

# NEBRASKANS Embracing Life

## PRO LIFE DIRECTORY

*Together we can help! YOU can save a life today!*

**Help defend sacred human life by supporting motherhood with prayer, volunteer, financial contributions through the contacts in this directory. We need your help to save lives!**

**Nationwide Pregnancy Help 1-800-395-HELP (4357)**  
**optionline.org, care-net.org, text to 520-200-2066**  
**Essential Pregnancy Services Helpline 402-554-1000**  
**Assure Women's Center Helpline 402-397-0600**  
**Abortion Pill Reversal, call ASAP after first pill**  
**<https://www.abortionpillreversal.com/> 877-558-0333**  
**National Suicide Prevention Hotline 1-800-273-8555**  
**National Human Trafficking Center 1-888-373-7888**  
**Child Abuse Prevention, 1-800-4-A-CHILD (422-4453)**

### **Pregnancy Counseling, Testing and Service:**

**Assure Women's Center** [www.assureomaha.com](http://www.assureomaha.com)  
6510 Sorensen Parkway, Omaha, NE. 68152  
14225 Dayton Circle, Omaha, NE 68137  
FREE STD and pregnancy testing by appointment

### **Essential Pregnancy Services** [www.essentialps.org](http://www.essentialps.org)

Free Pregnancy & STD Tests. No Hassle Counseling.  
**Maternal Assistance. Hotline: 402-554-1000**  
*Benson Center:* 6220 Maple St. 68104, 402-554-0121  
*Bellevue Center:* 908 W. Mission Ave, 68005, 402-933-2988  
*Maple Village Center:* 3029 N 93rd St, 68134, 402-763-8768

### **Gabriel's Corner** [www.gabrielscorner.com](http://www.gabrielscorner.com)

Free Pregnancy Tests - Pregnancy Counseling  
131 S 16<sup>th</sup> St, Council Bluffs, IA 51501  
Phone: 712-323-7756 Call ahead

### **Nebraska/Iowa Pregnancy Resource Center Directory**

[www.helpinyourarea.com/nebraska](http://www.helpinyourarea.com/nebraska)  
[www.helpinyourarea.com/iowa](http://www.helpinyourarea.com/iowa)

All services are Free & Confidential

### **Birthright International** [www.birthright.org](http://www.birthright.org)

Nationwide (800) 550-4900      Kearney (308) 234-9880  
Carroll (712) 792-6592      Lincoln (402) 466-2609  
Council Bluffs (712) 322-2100      Norfolk (402) 379-1004  
Fremont (402) 721-5551      Sioux City (712) 258-3436  
Grand Island (308) 381-7845

### **Confidential Health Services:**

#### **Pope Paul VI Institute** [www.popepaulvi.com](http://www.popepaulvi.com)

6901 Mercy Rd. Omaha, NE 68106  
Phone: 402-390-6600 Offering Reproductive Health Care, OB-GYN, infertility, maternal fetal medicine, NaPro Technology, Creighton Model FertilityCare System.

#### **Sancta Familia Medical Apostolate 402-991-3393**

10506 Burt Circle Omaha NE 68114. Catholic Health Care for the whole family from conception to natural death, providing healthcare to pregnant mothers in need and support to organizations that protect mothers and their unborn babies.  
Mon-Fri, 8am-5pm [www.omahacatholicdoctors.org](http://www.omahacatholicdoctors.org)

### **Life is sacred from the moment of conception!**

#### **Couple to Couple League** [www.ccli.org](http://www.ccli.org)

Natural Family Planning Hotline: 402-571-4111

### **Homes for Mothers and Babies:**

**Mater Filius of Nebraska** A Catholic apostolate created to help pregnant women who find themselves without support. Women receive housing, counseling, medical attention, workshops and continuing education at no cost.  
5924 S. 36<sup>th</sup> Street, Omaha, NE 68107 Contact: Julie Mainelli 402-676-1773 or Stacey Floersch, 402-212-3348

**Bethlehem House** [www.bethlehemhouseomaha.org](http://www.bethlehemhouseomaha.org)  
Serving women who are pregnant and homeless since 2005. Offering private rooms in a safe environment.  
2301 S 15<sup>th</sup> St. Omaha, NE 68108. Phone: 402-502-9224  
**MaryWeslinHomes.webs.com**  
**BirthMotherAssistance.com**

### **Save a life today, adoption and other services:**

Bethany Christian Services, [www.bethany.org](http://www.bethany.org)  
Nebraska Children's Home Society, [www.NCHS.org](http://www.NCHS.org)  
Catholic Charities [www.ccomaha.org](http://www.ccomaha.org); Adoption Services, Individual, Marriage and Family Counseling. Phone: 554-0520 or (800) 403-2435

