide & Crisis Lifeline

Call or Text 988
www.lifeline.org

National Alliance On Mental Illness

Helpline: 800-950-6264
Text: NAMI to 741741
www.nami.org/home

Diocese of St. Cloud Mental Health Ministry

Call or Text 988
www.stcdio.org/mental-health-ministry

Minnesota Mobile Mental Health Crisis Line Call

**CRISIS **274747 from mobile phone

Catholic Recovery

Offering hope and healing for those recovering from addictions, compulsions, and unhealthy attachments.
www.catholicinrecovery.com

MINISTRY FOR SENIORS

Diocese of Saint Cloud

Local and National Resources
www.stcdio.org/ministry-for-seniors

MISCARRIAGE AND CHILD LOSS

Tiny Treasures Perinatal Loss Resource

Care packages and bereavement layettes

www.teamtineytreasures.weebly.com

Red Bird Ministries

Guide for your mind, body, and spirit before, during and after pregnancy loss.

www.redbird.love/carried-with-love

Diocese of St Cloud

Annual Mass of Hope & Healing

Call the Office of Marriage & Family for date and location at 320-258-7616.

This Mass is open to all who suffer from infertility or have lost a child through miscarriage, SIDS, illness, accident or abortion.

www.stcdio.org/marriage-family-frequently-asked-questions/

NATURAL FAMILY PLANNING

Diocese of Saint Cloud

Natural Family Planning resources

www.stcdio.org/natural-family-planning

USCCB NFP Resources

Online resource directory

www.usccb.org/topics/natural-family-planning

PHYSICIANS: WOMEN'S HEALTH AND NATURAL FAMILY PLANNING

ALFA Family Clinic

4465 White Bear Parkway, Suite 1 • White Bear Lake, MN 55110

651-653-0062

Independent clinic providing pro-life Christian healthcare focusing on; family medicine, chronic disease management, diabetes lifestyle classes, infertility, care coordination.

Doug Brew, M.D.

CentraCare Clinic/Northway Family Medicine

1555 Northway Drive • St. Cloud, MN 56303

320-251-1775

Family Practice

Rene Eldidy, M.D. (Speaks Spanish) Bilingual
CentraCare
24 9th Street SE • Long Prairie, MN 56347
320-732-2131
Family Practice - will deliver babies

Paul Kietzmann, M.D.
Alexandria Clinic, P.A.
610 30th Avenue W • Alexandria, MN 56308
320-763-5123
Family Practice - will deliver babies

Dawn Schreifels, M.D.
Cambridge Medical Center/Clinic D
701 Dellwood Street S • Cambridge, MN 55008
763-689-8700
Family Practice - will deliver babies

Samuel Smith, D.O.
Alexandria Clinic
610 30th Avenue W • Alexandria, MN 56308
320-763-5123 x 2528
Family Medicine Physician

PREGNANCY RESOURCE CENTERS

Alexandria | Life Connections
1309 Highway 29 N, Suite 102 • Alexandria, MN 56308
320-762-1224
www.lifeconnectionsmn.org

Cambridge | Lex Specialty Clinic for Pregnancy & Sexual Health
140 Buchanan Street N, Suite 138 • Cambridge, MN 55008
763-689-4319
www.rupreg.com

Elk River | Elevier Women's Center
19022 Freeport Street NW, Suite E • Elk River, MN 55330
763-441-7777
www.elevier.org

Fergus Falls | Health Resources Center
126 E Lincoln Avenue • Fergus Falls, MN 56537
218-763-6050
www.hrcff.org

