

Resource Guide

for Pregnant & Parenting Students



Wright State University Resource Guide For Pregnant and Parenting Students

This Resource Guide has been compiled for you by:

Equip 4 Life

Equip 4 Life is here to help you succeed in continuing your education by providing resources to address your unique situation as a pregnant and parenting student at Wright State University. Equip 4 Life is happy to assist you as you seek support for your parenting and student needs.

Please contact us at Equip4Life@womenscenter.org or (937) 298-2822 for more information. More information about our Pregnant on Campus Initiative can be found online at:

- Facebook: [Facebook.com/Equip4Life](https://www.facebook.com/Equip4Life)
- Website: womenscenter.org

Our student group provides the following assistance and resources:

- Peer support
- Material aid (e.g. diapers, baby items, maternity clothes)
- Assistance scheduling meetings
- Coordinating with departments on campus
- Meals for pregnant and parenting students
- Baby showers for expectant students
- Advocating for resources, rights, and accommodations

Wright State University

Resource Guide for Pregnant and Parenting Students

TABLE OF CONTENTS

The Pregnant on Campus Initiative	Page 6
• About the Initiative	
• Resources Online	
About Our School.....	Page 7
• Contact Information	
• Policies	
Resources on Campus	Page 9
• Class Options	
• Lactation Rooms	
• Diaper Changing Stations	
• Other Resources on Campus	
Medical Care	Page 12
• On Campus Health Care	
• Federally Qualified Health Centers	
• Other Medical Resources	
Housing Resources.....	Page 15
• University Housing	
• Local Housing	
Clothing and Material Aid.....	Page 16
• Maternity Clothes and Baby Items	
• Low Cost Items	

Assistance with Food.....Page 18

- Assistance Programs
- Local Food Banks

Child CarePage 20

- National Resources
- University Care
- Other Tips for Affordable Child Care
- Child Support

Insurance.....Page 23

- Student Insurance Plan
- Insurance for Low Income Families
- Insurance for Your Child
- Free Breast Pumps

Financing Your EducationPage 24

- Financial Aid at Wright State University
- Government Grants
- Private Foundations
- State Specific Scholarships
- Local Scholarships

Adoption.....Page 27

- Adoption Resources
- More Information on Adoption
- Birthmother Support

Other Places to Look for HelpPage 29

- Local Non-Profit Agencies
- Community Churches and Religious Organizations
- Federal Assistance Programs

Counseling ResourcesPage 30

- Pregnancy Options
- Campus Counseling Services

Parenting SupportPage 31

- On Campus Support Groups
- Parenting Classes
- Local Parents Groups

Emergency AssistancePage 33

- Campus Emergency Services
- Peer Support
- Suicide Prevention
- Domestic Violence

After Abortion SupportPage 35

- Abortion Pill Reversal
- After Abortion Support

Other Helpful Organizations.....Page 37

- Child Safety Seat Inspection
- Transportation
- Other Recommendations

This resource is a project of the Pregnant on Campus Initiative, a nationwide effort to unite school communities to better support pregnant and parenting students. Learn more about the Pregnant on Campus Initiative at www.PregnantOnCampus.org.

THE PREGNANT ON CAMPUS INITIATIVE

About the Initiative

The Pregnant on Campus Initiative is a program of Students for Life of America offered nationwide to student leaders on high school and college campuses. The Initiative aims to dramatically increase resources and support for pregnant and parenting students by training student leaders in the most effective ways to advocate for their peers on campus. As a peer-driven campaign led by students for students, we hope to unite entire school communities to establish a welcoming, friendly campus and to improve educational accessibility and attainment for pregnant and parenting students.

You may direct any questions to the Pregnant on Campus Director at pregnancyresources@studentsforlife.org.

Resources Online

At www.PregnantOnCampus.org, you can find hundreds of national resources that support pregnant and parenting students' educational, pregnancy, parenting, and personal needs. The Initiative's online resources include (but are not limited to):

- 550+ campus resource pages
- 12+ educational pages, including information on pregnancy options, financing your education, tips for balancing school and family, child care, reproductive health, etc. (www.PregnantOnCampus.org/More-Information)
- Information and handouts regarding pregnant or parenting students' legal rights and accommodations
- Resources for raising awareness on your campus and in your community
- Instructions and ideas to positively impact your school community and support your peers
- And MORE!

ABOUT OUR SCHOOL

Wright State University (WSU)

Location – 3640 Colonel Glenn Hwy., Dayton, OH 45435

Type – Public Research University

Contact Information

At Wright State University, there are many persons and offices available to address your personal, student, and academic needs. Depending on your need, you may wish to consider contacting the following:

Title IX Coordinator – Office of Equity and Inclusion - wright.edu/equity-and-inclusion/title-ix-gender-based-violence/pregnant-and-parenting-resources

Student Health Services - wright.edu/students/health | (937) 775-2552

Counseling and Wellness Services – wright.edu/counseling-and-wellness | (937) 775-3407

Residence Life / Housing – Email: housing@wright.edu | (937) 775-3077

Office of Financial Aid – wright.edu/raiderconnect | (937) 775-4000

Academic Success - wright.edu/tutoring | (937) 775-5770

Student Legal Services - <http://www.wright.edu/students/legal> | (937) 775-5857

Student Support - <http://www.wright.edu/student-affairs/culture-and-identity-centers/womens-center/parenting-on-campus>

Wright Parenting – <https://www.facebook.com/pg/WrightStateParenting/> | Call Women’s Center at (937) 775-4524

Campus Police – Call (937) 775-2111

Accessibility, Health and Safety – Nathan Price | nathan.price@wsusg.com

Latinx, Asian, and Native American Center – Call (937) 775-3827

Bolinga Black Cultural Resources Center – (937) 775-5749

University Center for International Education – Call (937) 775-5745 | Email askucie@wright.edu | visit wright.edu/ucie.

Policies concerning Pregnant and Parenting Students

Pregnancy is specially protected in WSU’s Non-Discrimination Policy which specifically states, “Wright State University does not discriminate on the basis of race, color, religion, age, national origin, national ancestry, sex, pregnancy, gender, gender identity or expression, sexual orientation, military service or veteran status, mental or physical disability, or genetic information in employment, admission, treatment, or access to its programs or activities.”

The U.S. Dept. of Education’s regulation implementing Title IX specifically prohibits discrimination against a student based on pregnancy, childbirth, false pregnancy, termination of pregnancy, or recovery from any of these conditions. Under Title IX, it is illegal for schools to exclude a pregnant or parenting student from participating in any part of an educational program. In addition, a school must excuse a student’s absences because of pregnancy or childbirth for as long as the student’s doctor deems medically necessary. When a student returns to school, they must be allowed to return to the same academic and extracurricular status as before their medical leave began.