#### **AdoptionServices.org**

**National Abortion Recovery** 24 hour hotline **866-482-5433**

**[www.SupportAfterAbortion.com](http://www.SupportAfterAbortion.com), 844-289-HOPE**

**[www.abortionchangesyou.com](http://www.abortionchangesyou.com)**

**[www.afterabortion.org](http://www.afterabortion.org)**

**Project Rachel, [www.hopeafterabortion.com](http://www.hopeafterabortion.com)** Post-

Abortion Healing, and Reconciliation from the pain of abortion. **888-456-HOPE** or [projectrachel@essisus.org](mailto:projectrachel@essisus.org)

**Rachel's Vineyard, [www.rachaelvineyard.org](http://www.rachaelvineyard.org)**, Post-Abortion Healing Retreats Reconciliation and healing from the pain of abortion. Heather Hruby: (402) 885-4305

### **Freedom from Pornography:**

[www.omahafordecency.org](http://www.omahafordecency.org) Pornography degrades women, damages marriage and family, is sinful, addictive, diabolical.  
**Dads.org**; Faith, Family, Fatherhood; sex addiction freedom  
PATH - Archdiocese of Omaha ([www.archomaha.org](http://www.archomaha.org))  
pornography addiction counseling and support.

### **Christian Radio:**

[www.kcro.com](http://www.kcro.com), Omaha 660AM, Lincoln 106.7 FM  
[www.bottradionetwork.org](http://www.bottradionetwork.org), Omaha 93.7FM, Lincoln 88.5FM  
[www.spiritcatholicradio.com](http://www.spiritcatholicradio.com) Omaha 102.7FM

### **Legal:**

**[www.ThomasMoreSociety.org](http://www.ThomasMoreSociety.org)**, non-profit, national public interest law firm dedicated to restoring respect in law for life, family, and religious liberty, pro bono. Pro-life attorneys always needed! For more information, Martin Cannon, Matt Heffron or Michael McHale (312)782-1680.

*If someone you know has been injured or killed following an abortion, you may be able to bring legal action on her behalf, free. [www.lifedynamics.com](http://www.lifedynamics.com) 940-380-8800*

### **Additional information and copies of this directory:**

[www.nebraskanembracinglife.org/pregnancyresource](http://www.nebraskanembracinglife.org/pregnancyresource)  
**NEBRASKANS Embracing Life** Educational 501c3; resource, spiritual events, Mobile Pregnancy Ultrasound Resource Center  
**143 S 38<sup>th</sup> St, Omaha, NE 68131 Phone: 402-399-0299**  
[engage@nebraskanembracinglife.org](mailto:engage@nebraskanembracinglife.org)

[www.archomaha.org/familylife](http://www.archomaha.org/familylife) Steve Zach, 402-558-2218

**Surprise Thrift Shop**, 143 S 38<sup>th</sup> St, Omaha, NE 68131  
100% of all donations and sales benefit pro-life groups.  
Shop and save hours: Thu, Fri, Sat 10a-4p; 402-341-0625

**Walking with Moms in Need**, [www.archomaha.org](http://www.archomaha.org)

**Bishops Pastoral Plan for Pro-Life Activities**

Marion Miner, Associate Director for Pro-Life & Family  
Nebraska Catholic Conference 215 Centennial Mall South,  
Suite 310 Lincoln, NE 68508 402-477-7517  
[mminer@necatholic.org](mailto:mminer@necatholic.org), [www.necatholic.org](http://www.necatholic.org)

**Vital Signs Ministries** [www.vitalsignsministries.org](http://www.vitalsignsministries.org)  
PO Box 34278, Omaha, NE 68134  
Denny & Claire Hartford Phone: 402-341-8886

**Nebraska Right to Life** [www.nebraskarighttolife.org](http://www.nebraskarighttolife.org)  
402-438-4802 PO Box 80410, Lincoln, NE 68501-0410

**American Life League Inc. (ALL) STOPP** [www.all.org](http://www.all.org)  
PO Box 1350, Stafford, VA 22555 540-659-4171  
Phone: 888-546-2580 Fax: 540-659-2586

**Omaha Chapter STOPP**, [www.stopp.org](http://www.stopp.org)  
Stephen Zach, 4339 California St. Omaha, NE 68131-1741  
Phone: 402-558-2218

**Human Life International** [www.hli.org](http://www.hli.org)  
Pro-Life Missionaries to the World 800-549-LIFE  
[www.POP.org](http://www.POP.org) Population Research Institute

**Priests for Life** [www.priestsforlife.org](http://www.priestsforlife.org)  
PO Box 141172 Staten Island, NY, 10314  
Phone: 718-980-4400, 888-735-3448, Fax: (718) 980-6515

[www.HeartofaChildMinistries.org](http://www.HeartofaChildMinistries.org), presents live ultrasounds  
[www.liferunners.org](http://www.liferunners.org), "REMEMBER the Unborn" Jer 1:5  
[www.studentsforlife.org](http://www.studentsforlife.org), Students for Life of America

**Prayer and counseling opportunities; we need you!**  
*Find them a new job*, [www.abortionworker.com](http://www.abortionworker.com)

