

Support Iowa's Pregnancy Resource Centers & LFS Unplanned Pregnancy Support Services

Did you know that 80 percent of women who end the life of their preborn child through abortion said "lack of support and resources" was a primary reason for choosing abortion?



As we work to end abortion in Iowa, restriction is only half the answer. If we do nothing to help and support women facing unplanned pregnancy, they will seek abortion in neighboring states. Our LCMS congregations can help these women in need through Pregnancy Resource Centers and through Lutheran Family Service.

Pregnancy Resource Centers (PRCs) are a safe, confidential place where pregnant women can go to for support and have access to resources that will guide them in their pregnancy. PRCs offer free pregnancy services to the community and do not make abortion referrals. PRCs are heavily targeted by Planned Parenthood, calling them "fake clinics."

PRCs offer free information, support, and/or medical services. Each center is different and services can include:

- Pregnancy tests as soon as a period is missed
- Ultrasounds
- Medical resources and referrals
- Peer counselor who listens and talks about options
- Adoption planning resources and referrals
- Parenting classes
- Material goods like maternity clothing, hygiene items, diapers, wipes, etc.



In 2022, Lutheran Family Service (LFS) launched a new division called **Many Hearts Unplanned Pregnancy Support (MH)**. LFS and MH work together with PRCs to produce life-affirming and life-saving outcomes. We value the partnership we have with each PRC, and pick up where they leave off to continue that much needed support and resource connection.

The Many Hearts Unplanned Pregnancy Support division of LFS provides women with free, unplanned pregnancy support and community resource connection including options counseling, case management, Medicaid application, WIC application, resume and job applications, transportation assistance, housing referrals, parenting preparedness courses, Christian counseling, Christian adoption referrals, and more. At Many Hearts, we're all about love as we provide women the support, resources, and love they need. We help them create a plan that is right for them. Our unplanned pregnancy services are safe, supportive, confidential, and free of charge. And we can travel to meet them, if needed.

Lutheran Family Service is a fully-licensed adoption agency with over 125 years of child placing and adoption expertise. We help women make a loving adoption plan should that be the path they choose. LFS offers adoption planning, adoptive parent selection, legal representation, after-adoption support and counseling, and more.

How can you help women facing unplanned pregnancy?

1. **Volunteer at a PRC.** Donate your time to answer phones, sort through baby clothes, tidy up, or meet with clients. Centers typically offer training classes to volunteers who want to counsel women.
2. **Throw a "baby shower" for a PRC.** Gather a group of friends, church or family members and throw a shower. Call and ask the PRC if the shower should be for a specific woman or for distribution to many women.
3. **Have a diaper and formula drive.**
4. **Make a financial donation to a PRC or LFS.** Money is most often the greatest need to provide women facing unplanned pregnancy the support and help they need.
5. **Distribute resources.** Many Hearts Unplanned Pregnancy Support tear-away posters are available to be hung in women's restrooms, college campuses, and other high-traffic areas. It's imperative that women facing unplanned pregnancy know that support and resources are available – just a text or a phone call away.
6. **Pray.** Pregnancy Resource Centers and Lutheran Family Service/Many Hearts Unplanned Pregnancy Support help hurting people. Women and men are often in crisis situations not knowing how they'll make it through. They are looking for hope and often ask for prayers. Staff and volunteers are also in need of prayer as they give their time and energy to help others.