

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/i-need-help/food-pantry/
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/adoption-services/
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 and the online resource directory, scan the code:



**THIS RESOURCE DIRECTORY WAS PREPARED BY THE
ST. AMBROSE WALKING WITH MOMS TEAM IN
JULY 2026.**



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/

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: 855-584-8302

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/i-need-help/clothing/
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.

5711 SW 9th Street, Des Moines
christthekingparish.org/free-clinic
515-285-2888

I-SMILE BY EVERYSTEP

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

515-558-9946

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) - Thur only

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 DE PAUL CONFERENCE

Contact the parish office at 515-288-7411

CHILDCARE

CHILDREN & FAMILIES OF IOWA

Affordable child care for low-income families
515-282-2193