More information can be found at:

- <http://www.wright.edu/equity-and-inclusion/title-ix-gender-based-violence/pregnant-and-parenting-resources>
- <http://pregnantoncampus.studentsforlife.org/title-ix-exempt-schools/>

For more information regarding pregnant and parenting students’ rights on campus, we recommend that you refer to: www.PregnantOnCampus.org/Students-Rights. This webpage provides detailed information and handouts on Title IX (a federal law that protects you from discrimination). Some protections include:

- If a student misses class due to necessary pregnancy-related medical absence, the school must allow the student to make up the missed work and provide the appropriate information to complete assignments.
- Pregnant students must be provided with any special services that are also provided to students with temporary disabilities (such as at-home tutoring).
- If a student becomes pregnant and chooses to stay in school, the school cannot use the student’s pregnancy as a reason to terminate or reduce that student’s athletic, merit, or need-based scholarships.

- A pregnant student cannot be kicked out of campus housing while she is pregnant. She is allowed to remain in her current housing situation for the duration of her pregnancy (after which she may be asked to move to family-friendly housing).

For student athletes, it is recommended that you review NCAA's *Pregnant and Parenting Student-Athletes: Resources and Model Policies*

(<http://www.ncaa.org/sites/default/files/PregnancyToolkit.pdf>). See the section entitled "Federal Protection Against Pregnancy Discrimination" for an outline of protections and accommodations.

Some items include:

- You cannot be harassed or discriminated against.
- You cannot be kicked off your team to pregnancy or parental status.
- You cannot lose your athletic scholarship due to pregnancy (if you choose to remain on the team).
- You may be allowed a red shirt season and granted a hardship waiver (which allows for an extra season of competition in your sport).

RESOURCES ON CAMPUS

Class Options

Office of the Registrar

RaiderConnect is the primary point of contact for Registrar, Bursar & Financial Aid Services for students. Email: RaiderConnect@wright.edu, (937) 775-4000, Located at 130 Student Union; website: <https://www.wright.edu/registrar>.

Online Offerings | Distance Education | Wright State University

Business Administration (M.B.A.). The new Raj Soin College of Business Online MBA is one of the region's few fully-online, AACSB-accredited MBA degrees. The program is constructed around an exclusive, cohort-based learning community to create an atmosphere of collaboration. Website: <https://www.wright.edu/distance-education/online-offerings>.

Tutoring Services

Contact: wright.edu/tutoring | (937)775-5770 | 122 Student Success Center

- One hour per week course at no charge for tutoring and study coaching
- Schedule appointments in 122 SC for frequently-requested courses numbered 3000 and below and for general study help
- Requests are matched throughout the term. The end of week five is the cut-off for requests that require recruitment of a new tutor.

Supplemental Instruction: wright.edu/si

- Review course concepts, improve study habits, prepare for exams and course assignments
- Free and open to anyone enrolled in the course
- Course schedule for SI can be found at <http://bit.ly/SI-courses> - **check for updates**

University Writing Center: wright.edu/university-college/academic-help/writing-center

- One-on-one Tutoring is offered by appointment or walk-in
- Research Librarians available at the Writing Center Mon. - Thurs. 10 a.m. – 6 p.m.
- Writing Coaches available at the Bolinga Center Tues and Wed. 2:00 – 4:00 p.m.

Mathematics Learning Center: wright.edu/university-college/academic-help/math-learning-center

- Weekly Walk-in schedule online
- Online tutorials are now available for Systems of Equations and Lines
- Graphing calculator rental program
- Math Tutors available at the Bolinga Center Mon. – Fri. 11:00 a.m.-4:00 p.m.
- Peer tutoring is available for the following courses:
 - DEV 0970, 0990
 - EC 1050
 - EGR 1010, 1980
 - MS 2040, 2050
 - MTH 1280, 1350, 1440, 1450, 2240, 2280, 2300, 2310, 2320, 2330, 2350, & 2530
 - STT 1600, 2640

Lactation Rooms

You can find a private, comfortable place to nurse your baby at:

- Allyn Hall, Biological Sciences Building, Oelman Hall and Student Union

You can access these facilities by contacting:

- Parenting On Campus | Wright State University
- <https://www.wright.edu/student-affairs/.../parenting-on-campus>

Diaper Changing Stations

You can change your child's diaper at the following locations:

- 1 in Allyn Hall, 4 in the Student Union, and 1 in the lactation room of Oelman Hall (information provided by the Women's Center). This information is for the main campus.

Other Resources on Campus

- Equip 4 Life is a student organization that meets weekly at Table Times on campus with information about the free and confidential services of The Miami Valley Women's Center (womenscenter.org) Free pregnancy testing, options counseling and parenting support are available at four convenient locations. Call (937) 298-2822 or visit womenscenter.org to make an appointment.
- Wright Parenting is a student organization that helps student parents while they earn their college degrees and is devoted to helping student parents/caregivers meet their family care obligations while pursuing their academic goals. All current or prospective student parents are invited to join. Visit the Women's Center in 148 Millett Hall, or call Danielle Cardin or Cindy Vanzant at (937) 775-4524. <https://www.facebook.com/WrightStateParenting/>

MEDICAL CARE

On Campus Health Care

Wright State University, Student health- provides pregnancy testing and community resources that are available for prenatal care. We see all registered students. Contact at www.wright.edu/students/health or call (937) 775-2552.

Local Community-Based Health Providers

Lifestages - Samaritan Ctrs for Women

2200 Philadelphia Dr, Suite 101
Good Samaritan Medical Office Bldg
Dayton, OH 45406
(937) 277-8988

toll free: (888) 808-1016

* Locations in Englewood, Huber Heights and Centerville- call main number

*accepts: CareSource

Tricare
Buckeye
Healthspan
Medicaid
Medicare
Paramount
Private Insurance
Self-Pay

David Doucette, MD

Robert Little, MD

Oak Creek OB/GYN

6438 Wilmington Pike, Suite 300
Centerville, OH 45459
(937) 848-4850

*accepts: CareSource

Tricare
Buckeye
Private Insurance
Self-Pay

Alternate Locations:

Beavercreek - (937) 431-0200
Springboro - (937) 886-2705

Victor Cassano Health Center

165 South Edwin C. Moses Blvd
Dayton, OH 45402
(937) 558-0180 or (937) 558-0200

*accepts: CareSource

Medicaid
Beech Street
Buckeye
Private Insurance
Self-Pay

Southview Women's Center

1989 Miamisburg-Centerville Rd
Miamisburg, OH 45342
(937) 401-6822

*accepts: CareSource

Medicaid
Self-Pay

Five Rivers Center for Women's

Healthcare (formerly Berry Center)

1 Wyoming Street
Dayton, OH 45409
(937) 208-2007

*accepts: CareSource

Medicaid

Greene County Combined Health District

360 Wilson Drive
Xenia, OH 45385
(937) 374-5621 or (937) 374-5600

*accepts: CareSource

Medicaid
Self-Pay

Other Medical Resources

STD testing and/or treatment is provided at the following locations:

Centers for Disease Control

Information Line:
1-800-232-4636
toll free: (888) 232-6348

Greene County Combined Health District

360 Wilson Drive
Xenia, OH 45385
(937) 374-5600

*accepts: (see info above)

Public Health Clinic of Montgomery County

Reibold Building
117 South Main Street
Dayton, OH 45422
(937) 225-5700

*accepts: CareSource

Medicaid
Self-Pay

Campus Health Center

Wright State University, Student Health provides pregnancy testing and community resources that are available for prenatal care. We see all registered students. Call (937) 775-2552 or visit www.wright.edu/students/health for more information.

