

FOOD

CATHOLIC CHARITIES FOOD PANTRY

Free food, including infant formula, and personal hygiene items
catholiccharitiesdm.org/our-services/food-pantry/
515-262-7290

CONNECTION CAFE

Free lunch at noon, every Monday – Friday, for homeless and low-income individuals and families

St. John's Lutheran Church
600 6th Avenue
515-771-1481

DMARC FOOD PANTRIES/DMARC MOBILE FOOD PANTRY SITES

dmarcunited.org/food/pantry-locations/
515-277-6969

ST. VINCENT DEPAUL FOOD PANTRIES

Free food to those in need

svdpdsm.org
515-282-8327, Ext. 140 (6th Ave.)
515-282-8328, Ext. 230 (Army Post Road)

ADOPTION SERVICES

LUTHERAN FAMILY SERVICE

Licensed adoption agency

lutheranfamilyservice.org
515-251-4900

SUBSTANCE USE DISORDER TREATMENT AND COUNSELING

BRIDGES OF IOWA

Long-term substance use disorder treatment for low-income or uninsured persons. Provides care regardless of ability to pay

515-348-8000

HOUSE OF MERCY

Residential and outpatient substance use disorder treatment and mental health programs for pregnant/parenting mothers and their families

Walk-in substance abuse and mental health assessments

mercyone.org/desmoines/house-of-mercy/
515-643-6500

LEGAL SERVICES

IOWA LEGAL AID

Legal services for low-income Iowans in civil cases involving family matters, housing and public benefits

iowalegalaid.org
1-800-532-1275

For more information about Walking with Moms in Need and the online resource directory, scan this code



THIS RESOURCE DIRECTORY WAS PREPARED BY THE ST. AMBROSE WALKING WITH MOMS IN NEED TEAM IN MAY 2023



St. Ambrose Cathedral



DIRECTORY OF LOCAL PREGNANCY CARE AND FAMILY ASSISTANCE RESOURCES FOR PREGNANT AND PARENTING MOTHERS

You are not alone!

For an online resource directory with additional resources go to saintambrosecathedral.org/walking-with-moms-in-need/ Questions? Contact us at 515-288-7411 or walkwithmoms@saintambrosecathedral.org

Parish Support Partners

St. Vincent de Paul- St. Ambrose Conference

Knights of Columbus-St. Ambrose Council

**PREGNANCY CARE,
MATERNITY AND BABY SUPPLIES**

AGAPE PREGNANCY RESOURCE CENTER

Free pregnancy tests, ultrasounds, STD tests. Counseling; prenatal, parenting and personal development classes; life coaching. Attend classes in person or online to earn “Agape bucks” for free baby supplies, clothing, hygiene and household items
agapedsm.com
515-255-0243

INNERVISIONS HEALTHCARE

Free pregnancy tests, ultrasounds, STD tests
innervisionshealthcare.org
Call: 515-440-2273
Text: 515-369-2244

MARY’S HELPING HANDS

Free maternity clothes, baby clothing, diapers and nursery items
maryshelpinghandsiowa.org
515-225-3827

CATHOLIC CHARITIES FOOD PANTRY

Free diapers and infant formula to those in need
catholiccharitiesdm.org/our-services/food-pantry
515-262-7290

ST. VINCENT DEPAUL CLOTHES CLOSET

Free clothing to those in need
svdpdsm.org
515-282-8327, Ext. 140 (6th Ave.)
515-282-8328, Ext. 230 (Army Post Road)

FAMILY HEALTHCARE

CHRIST THE KING FREE CLINIC

Free medical care. Open Monday nights 7-9 P.M.
Registration starts at 6:30 P.M.

Christ the King Free Clinic, Des Moines
Free Clinic (freeclinicdirectory.org)

5711 SW 9th Street
515-285-2888

I-SMILE BY EVERYSTEP

Dental and oral care services to children under the age of 21 and pregnant women

515-557-9023

COUNSELING AND SPIRITUAL SUPPORT

CATHOLIC CHARITIES

Counseling provided by licensed, professional therapists

catholiccharitiesdm.org/our-services/counseling/
515-237-5045

ST. AMBROSE CATHEDRAL

Spiritual direction and support offered by our priests

515-288-7411, ext. 205 (Fr. Nivin)
515-288-7411, ext. 204 (Fr. Ambrose)

HOUSING

ANAWIM HOUSING (AllTerra Property Solutions)

Provides permanent supportive housing for individuals and families

anawimhousing.org
515-244-8308

CATHOLIC CHARITIES EMERGENCY FAMILY SHELTER (St. Joseph Family Shelter)

Families in need of shelter should contact Primary Healthcare Outreach

515-248-1850

RUTH HARBOR MINISTRIES

Housing and support for pregnant women before and after baby is born

ruthharbor.org
515-279-4661

FINANCIAL ASSISTANCE WITH RENT & UTILITIES

ST. AMBROSE CATHEDRAL ST. VINCENT DEPAUL CONFERENCE

Contact the parish office at 515-288-7411

CHILDCARE

CHILDREN & FAMILIES OF IOWA

Affordable child care for low-income families

515-282-2193