



# Inferility Resources



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## Inferility Resources: Prayers

### **Reach out to the Church for Prayers**

- Email [prayer@slte.org](mailto:prayer@slte.org) to be put on the parish prayer line. Parishioners would love to lift you up in prayer in this time of need.
- Reach out to Julie Shannon, Parish Nurse, at (515) 250-9316 if you would welcome our team to pray over you and your family with a prayer shawl made for you.





## Infertility Resources: Counseling

You do not have to walk this alone. There are parishioners that have gone through training and have personally experienced infertility that can walk alongside you. **Reach out to Julie Shannon, Parish Nurse, at (515) 250-9316 to be put in contact with a parish minister.** Below are also good counselors in the area that have been recommended.

### **Integrative Psychology**

Kevin Kilcawley  
2024 NW 92nd Ct #12  
Clive, IA 50325  
(515) 421-8250  
kilcawley@integrativepsychologyservices.com

### **Family Legacy Counseling**

5415 NW 88th St # 100  
Johnston, IA 50131  
(515) 727-1338

### **Heartland Christian Counseling**

6200 Aurora Ave #401E  
Urbandale, IA 50322  
(515) 331-0303

### **Center for Interpersonal Effectiveness**

Jim Thorpe PSY.D  
Phyllis Eddy, MA, LMHC, NCC  
2525 N. Ankeny Blvd. Ste. 113  
Ankeny, Iowa 50023  
(515) 289-9136  
<https://www.cie-ankeny.com/>

### **Children and Families of Iowa**

1111 University Ave  
Des Moines, IA 50314  
515-288-1981  
contactus@cfiowa.org

### **Team Restoration**

Joel Fry MSW, LISW  
Brent Douglas MA, LMHC  
Julie Porter MA, LMHC  
(515) 238-9010

### **Catholic Charities Counseling Program**

(515) 237-5045  
Bilingual therapist available

### **Okerberg & Associates**

Melinda Wadsley LMHC, NCC  
(515) 577-6595  
<http://okerberg-assoc.com/>

### **24-Hour Central Iowa Crisis Line**

(855) 581-8111  
<https://www.co.jasper.ia.us/574/Crisis-Line>



# Inferility Resources: OB/GYN Care Physician Referrals

If you find that you are ready to seek out medical care to try and get pregnant, there are many medical providers that will respect Catholic teaching when discussing and providing options. This list has some recommended physicians to reach out to that can help you navigate moving forward while respecting your Catholic beliefs.

## **Vitae Family Care Clinic OB Care**

Dr. Gregory McKernan  
(515) 225-3261  
1355 50th Street #100  
West Des Moines, IA 50266

## **Broadlawns-OB & Prenatal Care Clinic**

Dr. Larry Lindell  
(515) 282-2340  
1801 Hickman Rd  
Des Moines, IA 50314

## **Central Iowa OB/GYN**

Dr. Barney Munro  
(515) 267-8300  
2501 Westown Pkwy #1101  
West Des Moines, IA 50266

## **Women's Health Services OB/GYN (UnityPoint)**

Dr. Tami Fahnlander  
(515) 263-9107  
Waukee, Clive, and Des Moines

## **Mercy South Family Practice OB/GYN**

Dr. Dennis Zachary  
(515) 643-9400  
6601 SW 9th St.  
Des Moines, IA 50315

## **Sancta Familia Medical Apostolate (Offers telehealth)**

Teresa Kenney APRN-NP  
(402) 991-3393  
10506 Burt Circle  
Omaha, NE 68114

## **Saint Paul VI Institute**

### **(Offers telehealth and chart review via email)**

(402) 390-6600

6901 Mercy Road  
Omaha, NE 68106

<https://popepaulvi.com/>

[naproquestions@saintpaulvi.com](mailto:naproquestions@saintpaulvi.com)

*NAPRO technology "provides hope and healing to women and couples who are struggling and suffering with reproductive and gynecological medical issues, issues that are often ignored or undiagnosed in mainstream medicine". They only practice methods that align with the Catholic faith and many of these treatments have been proven to be as effective if not more than using IUI or IVF. They even can help with testing and treatment for male fertility struggles.*

## **Additional Resource:**

### **The Hormone Genius Podcast**

<https://www.hormonegenius.com/>

*Learn more about natural family planning and/or female hormones to help advocate for yourself at the doctors. The podcast is run by two Catholic women in the medical field that highlight just these issues!*



## Inferility Resources: Adoption Referrals

### **Lutheran Family Services of Iowa**

Kim Laube BS - Director  
klaube@LFSiowa.org  
6200 Aurora Ave, Suite 410W  
Urbandale, IA 50322  
(515) 251-4900

### **Lifetime Adoption Center**

Free confidential counseling  
24 hour availability  
1-800-923-6784

### **Private Attorneys**

#### **Christopher Coppola**

2100 Westown Parkway #260  
West Des Moines, IA 50265  
(866) 607-5129

#### **Culp, Doran, & Genest, P.L.C.**

##### **Ryan Genest**

300 Walnut St #125  
Des Moines, IA 50309  
(515) 288-3333

### **National/International Adoption**

America World Adoption  
Indianola, Iowa  
9am-5pm  
1-800-429-3369 x 104





## Inferility Resources: Websites and Books

### **Websites**

Diocese of Des Moines Natural Family Planning:

<https://www.dmdiocese.org/ministries-and-faith-formation/marriage-and-family-life/natural-family-planning>

Organic Conceptions: <https://www.organic-conceptions.com/>

The Fruitful Hollow: <https://www.thefruitfulhollow.com/>

USCCB Resources: <https://www.usccb.org/topics/natural-family-planning/infertility>

Springs in the Desert: <https://www.springsinthedesert.org>

Saint Paul VI Institute: <https://www.popepaulvi.com>

### **Books**

*A Catholic Guide to Medical Ethics: Catholic Principles in Clinical Practice* -

Eugene F. Diamond

*Without Moral Limits: Women, Reproduction, and Medical Technology* - Debra

Evans

*Infertility: Finding God's Peace in the Journey* - Lois Flowers

*Adoption, Choosing It, Living It, Loving It* - Ray Guarendi

*Human Dignity and Reproductive Technology* - Michael L. Kelly and Nicholas C.

Lund-Molfese

*Catholic Bioethics and the Gift of Human Life (2nd Edition)* - William E. May

*The Infertility Companion for Catholics* - Carmen Santamaria and Angelique

Ruhi-Lopez

*Hannah's Hope: Seeking God's Heart in the Midst of Infertility, Miscarriage, and*

*Adoption Loss* - Jennifer Saake

*Empty Womb, Aching Heart* - Marlo Schalesky

