

## What women are saying about TLC...



*"The LifeCare Center was wonderful. The people were compassionate and professional. They were there for me all the way."*

*"Working with the LifeCare Center has helped us spiritually and emotionally. They have also helped us physically and financially."*

*"Hey, don't freak. I went to these people, and I'm glad I did. Things have worked out just great for me. You'll be glad, too."*



*"I am not religious and I am pro-choice. I appreciated their immediate honesty. They are very professional, helpful, and kind, and every visit is a joy. They welcome all walks of life, and I would refer any pregnant woman to their clinic."*



**Total LifeCare Centers (TLC)**  
Saint Paul, MN (651) 291-9473  
**TLC Toll-Free: 1-888-652-1140**  
[www.TotalLifeCare.org](http://www.TotalLifeCare.org)

**Central Minnesota LifeCare Center**  
Sauk Centre, MN  
(320) 351-4025

**Chisago Lakes LifeCare Center**  
Lindstrom, MN  
(651) 257-2550

**Highland LifeCare Center**  
Saint Paul  
(651) 695-0111

**Lakes LifeCare Center**  
Forest Lake, MN  
(651) 464-4340

**Lake Superior LifeCare Center - Duluth**  
Duluth, MN  
(218) 727-3399

**Lake Superior LifeCare Center - Superior**  
Superior, WI  
(715) 394-4102

**LifeCare Center East**  
Saint Paul  
(651) 776-2328

**Minnetonka Life-Care Center - Excelsior**  
Shorewood, MN  
(952) 470-9393

**Minnetonka Life-Care Center - Hopkins**  
Hopkins, MN  
(952) 938-4496

**Morris Life Care Center**  
Morris, MN  
(320) 589-0300

**Northern LifeCare Center**  
International Falls, MN  
(218) 285-7673

**North Side Life Care Center**  
Minneapolis  
(612) 522-6589

**Pregnancy Choices Life-Care Center**  
Apple Valley, MN  
(952) 431-5011

**Pregnancy LifeCare Center**  
Hibbing, MN  
(218) 262-5768

**St. Croix Valley Life Care Center**  
Stillwater, MN  
(651) 439-5964

**Southeast LifeCare Center**  
Faribault, MN  
(507) 332-7644

**Southside Life-Care Center**  
Minneapolis  
(612) 823-0301

**Thief River Falls LifeCare Center**  
Thief River Falls, MN  
(218) 681-1279  
*24-Hour Hotline:*  
(218) 689-5454

**Tri-County LifeCare Center**  
Osceola, WI  
(715) 755-BABY

**University LifeCare Center**  
Minneapolis  
(612) 623-3211

**Wakota Life-Care Center**  
West Saint Paul  
(651) 457-1195

**Women's Life Care Center**  
Little Canada, MN  
(651) 777-0350



## You can do this.



*We can help.*

**Confidential. Practical resources.  
No-cost services. Information, assistance,  
and referrals to meet your needs.**

*Questions?*

*TLC InfoLine:*  
**1-888-652-1140**

**Total LifeCare Centers (TLC)**

• **Pregnancy Resource Centers •**  
in MN and WI

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

*Not sure where to turn?*

*You are making a choice...*

*Get good information first...*



## **Pregnant? Might be?**

We're here. We listen. We care. We offer hope. Help. Healthy choices. Positive alternatives.

## **Get the facts on...**

- Pregnancy
- Contraception
- Condoms
- STDs
- The Pill
- The IUD
- The Morning-After Pill
- The Patch
- Sterilization
- What can happen if you choose abortion?
- What can happen if you choose contraception?
- What can happen if you choose an unhealthy lifestyle?



## **...you have the right to be fully informed.**

## **Special services and referrals...**

- pregnancy tests
- ultrasound, prenatal clinic, STD-testing at some Centers
- compassionate pregnancy counseling by trained lay counselors
- assistance with money, housing, education
- maternity & baby items
- great videos, books, brochures
- parenting programs and child-development classes
- Information about:
  - Your adoption option
  - Post-Abortion Syndrome
  - Healthy relationships, with REAL love
- Professional referrals



## **We care and we can help...**

**Confidential • Safe • Free Resources • Information**



## **Total LifeCare Centers (TLC)**

is an affiliation of pregnancy-resource centers. The LifeCare Centers provide confidential and no-cost services. Our medical Centers are staffed by medical specialists and lay counselors who care about you. Our non-medical Centers can help you find the answers you need. Every LifeCare Center can educate you about abortion and abortion-alternatives. We promote life-affirming solutions for women making difficult choices about their total lives. We help women find hope, safety, and freedom.



We're here for you.

**Since 1974  
TLC ~Caring for Life**

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www.TotalLifeCare.org