Local Pregnancy Resource Center

Miami Valley Women's Center provides pregnancy tests, limited ultrasound and options counseling. Call for an appointment; walk-ins welcome. Visit www.womenscenter.org for more information.

Kettering Center (Main Office)

2345 W. Stroop Rd.
Dayton, OH 45439
(937) 298-9998

Huber Heights (Branch Office)

7079-A Taylorsville Rd.
Huber Heights, OH 45424
(937) 424-2386

North Dayton (Branch Office)

4247 Philadelphia Dr.
Dayton, OH 45405
(937) 262-7420

Xenia (Branch Office)

245 S. Allison Ave.
Xenia, OH 45385
(937) 374-0023

Services: Pregnancy Testing, Limited Ultrasound, Options Counseling, Parenting Programs, Referrals, Material Resources, Abortion Recovery. All services are free and confidential.

Preferred Referral List for Prenatal or Gynecological Care

Louise J. Morales, MD
Vicki L. Rager Colon, MD
 1 Wyoming Street
 Suite 3120
 Dayton, OH 45409
 (937) 208-5665

*accepts: CareSource
 Tricare
 Buckeye
 Self-Pay
 Private Insurance

William Dorsey, D.O.
Trisha Pachiano, D.O.
 2591 Miamisburg-Centerville Rd
 Suite 201
 Dayton, OH 45459
 (937) 439-5252

*accepts: Medicaid
 CareSource
 Tricare
 Molina
 Buckeye
 Private Insurance
 Self-Pay

Bruce Banias, MD
 3075 Governor's Place Blvd
 Suite 210
 Dayton, OH 45409
 (937) 293-5200

*accepts: Medicaid
 CareSource
 Paramount
 Tricare
 Molina
 Private Insurance
 Self-Pay
 Buckeye

Miami Valley Women's Health
Drs. James Horlacher & Roberts Wood
 1 Wyoming Street
 Suite 4140
 Dayton, OH 45409
 (937) 208-4110

*accepts: CareSource
 Tricare
 Buckeye
 Self-Pay
 Private Insurance

Holy Family Prenatal Care
 359 Forest Avenue, Suite 202
 Dayton, OH 45405
 (937) 228-4492

*accepts: Medicaid
 CareSource
 Paramount
 Buckeye
 NO Private Insurance

For Children

Children's Medical Center of Dayton
 1 Children's Plaza
 Dayton, OH 45404
 (937) 641-3000
 *children and teen services only

**Public Health Clinic of
 Montgomery County**
 (937) 225-4550

Miami County Public Health
 510 West Water
 Suite 130
 Troy, OH 45373
 (937) 573-3500

**Greene County Combined
 Health District**
 (937) 374-5600

Please check with individual provider's office before making an appointment.

The Miami Valley Women's Center makes no guarantee of any kind as to the competency of any particular individual or organization listed on this resource list or the quality of their service or treatment plan or their ability to achieve a successful result.

HOUSING RESOURCES

University Housing

Name of Residence: WSU Housing (for families) at The Village Apartments

Eligibility: Two semesters of WSU housing, transfer or continuing sophomore or at least 21 years of age

Location: The Village campus apartment community (unfurnished or furnished to students who sign up for a new lease with no additional charge)

Rates: Options range from Efficiency at \$2,567 to Two Bedroom for \$3,787 per semester. (3 Semester Agreements required)

Contact (937) 775 – 4147 | www.wright.edu/housing for more information

Local Housing

By calling HelpLink 2-1-1, you can connect with a live person 24 hours a day who will help you navigate our local nonprofit network.

To find local maternity homes and transitional living options, you can search these sites:

- **Co-Abode:** www.co-abode.com
- **Maternity Homes:**
 - Hidden Choices: hiddenchoices.org | (877) 488-9537
 - Hannah’s Home: Mentor, Ohio | hannahshome.org | (440) 209-9615
 - Madonna House: Ft. Mitchell, KY | madonnahousenky.org | (859) 344-1191
 - Mercy Home: Chillicothe, Ohio | mercyhomeohio.org | (740) 851-9083
- **Transitional Housing:**
 - St. Vincent de Paul Gateway Shelter for Women and Families, 120 W. Apple St., Dayton, OH 45402 | (937) 461-7837
 - The Mustard Seed Foundation: 4880 Denlinger Road, Trotwood, OH 45426 | (937) 529-9815
 - Daybreak: 605 S. Patterson Blvd., Dayton, OH | (937) 395-4600
 - YWCA of Dayton: 141 West Third St., Dayton, OH 45402 (937) 461-5550
- **Mercy Housing:** www.mercyhousing.org/Ohio-Properties
- **The Glen:** www.glenatstjoseph.org | (937) 252-1635
- **Catholic Charities USA:** www.catholiccharitiesusa.org

Rental Assistance

DMHA (Dayton Metropolitan Housing Authority)

DMHA is now Greater Dayton Premier Management.

400 Wayne Ave., Dayton, OH 45410 | (937) 910-7500

General Questions: administration@dmha.org

Housing Choice Voucher Program Questions: hcvprogram@dmha.org

For Housing Eligibility requirements: Email eligibility@gdpm.org

Temporary Assistance for Needy Families:

<http://www.tanf-benefits.com>

CAP (Community Action Partnership) (866) 504-7379

Xenia (937) 376-7747

The Job Center (937) 496-6720

U.S. Department of Housing and Urban Development (Renting):

www.hud.gov/topics/rental_assistance

CLOTHING AND MATERIAL AID

Maternity Clothes and Baby Items

Being a parent and a student is tough on the bills! Finding places and people to help support your family's material needs will help ease that burden. For material assistance (such as maternity clothes, baby items, etc.), please contact the following organizations:

Miami Valley Women's Center has incentive-based learning programs that help you earn new and used baby items, including cribs and car seats, etc. Material Resources offered include diapers, formula, baby food and clean, gently-used infant, toddler and maternity clothes. Visit www.womenscenter.org for more information.

Kettering Center (Main Office)

2345 W. Stroop Rd. | Dayton, OH 45439
(937) 298-9998

Huber Heights (Branch Office)

7079-A Taylorsville Rd. | Huber Heights, OH 45424
(937) 424-2386

North Dayton (Branch Office)

4247 Philadelphia Dr. | Dayton, OH 45405
(937) 262-7420

Xenia (Branch Office)

245 S. Allison Ave. | Xenia, OH 45385
(937) 374-0023

OptionLine

OptionLine provides a listing of pregnancy resource centers in your community. Go online to search for an agency closest to you. Centers that provide material assistance will have “material aid” listed in the services section. Other services may include free pregnancy tests, ultrasounds, STI/STD testing, counseling, and parenting classes. Services are often free or inexpensive. These centers do not refer for abortion. Call 1-800-712-HELP or text HELPLINE to 313131.

