

Positive Alternatives grantees provide clients/women with information on, referrals to, and assistance with securing necessary services to promote their having successful pregnancies and caring for their babies after birth, or in making an adoption plan.

Necessary services include, but are not limited to:

- Medical care
- Nutrition services
- Housing assistance
- Adoption services
- Education and employment assistance, including services that support the continuation and completion of high school
- Childcare assistance
- Parenting education and support services

Contact a grantee or visit the Positive Alternatives website to find out the services offered at each location.

All services are provided without cost to participants.

For More Information

Positive Alternatives website:
<https://www.health.state.mn.us/people/womeninfants/positivealt/index.html>

Positive Alternatives
Grant Coordinator

PO Box 64882
St. Paul, MN 55164-0882

651-201-3760

health.positivealternatives@state.mn.us



**DEPARTMENT
OF HEALTH**

Positive Alternatives Grant Program



**Promoting Healthy
Pregnancy Outcomes**



**Supporting Family Stability
and Self-Sufficiency**

Positive Alternatives Grantee Locations and Contact Information

Central Region

Birthline, Inc. - St. Cloud
320-252-4150
<https://birthline.org/>

Options for Women Central Minnesota - Sauk Centre
320-351-4025
<http://optionsforwomen.us/>

Options for Women Chisago County - North Branch
651-674-2121
<https://www.optionsforwomenhelp.org/>

Northwest Region

Health Resources LifeCare Center - Fergus Falls
218-736-6050
<https://hrccf.org/>

LifeCare Center of Thief River Falls
218-681-1279
<https://lifecaretrf.org/>

Life Connections of Alexandria (formerly Birthright)
320-762-1224
www.lifeconnections.org

North Region Pregnancy Care Center - Roseau
218-463-0580
<http://www.northregionpcc.com/>

Options for Women - Morris
320-589-0300
<http://www.optionsmorris.com/>

Pregnancy Resource Center of the Park Rapids Area
218-732-5212
<https://www.prcparkrapids.org/>

North Central Region

New Beginnings Pregnancy Care Center - Grand Rapids
218-326-0404
<http://newbeginningspregnancy.com/>

Northeast Region

YWCA of Duluth
218-722-7425 x 111
<http://www.ywcaduluth.org/>

Southeast Region

Birthright of Rochester
507-288-9374
<http://birthright.org/rochestermn/>

Catholic Charities of Southern Minnesota
507-454-2270
<https://www.ccsomn.org/>

First Choice Clinic - Red Wing
651-267-4357
<https://firstchoiceclinicrw.com/index.html>

First Choice Pregnancy Services - New Ulm
507-359-9800
<http://consideryouroptions.org/>

Pregnancy Options LifeCare Center - Faribault
507-332-7644
<https://www.pregnancyoptionsfbo.org/>

Southwest Region

Choices Pregnancy Center - Redwood Falls
507-637-2534
<https://www.choicespregnancycenter.com/>

Helping Hand Pregnancy Center - Worthington
507-372-2111
<http://helpinghandworthington.org/>

Options Pregnancy Center, Inc. - Fairmont
507-238-2330
<http://fairmontpregnancyoptions.com/>

Statewide

Cradle of Hope
651-636-0637 x 104
<https://cradleofhope.org/>

Metro Area

Abria Pregnancy Resources - St. Paul
651-401-7431
<https://www.abria.org/>

Birthright of Minneapolis
612-338-2352
<http://birthright.org/minneapolismn/>

Epiphany Caring for Life - Coon Rapids
612-803-2225
<http://epiphanycaringforlife.godaddysites.com/>

Face to Face Health and Counseling Services, Inc. - St. Paul
651-772-5555
<https://face2face.org/>

Lakes LifeCare Center - Forest Lake
651-464-0262
<http://www.lakeslifecarecenter.org/>

myHealth for Teens and Young Adults - Hopkins
952-474-3251
<https://myhealthmn.org/>

Options for Women East - St. Paul
651-776-2328
<http://optionsforwomeneast.com/>

Philomena House - St. Paul
651-334-5913
<http://philomenahouse.org/>

Pregnancy Choices Life Care Center - Apple Valley
952-997-2229
<https://mypregnancychoices.com/>

SouthWest Options for Women
952-938-4496
<http://southwestoptionsforwomen.org/>

Tandem - Minneapolis
612-823-0301
<http://www.wearetandem.org/>

Wakota LifeCare Center - West St. Paul
651-457-1195
<https://guidingstarwakota.org/>

Way to Grow - Minneapolis
612-874-4740
<https://waytogrow.org/>

Women's LifeCare Center - Little Canada
651-777-0350
<https://www.womenslifecarecenter.org/>