

SERVICES

Catholic Charities services are available to anyone experiencing an unexpected pregnancy, regardless of race, ethnic/national origin, religion or marital status.

FREE PREGNANCY TESTING

For an appointment call
1.800.CARE.002

FREE PREGNANCY COUNSELING

We offer free, confidential and professional counseling in an unbiased and caring environment.

EDUCATION

We can help you learn more about your options and the resources available to you.

SUPPORT

We are here to listen to your concerns and offer unconditional support and information. We also offer support to others involved in your life; including the child's father, your spouse or significant other and other family members or friends.

RESOURCES

Learn about community resources available to help you whether you choose to parent or place your child for adoption.

CONVENIENCE

Services are usually provided at our office, but we will gladly travel to your location.

CATHOLIC CHARITIES PROGRAMS & SERVICES

Counseling Services

Hispanic Community Outreach

Phoenix House Domestic Abuse Shelter

Pregnancy Counseling & Adoption Services

Refugee Resettlement Services

St. Joseph Emergency Family Shelter

St. Mary Family Center

MISSION STATEMENT

Guided by the teachings of the Catholic Church, we serve all people in need with compassion and competence, advocate for justice, and encourage all people of good will to share in these efforts.

We are here to help.
Call for an appointment today.
1-800-CARE-002
515.237.5082

www.iowaPregnancyCounseling.org



CATHOLIC CHARITIES
DIOCESE OF DES MOINES

because we all need a little help along the way

601 Grand Avenue
Des Moines, Iowa 50309
Phone: 515.244.3761 Fax: 515.237-5070
www.CatholicCharitiesdm.org



PREGNANCY
COUNSELING

Catholic Charities of the Diocese of Des Moines



*...because we
all need a
little help
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DECIDING WHAT IS BEST FOR YOU AND YOUR BABY...

EXPLORE YOUR OPTIONS

Whether you choose to parent or place your child for adoption we will be there to support your decision during your pregnancy and after your child is born.

IF YOU CHOOSE TO PARENT

Our experienced counselors will help you:

- Discuss your concerns about becoming a parent
- Evaluate what you will need to provide for you and your child's future
- Identify resources available to you and your child
- Explore what is important to you and create a plan

IF YOU CHOOSE ADOPTION

Our experienced counselors will help you:

- Learn about what adoption means for you and your child
- Explore your feelings about adoption and what to expect as you make plans for you and your child's future
- Create your own personal adoption plan that is right for you and your baby
- Receive support throughout the placement of your child including legal services
- Receive a lifetime of support from our caring and experienced staff

PARENTING



Catholic Charities offers free and confidential counseling on pregnancy related issues. Experienced counselors offer referrals to other agencies and resources as well as practical information and support for those preparing to parent.

PARENTING SERVICES INCLUDE:

- Exploring your emotions and concerns about parenting and how it will affect your life
- Counseling for you and your extended family before and after the birth of your child
- Information and referrals to community resources in preparation for your role as a parent
- Education about pregnancy, pre-natal care, birth, newborn infant care and child development
- Exploring your values and creating a plan that will enrich your child's life as well as your own



OPEN ADOPTION

If you choose to place your child for adoption our counselors will help you to make a plan for the future that is right for you and your baby. During the process you will be encouraged to consider and be educated about open adoption.



WHAT IS OPEN ADOPTION?

An open adoption is a voluntary agreement where birth-parents and adoptive parents see their involvement with each other as a commitment that they make to each other for the sake of the child.

In open adoptions, birth families and adoptive families have the opportunity to get to know one another before and after placement, and the level of contact after placement is agreed upon by both families.

BENEFITS OF OPEN ADOPTION

- Open adoption allows for a life-long knowledge of your child's whereabouts and welfare.
- In an open adoption you select the adoptive family and help plan for your baby's future.
- Open adoption empowers you to make decisions you believe are best for your child.
- In an open adoption there are no secrets, no shame and no stigma. You and your child face the future with hope.

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