Local Churches and Religious Communities

Local churches often have outreaches and ministries that serve their community. Contact the religious organizations in your area, and inquire about programs that may provide material support.

Low Cost Items

Goodwill

The Goodwill and other thrift stores offer low priced items. You can find clothing, houseware, and other miscellaneous supplies. To locate a Goodwill store near you, go to www.goodwill.org/locator. The Goodwill closest to Wright State is located at 2309 N. Fairfield Rd., Beavercreek, OH 45431

Craigslist

Search Craigslist for inexpensive and free items. With new listings every day, you may easily find that crib that you cannot afford or even a stroller for free. Car seats, bouncers, clothes, and more are just a click away. Search the “Baby+Kid” or the “Free” section to find those items that you may need most. You can also find garage sales in your area! (*For safety reasons, we recommend asking a friend to join you when picking up items.) For more information visit craigslist.org and search by location.

ASSISTANCE WITH FOOD

If you are struggling to secure food for you and your family, there are programs in our community that can assist you.

Food Assistance Programs

Women, Infants, and Children (WIC)

The purpose of WIC is to insure that women and their children are eating nutritious foods that their body needs. WIC provides eligible applicants with checks to purchase designated healthy foods from local grocery stores. They also provide help with breastfeeding including free breast pumps and formula. Visit www.fns.usda.gov/wic/women-infants-and-children-wic for more information.

Local WIC offices:

Dr. Charles R. Drew Health Center

1323 West Third Street, Dayton
(937) 225-4491

Sunrise Center

1320 East Fifth Street, Dayton
(937) 225-6166

West Carrollton WIC

113 E. Central Ave., West Carrollton
(937) 859-7974

Corwin M. Nixon Community Center

2349 Stanley Avenue, Dayton
(937) 225-6355

Salem WIC Center

4699 Salem Ave., Dayton
(937) 496-3176

Supplemental Nutrition Assistance Program (SNAP), formerly known as Food Stamps.

If eligible, the SNAP program will help pay your grocery bill so that you and your child can eat well while you attend school.

- Eligibility for Students
 - Must be a single parent who has a child under age of 6 in the home.
 - The applicant may not have over 2,000 in cash or bank account assets. Student loans do not count as assets.
- Apply for SNAP at:

Montgomery County Job Center
www.thejobcenter.org | (937) 225-5627
1111 S. Edwin C. Moses Blvd., Dayton

Local Food Pantries

WSU Friendship Food Pantry

Mission: To provide emergency food to students in need, helping them stay in school and meet their educational goals. 134 Allyn Hall | Wright State University | www.wright.edu/foodpantry | (937) 775-2495

Life Enrichment Center

425 N. Findlay St., Dayton | www.daytonlec.org | (937) 252-5700

Good Neighbor House

627 East First St., Dayton | www.goodneighborhouse.org | (937) 224-3003

BOGG Ministries

9095 Washington Church Rd., Dayton | www.thebogg.org | (937) 435-6181

House of Bread

9 Orth Ave., Dayton | www.houseofbread.org | (937) 226-1520

Catholic Social Services

922 West Riverview Ave., Dayton | www.cssmv.org | (937) 223-7217 ext. 1107

Miami Valley Women's Center | www.womenscenter.org

The Miami Valley Women's Center offers formula and baby food to clients.

Kettering Center (Main Office)

2345 W. Stroop Rd.
Dayton, OH 45439
(937) 298-9998

Huber Heights (Branch Office)

7079-A Taylorsville Rd.
Huber Heights, OH 45424
(937) 424-2386

North Dayton (Branch Office)

4247 Philadelphia Dr.
Dayton, OH 45405
(937) 262-7420

Xenia (Branch Office)

245 S. Allison Ave.
Xenia, OH 45385
(937) 374-0023

CHILD CARE

The number one stressor for most student parents is finding affordable childcare providers that they can trust. We hope that the following national and local resources help you meet that need.

National Resources

Parents who are employed, in school or participating to meet the requirements of the Ohio Works First (OWF cash assistance) or Supplemental Nutrition Assistance Program (SNAP) can apply for help to pay for their child care in the county where they live by contacting the County Department of Job and Family Services (CDJFS). You may still be required to pay for part of your child care, called co-payment. The amount you pay is based on your income, family size and how many children that you have in child care. You can get more information about the child care program from your County Department of Job and Family Services.

For those who qualify as a low-income family:

Early Head Start

Early Head Start is a child development program for low-income families. Each Early Head Start program is responsible for determining its' own eligibility criteria. Family income is one key factor in determining eligibility. The federal poverty guidelines (<http://aspe.hhs.gov/poverty/>) are used to evaluate family income. Contact Head Start Center Locator for specific information about how to enroll in your local Early Head Start.

Head Start

The Head Start Program, administered by the U.S. Department of Health and Human Services (HHS), provides grants to local private, nonprofit and public agencies to provide child care services to low-income families. Local Head Start programs are authorized to accept a certain percentage of children whose family incomes are above the poverty level and, under certain conditions, pregnant women. HHS provides on its website a Head Start Program Locator Tool: <http://eclkc.ohs.acf.hhs.gov/hslc/HeadStartOffices>.

Child Care and Development Fund

The Child Care and Development Fund, a program of the U.S. Department of Health and Human Services, provides child care grants each year to state, tribal, and U.S. territory governments to assist low-income families. The program uses vouchers and provider contracts to provide subsidized child care to eligible families, which include parents and the primary caregivers of children 12 years of age and under, or disabled persons under the age of 19. Eligible applicants are employed, enrolled in job training or education program, or are under court supervision directives that require child care. HHS provides state and tribal contacts on its Web site. Local departments of social services can also provide information about the program.

University Child Care

Mini University

The Wright State University Child Development Center, operated by Mini University, provides high quality (ODJFS 5-Star rating, and NAEYC accreditation) early care and education to children ages 6 weeks to 12 years old. Mini University is the premier child care center for Wright State students, faculty and staff. Contact www.miniuniversity.net or call (937) 775-4070. Funding is available through Title 20, <http://jfs.ohio.gov/> or the CCAMPIS Grant through Wright State University. <https://www.miniuniversity.net/tour-wright-state-university/>

SCARF Child Care Scholarship

The Society for Childcare Assistance/Relief (SCARF) scholarship program aims to help address child care costs for undergraduate student parents, with a preference for majors in the fields of Science, Technology, Engineering and Mathematics (STEM). This Dayton-based non-profit organization, endowed by John O. and Janet E. Miller, has chosen Wright State University as the pilot site for its program effective immediately.

