

# Are you pregnant and unsure what to do next?

*You don't have to go through an unplanned pregnancy alone.*

Professional pregnancy counselors are ready to listen, to provide information, to help, and to walk with you on this journey.

**Safe. Supportive. Confidential. No-Judgment. No-Cost.**

*Our counselors will travel anywhere in the state of Iowa to meet with you at no cost.*

**Reach out today!**

Text: "PregnancyHelp" to the number 56525

Call: 1-877-510-BABY (2229)

Visit: [LutheranFamilyService.org/pregnancy-support](http://LutheranFamilyService.org/pregnancy-support)



**Pregnant and scared? We can help.**  
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