

Life-Limiting  
Prenatal  
Diagnosis  
Resources



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## Life-Limiting Prenatal Diagnosis 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.



## Life-Limiting Prenatal Diagnosis Resources: Counseling

You do not have to walk this alone. Below are also good counselors in the area that have been recommended to help walk alongside you.

### **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>



# Life-Limiting Prenatal Diagnosis Resources: OB/GYN Care Physician Referrals

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)

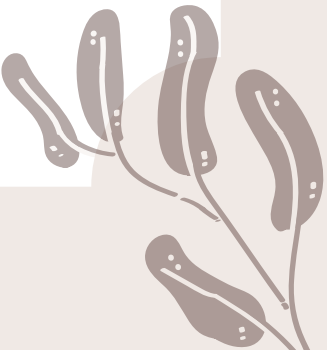
*NAPRO technology "provides hope and healing to women and couples who are struggling and suffering with reproductive and gynecological medical issues, issues that are often ignored or undiagnosed in mainstream medicine". They only practice methods that align with the Catholic faith.*

## **Additional Resource:**

### **The Hormone Genius Podcast**

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

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



If you are in need of Perinatal Hospice, please contact  
Connie Thompson, Perinatal Bereavement Coordinator,  
at Mercy Medical Center: (515) 358-3030

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## Life-Limiting Prenatal Diagnosis Resources: Website and Book Resources

### **Websites**

Bringing the Sunshine: <https://www.bringingthesunshine.com/>

Diocese of Des Moines - Disability Ministry:

<https://www.dmdiocese.org/resources/evangelization-catechesis/disability-ministry>

National Down Syndrome Society: <https://ndss.org/>

### **Books**

*A Special Mother is Born: Parents Share How God Called Them to the Extraordinary Vocation* - Leticia Velasquez

*My Child, My Gift: A Positive Response to Serious Prenatal Diagnosis* - Madeline P. Nugent

*Faith Family and Children with special needs: How Catholic Parents and Their Kids with Special Needs Can Develop a Richer Spiritual Life* - David Rizzo

*The Parent's Guide to Down Syndrome: Advice, Information, Inspiration and Support for Raising Your Child From Diagnosis to Adulthood* - Jen Jacob and Mardra Sikora

*Gifts: Mothers Reflect on How Children with Down Syndrome Enrich Their Lives* - Kathryn Lynard Soper

*Count Us In, Growing Up With Down Syndrome* - Jason Kingsley and Mitchell Levitz

### **Local Down Syndrome Support**

GiGi's Playhouse

[gigisplayhouse.org](http://gigisplayhouse.org)

(847) 885-6149

[info@gigisplayhouse.org](mailto:info@gigisplayhouse.org)