Other Tips for Affordable Childcare

Other child care options to consider:

- Local Church child care programs
- Assistance from friends and/or family
- In-home childcare
- Childcareaware.org and Daycareproviders.com
- Meet-up Groups such as MOPS (Mothers of Pre-Schoolers) to find a group near you, visit <http://www.mops.org/groupsearch>.

Child Support

According to the Federal Government, every child is entitled to receive financial assistance from both parents. It is important to secure this as soon as possible after giving birth.

Here are the steps that need to be taken:

1. The baby's father calls your state's child support department to receive information on how to acknowledge paternity. Typically, the father will have to attain a paternity affidavit or by way of court order in order to gain parental rights and responsibilities.
2. You and the baby's father will then visit your state's child support department: Ohio Department of Job and Family Services provides resources and information to assist state residents in understanding, complying with, and benefiting from child support regulations. Visit jfs.ohio.gov/OCS for more information.

WSU Student Legal Services

A law firm on campus that assists students with a wide range of legal issues, including family law. Services provided to eligible students include assistance establishing paternity, establishing and enforcing child support, visitation issues, shared parenting agreements, dissolution and non-contested divorce. Other common areas of practice include traffic and criminal law, landlord tenant law, contract, civil and consumer matters, and more. Call (937) 775-5857 or visit <http://www.wright.edu/students/legal> for more information.

SupportKids

SupportKids is the largest private child support collection company in the country offering custodial parents an alternative to government agencies. For more information, please go to <http://www.supportkids.com>, or call (800) 691-KIDS.

INSURANCE

Your health is paramount to not only your family, but to you. It is crucial that families have the type of insurance plan that will give the best service, the best coverage, and the best rates. Plans are varied, and each profile is unique to the family and to the company you are applying to.

Student Health Insurance Plan

Call WSU's Health Center at (937) 775-2553 to inquire about provisions for pregnancy and to find out whether your Student Health Insurance Plan allows students to add children to their policy.

Insurance for Low-Income Families

Medicaid Insurance

Medicaid provides health coverage to millions of Americans, including children, pregnant women, parents, seniors and individuals with disabilities. In some states the program covers all low-income adults below a certain income level. Visit www.benefits.gov for a list of programs and to apply for Medicaid Insurance.

Insurance for Your Child

Child's Health Insurance Program (CHIP)

This program provides free or low cost health insurance for children up to age 19. This insurance covers doctor visits, immunizations, hospitalizations and emergency room visits. The income limit changes yearly, and currently a family's gross income must be below 200 percent federal poverty level (FPL) for the children to get CHIP coverage. Generally, a family's gross income must be below 133 percent FPL for children age one to five years to get Medicaid. Find more information here: <http://chipmedicaid.org/CommunityOutreach/Who-Can-Get-CHIP-Children-s-Medicaid>. To apply, visit <http://chipmedicaid.org/en/apply-now> or go through your state benefits office.

Free Breast Pumps

Most insurance plans now cover free breast pumps and other lactation resources. You can call your insurance provider to ask what lactation resources are covered in your benefits package. Your insurance company may ship these items to your house. Or you can talk to hospital staff (where you intend to give labor) to ask about their lactation programs and resources.

- Use this search tool on the Medela website to see if a pump is covered under your plan: <https://www.medelabreastfeedingus.com/insurance-pump-lookup>

FINANCING YOUR EDUCATION

Financial Aid at Wright State University

Your pregnancy and the birth of your child will change how you need to file for financial aid. If you filed for Free Application or Federal Student Aid (FAFSA) before you knew you were pregnant, you need to revisit the Financial Aid Office. Let them know about your pregnancy immediately, and discuss financial assistance options (e.g. grants, scholarships, work-study, loans) to help meet your need. Contact wright.edu/raiderconnect or call (937) 775-4000.

Government Grants

Academic Competitiveness Grant: Academic Competitiveness Grant

The federal government also offers students with the opportunity to obtain needed college funds through the Academic Competitiveness Grant, or ACG. This grant may be used in conjunction with Pell Grants. Unlike Pell Grants, however, the ACG is performance-based. It is designed for those who are enrolled in the first or second year of their college education. Application is open to all students who submit a Free Application for Financial Student Aid. Visit studentaid.ed.gov for more information.

Federal Pell Grant

Pell Grants are available to all college students who can demonstrate financial need, including single mothers and pregnant mothers. This is a need-based program offered through the federal government, so it is best suited for low-income individuals. The Federal Pell Grant can be extremely useful to finance study material cost and the tuition fees of university. Reward

amounts may be as high as \$5,000 per semester for those who qualify. Applications can be conducted online by completing the Free Application for Financial Student Aid at www.fafsa.ed.gov. Students should research application deadlines to ensure that funds are received for the upcoming semester as needed.

Federal Supplemental Educational Opportunity Grant (FSEOG)

This is another grant offered by the federal government. It is a need-based grant like Pell Grants, and it is designed to be used as a supplemental financing option in conjunction with Pell Grants. As with the previous two federal grants, interested candidates can complete the Free Application for Financial Student Aid to be considered for this program. Visit studentaid.ed.gov for more information.

Private Foundations

Hundreds of private foundations offer scholarships for students pursuing higher education. While you may particularly qualify for scholarships for mothers and women, it helps to broaden your search to consider scholarships for single parents, socioeconomic need, ethnicity, field of study (career path), etc.

Woman-focused and non-traditional scholarships are perfect vehicles for parenting students to use to get funding to continue or return to college. Some recommendations are listed below. We encourage you to see our listing (with full descriptions) at www.PregnantOnCampus.org/Scholarships.

- Women's Opportunity Awards
- R.O.S.E. Scholarship
- Jeanette Rankin Foundation
- The Margaret McNamara Memorial Fund
- SWE Scholarship
- Emerge Scholarship Program
- Patsy Takemoto Mink Scholarship for Low-Income Women
- Sister Thea Bowman Foundation
- Scholarships For Moms
- P.E.O. Sisterhood
- Women's Independence Scholarship Program (WISP)
- United Negro College Fund
- American Association of University Women
- Talbots Women's Scholarship Fund

- Hispanic Scholarship Fund
- Denny's Single Parent Student Scholarship
- Lifetime Adoption Foundation

State-Specific Scholarships

To find out what's available in your state, contact both your state higher education agency and the financial aid office of the school you'd like to attend to find out what scholarships or grants are offered to single moms.

Local Scholarships at Wright State University

Wilda Murray Ehrenfried Scholarship

The Wilda Murray Ehrenfried Scholarship was established by the family and friends of Mrs. Ehrenfried in honor of her 90th birthday and is intended to help provide funding for women with dependent children.

- **Support Provided**
The scholarship cycle will provide up to two, one-time awards, amount to be determined. Also, the recipients' names will be engraved on a display in the Women's Center that honors Mrs. Ehrenfried and all scholarship recipients.
- **Eligibility**
All current or future students who have been admitted to Wright State University are encouraged to apply. Preference will be given to currently enrolled undergraduate women with a cumulative GPA of 3.0 and dependent children.