**Omaha:** Planned Parenthood, Abortionist Debra Turner, 3105  
N 93 Street (93rd and Maple), Mon & Thur, 8 am-noon, Sat  
10am Helpers of God's Precious Infants <http://essentialps.org>

**Bellevue:** Abortionist Leroy Carhart, 1002 W Mission Ave,  
Thurs, Fri, & Sat 7:30-11:30 am, [metroprolife.org](http://metroprolife.org) Sat 9-10 am,  
God's Helpers of Precious Infants Chapel of the Holy  
Innocents, 1229 Bellaire Boulevard, Holy Sacrifice of the  
Mass, 2nd & 4th Sat, Sat 8:15 am <http://essentialps.org>

**Council Bluffs** PP: 1604 2nd Ave, Council Bluffs IA Gabriel's  
Corner, 131 South 16th Street, Council Bluffs IA 51501, 712-  
323-7756, <http://www.gabrielscorner.com> We Provide Hope  
and Help for women facing unplanned pregnancies.

**Lincoln** PP: 5631 S 48th St, Lincoln, Tuesday abortions  
<https://supportwomenscarecenter.org/locations/lincoln/>

**NEBRASKANS Embracing Life, 501c3** Pro-Life  
educational non-profit building a culture of life through pro  
life outreach in media, spiritual events, pro life booths,  
resource, strategy, and information. We always need your  
prayer, volunteer and donor support to advance our mission.

[www.nebraskanembracinglife.org](http://www.nebraskanembracinglife.org)

**NEBRASKANS Embracing Life ACTION**, political 501c4  
[markb@dynamicconsulting.net](mailto:markb@dynamicconsulting.net), identify and support Pro-Life,  
Pro-Family candidates, politicians and Pro-Life Legislation  
**VOTE FOR LIFE!** see also [www.nffv.org](http://www.nffv.org)

**Contraception = abortion, facts from ALL.org:**

Most contraceptives are drugs or devices that can and do cause abortions. Condoms and the "safe sex" lie result in widespread STD's, emotional trauma, and immoral sex. Contraception increases abortion, not decreases. The Guttmacher Institute is pro-abortion; statistics do not include all surgical or chemical abortions; *exclude* "emergency contraceptive" abortions, *exclude* abortions from "the pill" and other contraceptives, such as those below, and *exclude* IVF abortions.

*Total abortions are increasing nationally and internationally.*

**Contraception is dangerous to your health!**

**Toxic Oral Contraceptives like 'the pill'** allow fertilization to occur at a rate of 2-10% of the time. They cause the lining of the uterus to become inhospitable to the developing baby who literally dies from lack of nourishment and is aborted.

Research by [Reuters](http://Reuters) shows pill-induced abortions are equaling surgical abortions number wise. What they fail to report is that 10 times more women are dying because of it.

**IUDs** work by interfering with the enzymatic processes of the developing baby and by inflaming the lining of the uterus, making it inhospitable to implantation, also abortifacient.

**Norplant** consists of six-one inch long silastic rods implanted in the arm and contains the progestin, *levonorgestrel*, which acts for 5 years. There are approx. 1,500,000 users. At a 50-65% ovulation rate times a 25% conception rate, this amounts to between 2-3 million chemical abortions per year.

**Depo-Provera** works the same way. It is injected under the skin every 3 months. Based on an estimated 1 million users and an ovulation rate of 40-60%, it has been determined that at the lower rate there are 400,000 ovulatory cycles, times a 25% conception rate yielding about 100,000 chemical abortions per cycle or 1,200,000 per year.

**RU-486, 'morning after pill', Plan B, etc.** *Human Pesticide*, RU 486 is a chemical compound that, taken in pill form, can induce abortion in women up to nine weeks pregnant; involves two drugs and three trips to the doctor's office over a two week period. Surgical abortions follow 4-5pct failure rate. Many side effects from minor to major, to even death for mother or child. *Over one billion in annual sales.* Multiple serious side effects and risks, including death. *Contraceptives interfere with marital unity and God's plan as author of life. Their known harmful side effects are well documented*

**Breast Cancer and abortion**

In the U.S., women under age 45 who have had abortions may have a 50% higher risk of breast cancer, according to a study reported in the Journal of the National Cancer Inst. The risk is more than doubled for women under 18 who have abortions.

**The serious dangers of "legal" abortion:**

"**Lime 5**" by Mark Crutcher of Life Dynamics; medical injury, abuse and death of women at abortion clinics. One example of many similar resources.

**James Sedlak**, Stop Planned Parenthood, source: [stopp.org](http://stopp.org). PP creates a demand for "birth control" via the sex ed it promotes in schools, says Sedlak. As promiscuity rises, so does the number of unintended pregnancies due to contraceptive failure. PP then turns to abortion as a backup, death for the child, billing the US government for contraception, abortion, and other "services"

**Please distribute to pro-life organizations, teams, committees, volunteers, church groups, youth groups, schools, etc. Please send updates and revisions to: NEL Office, 143 S 38 St, 68131**