

## Resources for Pregnancy

The following are more resources related to pregnancy and newborn care. This list is not comprehensive. Your clinic, birthing center, case manager or social worker can provide you with additional resources.

### Adoption counseling:

- Adoption Minnesota, 800-444-3443
- Birthright, 320-762-1224
- Catholic Charities, 320-650-1660
- Children's Home Society of Minnesota, 800-952-9302
- Lutheran Social Services, 320-251-7700
- Todd County Social Services, 320-732-4500 or 888-838-4066

### Alcohol, smoking and street drugs:

- Alcohol & Drug Treatment Referral, 800-454-8966
- Alcoholics Anonymous Help Line, 320-202-1895
- Effective Living Center, 320-259-5381
- Narcotics Anonymous, 877-767-7676
- St. Cloud Hospital – Recovery Plus (24-hour help line), 800-742-4357
- Smoking Cessation
  - American Lung Association, 800-586-4872
  - CentraCare Heart & Vascular Center, 320-656-7020

### Cord blood:

- Includes facts, key points and decision-making tools:  
[www.parentsguidecordblood.com](http://www.parentsguidecordblood.com)

### Dos and don'ts of traveling: click [here](#)

- Includes advice on air travel, road trips, cruises, being near medical care, food and snacks, immunizations and link to CDC

### Doula support:

- DONA International: International organization whose mission is to help women and their partners have satisfying childbirth and postpartum experiences through the use of doula support. For more information or to find a doula: 888-788-DONA. [dona.org](http://dona.org).

### Financial:

- CentraCare Clinic - Women & Children Business Office, 320-240-2100
- CentraCare Health - Melrose Business Office, 320-256-4231
- CentraCare Health - Sauk Centre Business Office, 320-352-2221
- County Social Services:
  - Benton, 320-968-5000
  - Sherburne, 763-765-4000 or 800-433-5239
  - Stearns, 320-656-6000 or 800-450-3663
  - Todd, 320-732-4500 or 888-838-4066
  - Wright, 763-682-7400
- CentraCare Family Health Center, 320-240-3157
- St. Cloud Hospital Business Office, 320-255-5622

### Legal parentage

- County Child Support Offices
  - Benton, 320-968-5087
  - Sherburne, 763-765-4000
  - Stearns, 320-656-6086
  - Todd, 320-732-4500
  - Wright, 763-682-7414
- Minnesota Department of Human Services, 800-657-3954

## Mental health counseling

- Central Minnesota Mental Health Crisis Line, 320-253-5555 or 800-635-8008
- Northern Pines Mental Health Center, 320-732-6602
- St. Cloud Hospital Behavioral Health Clinic - Adult Services, 320-229-4977

## Nutrition

Eating right when pregnant: click [here](#)

- Includes nutrition goals, items to avoid during pregnancy, what to eat when not feeling well, dieting, vegetarian preferences, vitamins, calcium, iron, and food cravings
- Avoiding mercury in fish:  
[health.state.mn.us/divs/eh/fish/eating/kidmom/index.html](http://health.state.mn.us/divs/eh/fish/eating/kidmom/index.html)

General pregnancy nutrition: [choosemyplate.gov](http://choosemyplate.gov)

Food Shelves and Food Commodities

- Catholic Charities Emergency Services, 320-229-4560
- Catholic Charities Food Shelf, 320-229-4560
- Salvation Army, 320-252-4552
- Tri-Cap, 320-251-1612

WIC Program:

WIC is a nutrition program that helps eligible pregnant women, new mothers, babies and young children eat well, learn about nutrition and stay healthy.

- Benton, 320-968-5156
- Morrison, 320-632-6664
- Sherburne, 763-765-4000 or 800-433-5237
- Stearns, 320-203-6942 or 800-450-3663
- Todd, 320-732-4456
- Wright 320-963-6500
- [health.state.mn.us/divs/fh/wic/index.html](http://health.state.mn.us/divs/fh/wic/index.html)

## Pregnancy counseling:

- Birthline, 320-253-4848
- Catholic Charities, 320-650-1660
- Crisis Nursery Services:
  - St. Cloud area (24-hour), 320-654-1090
  - Sherburne County (evenings and weekends), 800-635-8008
  - Sherburne (daytime), 763-765-4013
  - Wright County (24-hour), 763-271-1681

- Pregnancy Resource Center (24-hour), 320-253-1962 or 800-450-1962

## Public health

This program strives to improve the health status of children, women and their families.

- Immunization clinics
- Clinic services for diagnosis, prevention and treatment of sexually transmitted diseases
- Home care services
- One-to-one home visits
- Breastfeeding counseling/support/information

Find services at:

- Benton, 320-968-5087
- Meeker, 320-693-5370
- Mille Lacs, 320-983-8318
- Morrison, 320-632-6664 or 866-401-1111
- Sherburne, 763-765-4000 or 800-433-5237
- Stearns, 320-203-6942 or 800-450-3663
- Todd, 320-732-4440
- Wright , 763-682-7468

**Seat belts while pregnant:** click [here](#)

- Includes how a car accident can affect a pregnancy, and the proper way to wear a seat belt when pregnant

## Social services:

Social Services may be able to assist with housing needs, respite care, listing of licensed childcare providers and specialized services for people eligible for medical assistance.

- Benton, 320-968-5000
- Sherburne, 763-765-4000 or 800-433-5239
- Stearns, 320-656-6000 or 800-450-3663
- Todd, 320-732-4500 or 888-838-4066
- Wright, 763-682-7400

United Way 2-1-1:

- Call 2-1-1 to connect to area human services programs or visit [unitedwayhelps.org](http://unitedwayhelps.org).

St. Cloud Hospital:

- 320-251-2700, ext. 52257
- Mon.-Fri., 9 a.m. to 4:30 p.m.
- Financial counseling, patient/family education resource
- Grief counseling, crisis counseling
- Community resource referral
- Patient/family advocate

**Special care pregnancies:**

- Sidelines National Support Network: Provides international support for women and their families experiencing complicated pregnancies and premature births. [sidelines.org](http://sidelines.org).

**Vital records:**

- Social Security Administration, 800-772-1213
- Stearns County License Center , 320-656-6540
- Todd County Courthouse Records Office, 320-732-4428
- Wright County Records Office 763-682-7355

**Workplace safety Issues:**

- Occupational Safety and Health Administration, 651-284-5050, [osha.gov](http://osha.gov)
- National Institute for Occupational Safety and Health , 800-232-4636, [cdc.gov/niosh/index.htm](http://cdc.gov/niosh/index.htm)

**Workplace rights laws**

- Family and Medical Leave Act: Requires employers with 50 or more employees to allow up to 12 weeks of unpaid leave during any 12 month period. U.S. Department of Labor, 866- 4-USA-DOL.
- Pregnancy Discrimination Act: If you think you have been a victim of pregnancy discrimination, contact:
  - Equal Opportunity Commission, 800-669-4000
  - Women’s Bureau of the Department of Labor, 800-827-5335