Long Prairie | Pregnancy & Life Resource Center

22 2nd Street N, Suite 2 • Long Prairie, MN 56347

320-874-0124

www.preg-resources.com/index.html

Milaca | Rum River Life Choices Center

1006 5th Street SE • Milaca, MN 56353

320-983-3771

www.rumriverlifechoices.org

Mora | A Family and Life Resource: Mora Crisis Pregnancy Center

114 W Maple Avenue, Suite 2 • Mora, MN 55051

320-679-4493

www.moracpc.org

Morris | Options for Women

615 Atlantic Avenue • Morris, MN 56267

320-589-0300

www.optionsmorris.com

Princeton | Rum River Life Choices Center

712 S Rum River Drive • Princeton, MN 55371

763-389-7876

www.rumriverlifechoices.org

St. Cloud | Pregnancy Resource Center

305 5th Avenue S, Suite 170 • St. Cloud, MN 56301

320-216-3291

www.preghelp.com

Sauk Centre | Options for Women

1225 Timberlane Drive, Suite 5 • Sauk Centre, MN 56378

320-351-4025

www.optionsforwomen.us

Staples | Lakes Area Pregnancy Support Center

616 4th Street NE • Staples, MN 56479

218-895-5200 Text: 218-296-6231

www.lakesareapregnancy.org

Wadena | Lakes Area Pregnancy Support Center

15 Dayton Avenue SE • Wadena, MN 56482

218-513-1677

www.lakesareapregnancy.org

Waite Park | Elevate Pregnancy & Family Resource Center

376 3rd Street NE • Waite Park, MN 56387

320-252-4150

www.elevatestcloud.org

Waite Park | Pregnancy Resource Center

141 Waite Avenue N • Waite Park, MN 56387

320-216-3291

www.preghelp.com

PREGNANCY RESOURCE DIRECTORIES

Diocese of St. Cloud Office of Marriage & Family

305 7th Avenue N • St. Cloud, MN 56303

320-258-7616

www.stcdio.org/respect-life/

Minnesota Citizens Concerned for Life

4249 Nicollet Avenue • Minneapolis, MN 55409

612-825-6831

www.mccl.org

Heartbeat International

614-885-7577

www.heartbeatinternational.org

POST ABORTION RECOVERY

Abortion Changes You

www.abortionchangesyou.com

Abortion Recovery International

www.abortionrecovery.org

Diocese of St. Cloud Office of Marriage & Family

Call the Office of Marriage & Family for date and location

320-258-7616.

This Mass is open to all who suffer from infertility or have lost a child through miscarriage, SIDS, illness, accident or abortion.

Project Rachel

A ministry of the Catholic Church in the U.S. to those who have been involved in abortion.

Local Helpline: 320-529-4616

www.stcdio.org/respect-life/project-rachel/

www.hopeafterabortion.com

Rachel's Vineyard

Weekends for healing after abortion are offered throughout the year in locations throughout the region.

www.rachelsvineyard.org

SAFE PLACE FOR NEWBORNS

National Safe Haven Alliance

www.nationalsafehavenalliance.org

SIDEWALK COUNSELING - PRAYER VIGILS

40 Days for Life

A focused pro-life campaign with a vision to access God's power through prayer, fasting and peaceful vigil to end abortion. The campaign mission is to bring together the body of Christ in a spirit of unity during a focused 40 days of peaceful activism with the purpose of repentance, to seek God's favor to turn hearts and minds from a culture of death to a culture of life.

Diocese of St. Cloud: www.stcdio.org/respect-life/forty-days-life/

Local St. Cloud Campaign and Contact information:

www.40daysforlife.com/en/st.cloud

National 40 Days for Life: www.40daysforlife.com/en/

Pro-life Action Ministries

163 Payne Avenue • St. Paul, MN 55130

651-771-1500

www.plam.org/who.we.are

An interdenominational Christian organization dedicated to publicly defending the sanctity of human life. We work to save lives from abortion, infanticide, and euthanasia through peaceful direct-action and educational projects. Join our daily presence in front of abortion facilities praying and offering love and support to abortion-bound mothers.

SUICIDE

Suicide & Crisis Lifeline

Suicide and Crisis

Lifeline Dial #988, Available 24 hours a day English and Spanish



Diocese of
SAINT CLOUD

HEART OF MERCY • VOICE OF HOPE • HANDS OF JUSTICE

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