

## Resource List for Crisis Pregnancies

Name of Organization	Location	Website Address	Services Offered	Phone
<b>Sierra Pregnancy &amp; Health</b>	Roseville	<a href="https://sierraph.org/">https://sierraph.org/</a>	Provides emotional, and spiritual health care to women and families before, during, and after pregnancy. Offers prenatal classes and parenting classes, as well as maternal and infant assistance. Every service is free of charge.	916-624-8990 / 916-475-7205 c
<b>Gabriel Project</b>	Sacramento	<a href="https://www.scd.org/family-and-faith-formation/gabriel-project">https://www.scd.org/family-and-faith-formation/gabriel-project</a>	<i>A church-based ministry to support pregnant mothers and their unborn children.</i> Parishioners stand ready to provide a mother with the kinds of assistance that she needs in caring for her child. The assistance may include: Friendship and emotional support, Pastoral care and counseling, Transportation, Prenatal care, Baby Items, Education, Employment, Housing, Adoption, and/or Financial assistance.	1-800-910-0191
<b>Sacramento Life Center</b>	Sacramento	<a href="http://www.saclife.org">www.saclife.org</a>	Sacramento Life Center is a safe, compassionate, and supportive <b>medical center</b> for women facing unplanned pregnancies. It is committed to providing pregnant women and teen girls with access to <i>free or low-cost</i> <b>medical</b> care.	916-451-4357
<b>Alternative Pregnancy Center</b>	Sacramento	<a href="https://alternativespc.org/aboutus/">https://alternativespc.org/aboutus/</a>	Alternative Pregnancy Center's mission is to offer hopeful alternatives to women facing unplanned pregnancies.	916-521-5070
<b>Bishop Gallegos Maternity Home</b>	Sacramento	<a href="https://bgmhsacramento.org/">https://bgmhsacramento.org/</a>	Provides a safe place to stay and programs such as: nutrition, infant safety, budget planning & management, and parenting strategies. Clients are assisted in accessing other services available through outside agencies that provide counseling for various needs such as: substance abuse, domestic violence, parenting courses, adoption services, housing...	916-395-9370

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<b>Mother Teresa Maternity Home</b>	Placerville	<a href="https://motherteresamaternityhome.com/">https://motherteresamaternityhome.com/</a>	Provides a drug and alcohol-free, non-denominational residential facility for pregnant women in crisis. Residents come from a variety of backgrounds; some are homeless, some are leaving abusive relationships, some have drug or alcohol abuse issues. Residents must be 18 yrs old or emancipated from their parents.	530-295-8006/ 916-402-4200 c
<b>PCS Health</b>	Placerville	<a href="https://www.pcshealth.org">https://www.pcshealth.org</a>	PCS Health is a safe place to explore options regarding pregnancy. Their confidential services are provided free of charge.	530-409-5082
<b>RESOURCES FOR PRAYER &amp; SUPPORT</b>				
<b>40 Days for Life</b>	Sacramento	<a href="https://www.scd.org/40DaysForLife">https://www.scd.org/40DaysForLife</a>	40 Days for Life is an internationally coordinated 40 day campaign that aims to end abortion locally through prayer, fasting, community outreach, and a peaceful all-day vigil in front of abortion businesses.	916- 733-0133
<b>Rachel Ministry</b>	Sacramento	<a href="https://www.scd.org/postabortioncare">https://www.scd.org/postabortioncare</a>	<p><b>Rachel Ministry</b> is the church's ministry that operates as a network of professional clergy, counselors and volunteers, all trained to provide one-on-one spiritual and psychological support for those who are suffering from the trauma of abortion.</p> <p>The Diocese of Sacramento Project Rachel Ministry offers special <b>Rachel's Ministry Retreats</b> several times a year in both English and Spanish.</p>	916- 733-0161
<b>Rachel's Vineyard International</b>	Various Retreat Locations	<a href="https://rachelsvineyard.org/">https://rachelsvineyard.org/</a>	Rachel's Vineyard is the world's largest ministry for healing after abortion.	877-467-3463 or 866-721-7881
<b>Sacramento Memorial Garden &amp; Care Net</b>	Sacramento	<a href="https://sacunbornmemorial.org/">https://sacunbornmemorial.org/</a>	Provides a peaceful, quiet, natural, and encouraging environment for meditation, reflection, and prayer for those remembering the unborn children.	(916) 347-0971