Jo Angela Freeman Saxon Scholarship for Working Mothers

In the early 1980s, Jo Angela Freeman Saxon worked full-time as a kindergarten teacher, attended college full-time to complete her degree, and was the sole provider for three small children. The scholarship was started in 2008 by Jo Angela's friends and family to ease the financial stress faced by working mothers as they seek to better the lives of their families.

- **Support Provided**
The scholarship cycle will provide one, one-time award. The amount is to be determined.

- **Eligibility**

Preference will be given to applicants who fit the following criteria:

- Be an undergraduate student
- Work at least part-time
- Have at least one dependent
- Demonstrate financial and/or circumstantial need
- Be in good academic standing, maintaining a G.P.A. of 2.5

ADOPTION RESOURCES

Making the decision to place your child in a loving home is a difficult and courageous choice. We support you in whatever decision you make to give you and your child the best future. As you think about your options, we encourage you to contact an adoption agency.

The following resources can help provide you with more information regarding adoption and help guide you through the adoption process.

Adoption Resources

Adoption Circle (Columbus, OH)	(614) 237-7222
Adoption Link (Yellow Springs)	(800) 643-3356
Catholic Social Services (Dayton, OH)	(937) 223-7217
Choosing Hope (Springfield, OH)	(937) 207-9463
Gentle Care (Columbus, OH)	(614) 469-0007
Diane Havener (MVWC Consultation)	(937) 657-2544
Montgomery County Children Services	(937) 224-5437

AdoptUsKids

AdoptUsKids raises public awareness about the need for foster and adoptive families for children in public child welfare system. They recruit foster and adoptive families and connect them with children. Call (888) 200-4005 to learn about AdoptUsKids or visit adoptuskids.org.

Bethany Christian Services

The nation's largest adoption and foster care agency that cares for women facing unplanned pregnancies and orphans living on 5 continents. For more information, please call (800) BETHANY, or fill out the online contact form: <https://www.bethany.org/main/contact-us/>.

Lifetime Adoption

Lifetime Adoption assists African American couples wanting to adopt and birth mothers seeking African-American families. Call toll-free at (800) 923-6783, or fill out the online contact form: <http://www.lifetimeadoption.com/contact.html>.

Faithful Adoption Consultants

Faithful Adoption Consultants is referral service that networks our clients with licensed agencies and attorneys throughout the United States. The FAC team assists parents through their adoption process and provides helpful answers to your adoption questions. Email the FAC team at info@faithfuladoptionconsultants.com, call (678)559-2164, or visit <http://www.faithfuladoptionconsultants.com/>.

More Information on Adoption

- **Tax-credit.adoption.com:** Information on federal tax credits and subsidies.
- **Affording Adoption:** Information on adoption grants and loan programs.
- **Adoption Council:** Information on adoption agencies nationwide.

Birthmother Support

Bethany Christian Services

Bethany Christian Services is a global nonprofit organization that brings families together and keeps families together. Strengthening families for the well-being of children is our top priority. Our services include adoption, foster care, and pregnancy counseling. If you are pregnant and considering adoption, Bethany Christian Services will provide pregnancy support and help you make an adoption plan. Bethany Christian Services can also provide financial assistance for living expenses during your pregnancy (e.g. rent when you can't work, food, transportation, utilities, or maternity clothes) and help with medical and legal expenses if needed. Call (800) 238-4269 or visit www.bethany.org for further assistance.

BirthMom Buds

BirthMom Buds is a national web based non-profit organization which provides support to pregnant women considering adoption as well as birthmothers who have already placed children for adoption through its website, toll free support line, as well as many programs including the Pregnant and Placing Program, Buddy System, and Annual Birthmother Retreats. www.birthmombuds.com | Email: birthmombuds@gmail.com | 1-855-4-MyBBud (855-469-2283) Facebook: <https://www.facebook.com/birthmombuds>

First Hero

You may not have planned on getting pregnant, but you can plan what is best for you and your baby. Text “**hero**” to **313131** to chat confidentially with a birth mom to help you determine whether placing your baby for adoption with a loving family is the right decision for you and your baby. At FirstHero.org, we believe that birth moms are courageous and selfless heroes and change lives for the better. Countless couples would not have had a family if it weren’t for these very special and brave women. <http://www.firsthero.org> | Email: hero@firsthero.org
Facebook: <https://www.facebook.com/babysfirsthero/>

Sally's Lambs

Their mission is to encourage and support birth moms facing unplanned pregnancies. By working with established pregnancy care centers, adoption agencies and with birth mothers directly, Sally’s Lambs will meet the physical, emotional, and spiritual needs of birth mothers. Call (877) 517-4463 ext. 804, or fill out the online contact form at www.sallyslambs.org.

Embrace Grace

Single and Pregnant? You are not alone! Get plugged into an Embrace Grace group in your local area. In the Embrace Grace program, you will make new friends in similar circumstances, receive a baby shower with NEW baby items, and be inspired and filled with hope by friends, leaders and God. To find an Embrace Grace group near you, go to EmbraceGrace.com, email info@embracegrace.com, or call (817) 755-8484.

Other Birth Mother Resources

- Birth Mothers: <http://birthmothers.org>
- Gladney Center for Adoption: www.pregnancyhotline.org | (800) 452-3639
- U.S. Department of Health and Human Services, Child welfare Information Gateway: <https://www.childwelfare.gov/adoption/>

OTHER PLACES TO LOOK FOR HELP

Federal Assistance Programs

Low Income Housing Energy Assistance Program (LIHEAP)

The Ohio Low Income Home Assistance Energy Program is an initiative of the US federal government and is administered by the Ohio Development Service Agency, through its office of Community Assistance (OCA). The program is specifically designed to help low-income residents meet the high cost of energy especially, in the winter season when heat becomes a basic necessity. Apply at <http://liheap.org/> for more information.

Temporary Assistance for Needy Families (TANF)

TANF, Temporary Assistance for Needy Families, or cash assistance is available to bring income into households where there is minimal or none. The purpose of the TANF program is to allow income into the homes so that children, elderly or other dependents can be cared for. Visit <http://www.tanf-benefits.com> for more information.

CAP (Community Action Partnership) (866) 504-7379
Xenia (937) 376-7747

Montgomery County Dept. of Job and Family Services:

- Job Center: (937) 496-6720
- Child Support Division: (937) 225-4600
- Children Services Division: (937) 228-8241

COUNSELING RESOURCES

Pregnancy Options

Pregnant? You are not alone. There are several pregnancy resource centers in your area. Services are FREE! For confidential support and counseling to help you in your pregnancy decisions, please contact:

Miami Valley Women’s Center | www.womenscenter.org

Kettering Center (Main Office)

2345 W. Stroop Rd.
Dayton, OH 45439
(937) 298-9998

Huber Heights (Branch Office)

7079-A Taylorsville Rd.
Huber Heights, OH 45424
(937) 424-2386

North Dayton (Branch Office)

4247 Philadelphia Dr.
Dayton, OH 45405
(937) 262-7420

Xenia (Branch Office)

245 S. Allison Ave.
Xenia, OH 45385
(937) 374-0023

Campus Counseling and Wellness Services

To meet with a counselor, contact wright.edu/counseling-and-wellness | (937) 775-3407.

OptionLine

OptionLine provides free and confidential counseling as well as accurate information about pregnancy and pregnancy options. These centers support life-affirming choices, and they do not refer women to abortion providers. There are over 3,000 pregnancy resource centers across the country. Find a pregnancy resource center near you at www.optionline.org. Call (800) 712-HELP, or text HELPLINE to 313131 for assistance.

Nurturing Networks

Nurturing Networks provide practical, life-saving services to women facing the crisis of an unplanned pregnancy, including education options to continue her pregnancy and the life of her unborn child without sacrificing her own hopes and dreams. Call 1-800-TNN-4MOM for assistance or visit www.nurturingnetwork.org. Email Mary (mary@nurturingnetwork.org) or Ann (ann@nurturingnetwork.org).

PARENTING SUPPORT

On Campus Support Groups

Wright State University (WSU) offers parenting support to its staff, faculty, and student parents on this page: <https://www.wright.edu/diversity-and-inclusion/culture-and-identity-centers/womens-center/services-and-resources#parenting>.

Wright Parenting

Wright Parenting is a student organization that helps student parents while they earn their college degrees and is devoted to helping student parents/caregivers meet their family care obligations while pursuing their academic goals. All current or prospective student parents are invited to join. Visit the Women's Center in 148 Millett Hall, or call Danielle Cardin or Cindy Vanzant at (937) 775-4524. <https://www.facebook.com/WrightStateParenting/>

Personal Care and Student Parent/Caregiver Pantry

Please stop by the Wright State Women's Center in 148 Millett Hall if you are in need of personal care items or a student parent/caregiver in need of assistance. Contact the Women's Center for semester hours at (937) 775-4524.

Equip 4 Life

Equip 4 Life is a WSU student organization committed to educating students where to find help for pregnancy concerns (womenscenter.org), encouraging students to build healthy relationships and equipping expecting students with resources they need to stay in school. Email Equip 4 Life

at Equip4Life@womenscenter.org, call us at (937) 298-2822 and visit us at [Facebook.com/Equip4Life](https://www.facebook.com/Equip4Life) for friendship and support.

Parenting Classes

If you are interested in local parenting classes or support programs, please contact:

Miami Valley Women's Center | www.womenscenter.org | (937) 298-2822

Choose from these three incentive based programs to learn and earn baby items.

- **MOMs** (Making Outstanding Mothers) – 10 sessions. By completing ten one hour mentoring sessions, you will earn new items such as cribs, car seats, strollers, etc.
- **DADs** (Developing Awesome Dads) – 10 sessions. By completing ten one hour mentoring sessions, you will earn new or gently used items for your baby.
- **EAYL** (Earn As You Learn) – 5 sessions. By completing five one hour mentoring sessions, you will earn gently used items for your baby such as strollers, high chairs, car seats and more.

Local Parents Groups

MOPS

MOPS International encourages and equips moms of young children to realize their potential as mothers, women and leaders, in relationship with Jesus, and in partnership with the local church. MOPS groups typically offer biweekly meetings with child care, a featured speaker, discussion, and great company. Many programs also include “moms only” and family fun activities. This is a great place to meet fellow moms, get practical advice, and be supported by your community. To find the closest group by zip code, visit www.mops.org/groupsearch.

Embrace Life

Embrace Grace now offers support groups for single mothers. This program offers practical support for single moms and helps provide mentorship and support for the unique issues that single moms face. Like the Embrace Grace program, this is a Christian-based curriculum that welcomes women of all faiths. Visit <http://embracegrace.com/join-a-group/> for more information. Two local groups meet at Fairview Brethren in Christ Church, 750 Union Blvd., Englewood, Ohio 45322 and Emmanuel Baptist Church, 2928 Wilmington-Dayton Rd., Bellbrook, Ohio 45305.

EMERGENCY ASSISTANCE

We understand that you may be going through other difficult situations in your life. Please know that you are not alone. There are people who want to support you and help you get through these challenges.

If you feel that you are in an unsafe or dangerous situation (e.g. emotionally or physically):

1. **Get to a safe, secure location.** This may be a friend's apartment, a police station, or a hospital, depending on your situation.
2. **Contact a friend or counselor for immediate support.** Be with someone who will help ensure your emotional and physical safety.
3. **Seek out professional assistance.** You can overcome this situation. With professional assistance, you can seek out a path for healing, justice, and hope.

Campus Emergency Resources

Title IX of the Education Amendments of 1972 states:

"No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subject to discrimination under any educational program or activity receiving federal financial assistance."

Notice of Non-Discrimination

WSU does not discriminate on the basis of race, color, religion, age, national origin, national ancestry, sex, pregnancy, gender, gender identity or expression, sexual orientation, military service or veteran status, mental or physical disability, or genetic information in employment, admission, treatment, or access to its programs or activities. WSU adheres to all applicable state and federal equal opportunity/affirmative action statutes and regulations.

Interim Title IX Coordinator

Responsible for overseeing all reports of sexual misconduct, relationship violence, discrimination related to gender non-conformity, gender inequity and identifying and addressing any patterns or systemic problems that arise during review of such reports. Allegations may be reported directly to the Title IX Coordinator. The Title IX Coordinator may arrange no contact orders. The Title IX may also arrange other accommodations. The Title IX Coordinator can answer questions and provide information concerning the university's policies and procedures, available resources and support services, and external criminal and legal options. 436 Millett Hall 937-775-3207 | Email: oei-title9@wright.edu

Wright State University Campus Police – (937) 775-2111

Student Legal Services

A law firm on campus that assists students with a wide range of legal issues, including family law. Services provided to eligible students include assistance establishing paternity, establishing and enforcing child support, visitation issues, shared parenting agreements, dissolution and non-contested divorce. Other common areas of practice include traffic and criminal law, landlord tenant law, contract, civil and consumer matters, and more. Call (937) 775-5857 or visit wright.edu/students/legal.

Peer Support

Equip 4 Life

Equip 4 Life is a WSU student organization committed to educating students where to find help for pregnancy concerns (womenscenter.org), encouraging students to build healthy relationships and equipping expecting students with resources they need to stay in school. Email Equip 4 Life at Equip4Life@womenscenter.org, call us at (937) 298-2822 and visit us at Facebook.com/Equip4Life for friendship and support.

Suicide Prevention

National Suicide Prevention Lifeline

Suicidal thoughts or feelings are sometimes experienced by women who have had an abortion. If this is happening to you, please get help immediately. We want you to know that there is hope for you, and that we care very much. For immediate intervention, contact National Suicide Prevention Lifeline at (800)-273-8255. Visit suicidepreventionlifeline.org for more information.

Domestic Violence

National Domestic Violence

National Domestic Violence provides anonymous and confidential help 24/7. The National Domestic Violence Hotline provides lifesaving tools and immediate support to enable victims to find safety and live lives free of abuse. Callers to The Hotline at 1-800-799-SAFE (7233) can expect highly trained, experienced advocates to offer compassionate support, crisis intervention information and referral services in over 170 languages.

Local Hotline: (937) 222-7233 | National Toll-Free Helpline: (800) 799-SAFE (7233) | thehotline.org

Artemis Center | Dayton's Domestic Violence Resource Agency

Artemis Center empowers victims of domestic violence to make decisions and choices that will establish and maintain safety for themselves and their children. By working collaboratively with other community services, Artemis Center advocates are able to coordinate needed services. Additionally, community education and advocacy programs help to create community best practice responses to victims of domestic violence. **24-Hour Domestic Violence Hotline** 937-461-HELP (4357) | Email: info@artemiscenter.org | artemiscenter.org

Family Violence Prevention Center | Greene County

Family Violence Prevention Center of Greene County provides services for survivors of family and relationship violence, including domestic violence, sexual assault, stalking, and human trafficking through advocacy, counseling, support groups, safe housing, and community outreach. FVPCGC also operates the county's 24-hour crisis hotline for domestic violence and sexual assault survivors, which is 937-372-4552 | violencefreefutures.org

AFTER ABORTION SUPPORT

Abortion Pill Reversal

Many women who have taken the abortion pill experience regret. You are not alone. If you have changed your mind, there is help for you. Abortion Pill Reversal is a new medical procedure available to reverse the effects of the abortion pill and possibly save the life of your child. If you have taken the first dose of the abortion pill (RU-486 or Mifeprex®) and are now experiencing regret, it may not be too late. Reversal is most successful within 72 hours.

Call the 24-Hour Abortion Pill Reversal Helpline to speak to a medical professional at (877) 558-0333.

Learn more about Abortion Pill Reversal at <http://www.abortionpillreversal.com>, or on our informational page: PregnantOnCampus.org/Abortion-Pill-Reversal/.

After Abortion Support

Many women (and their families) experience a range of emotions after an abortion. If you are feeling sad, confused, frustrated, or angry, please know that you are not alone. There are organizations available to offer free, confidential support as you search for healing and peace after your abortion.

Abortion Recovery Ministry (ARM)

Miami Valley Women’s Center offers healing for women or men experiencing pain from a past abortion.

Miami Valley Women’s Center | www.womenscenter.org | (937) 298-2822

Kettering Center (Main Office)

2345 W. Stroop Rd.
Dayton, OH 45439
(937) 298-9998

North Dayton (Branch Office)

4247 Philadelphia Dr.
Dayton, OH 45405
(937) 262-7420

Huber Heights (Branch Office)

7079-A Taylorsville Rd.
Huber Heights, OH 45424
(937) 424-2386

Xenia (Branch Office)

245 S. Allison Ave.
Xenia, OH 45385
(937) 374-0023

Abortion Recovery International

Abortion Recovery International helps individuals and families overcome the emotional and psychological complications that are often experienced after an abortion. Recovery is often free, always confidential and is available to ANYONE impacted by the loss of a child by abortion. Abortion Recovery International changes your life forever. It gives you a sense of personal peace which heals internal brokenness, repairs relationships and brings back intimate friendships. Recovery gives a new beginning to life following an abortion. Call/Text: 657-464-7071 or visit abortionrecovery.org for more information.

Rachel’s Vineyard

Rachel's Vineyard weekends for healing after abortion are offered throughout the year in locations across the United States and Canada, with additional sites around the world. They also offer a 15-week support group model for Rachel's Vineyard. The program is an opportunity to examine your abortion experience, identify the ways that the loss has impacted you in the past and present, and helps to acknowledge any unresolved feelings that many individuals struggle with after abortion. Because of the emotional numbness and secrecy that often surrounds an abortion experience, conflicting emotions both during and after the event may remain unresolved. These buried feelings can surface later and may be symptoms of post abortion trauma.

Toll-Free National Helpline: 877-HOPE-4-ME (877-467-3463) | Website: rachelvineyard.org.

Project Rachel

Project Rachel operates as a network of healing composed of specially-trained caregivers who may include priests, deacons, sisters, lay staff and volunteers, mental health professionals, spiritual directors, mentors, chaplains and others, such as medical personnel. These individuals, often working as a team, provide direct care to women, men and adolescents who have been touched by an abortion loss, enabling them to grieve, receive forgiveness, and find peace. Although most dioceses use the name Project Rachel, some programs are named differently. In addition to individualized counseling, some programs include support groups and retreats. Project Rachel programs can be found in about 150 Catholic dioceses in the United States, as well as in dioceses in other countries.

Toll-Free National Helpline: 888-456-HOPE (4673) | Website: hopeafterabortion.com

OTHER HELPFUL ORGANIZATIONS

Child Safety Seat Inspection

Generally, fire departments, police departments, and hospitals offer free child safety seat lessons. Some local programs may give away free child car seats if you take this class.

Goodwill Easter Seals Miami Valley – (937) 461-4800 ext. 301

Miami Valley Women’s Center | www.womenscenter.org

Miami Valley Women’s Center offers car seats as one of the incentives for completion of MOMs, DADs, or EAYL mentoring/parenting programs.

Kettering Center (Main Office)

2345 W. Stroop Rd.
Dayton, OH 45439
(937) 298-9998

Huber Heights (Branch Office)

7079-A Taylorsville Rd.
Huber Heights, OH 45424
(937) 424-2386

North Dayton (Branch Office)

4247 Philadelphia Dr.
Dayton, OH 45405
(937) 262-7420

Xenia (Branch Office)

245 S. Allison Ave.
Xenia, OH 45385
(937) 374-0023

Transportation

Free Charity Cars

Established in 1996, The Original 1-800-Charity Cars, www.800CharityCars.org (DBA: Free Charity Cars), is a 501(C) (3) non-profit charity with its stated mission “To engage in activities that will uplift humanity”. The organization’s main focus is to provide free donated vehicles to struggling families to assist them in their transition from dependency to self-sufficiency.

freecharitycars.org | Apply for a car: freecharitycars.org/how-it-works

Other Recommendations

Stand Up Girl

Stand Up Girl offers a popular forum, blog, and chat room that connect young women from all over the world who share their stories of hope and courage. The website has real life stories of girls facing their own crisis pregnancies. The StandUpGirl.com team provides personal and individual guidance and concern to women experiencing unplanned or challenging pregnancies.

Find more help and resources at
PregnantOnCampus.org/National-Resources

See our school's campus page:
PregnantOnCampus.org
pregnantoncampus.studentsforlife.org/campus/wright-state-university