

Make an Appointment Today!

Online - www.womenscenter.org

Phone- (937) 298 - 2822

The Miami Valley Women's Center Locations

Kettering - 2345 W. Stroop Rd. Dayton, Ohio 45439

Xenia - 245 South Allison Ave Xenia, Ohio 45385

North Dayton - 4247 Philadelphia Dr. Dayton, OH 45405

Huber Heights - 7079 Taylorsville Rd. Suite A, Huber Heights, OH 45424



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Pregnancy Resource Guide

A guide to empower women going to



To continue their education and pregnancy

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A Resource Guide for Pregnant Women

Let CSU and MVWC help you achieve your goals!

- I. Where to Start
- II. Now What?
- III. What do I need to stay in school?

Step 1 - Financial Aid

Step 2 - Housing

Step 3 - Food

Step 4 - Childcare

- IV. Can you do it on your own?
 - a. Resources
 - b. Testimonials

IV. Can you do it on your own?

Yes, and you can achieve your goals too!

Step 1 : Resources

- A. Miami Valley Women's Center – (937) 298 - 2822

Can help with pregnancy, parenting related needs, and material resources.

- B. Healthy Mommy-Healthy Baby Prenatal Outreach (937) 496-7718
- C. Interfaith Campus Ministries (937) 376-6566
- D. Greene County Combined Health District (937) 374-5600
- E. Life Stage Samaritan Center for Women (937) 277 - 8988

Step 2: Learn from others around you. They did it, so can you.

*“I was raising my daughter alone when I started back to college. One year into my degree I was faced with an unplanned pregnancy. I was already having a hard time going to school and raising one child. How could I possibly have another? As if it wasn't scary enough facing this alone again, I found out I was expecting twins! I felt as if I had no hope of being a college student while raising a toddler and now two newborns alone. How could I have a professional career helping others when it seemed as if I would not be able to help myself, nor be the mother my children need and deserve? I had come so far and did not want to give up on my dreams. I believed I could change our futures and set up a good life for my family. So I did just that. I had the twins right after my daughter turned 2 and started back after a 3-month maternity leave from school. AND I DID IT!”
Brittney*

II. Now what?

Preparing for a Baby

Step 1: Sign up for Free programs at MVWC (937) 298 - 2822

- A. MOMS – is a 10- week program designed to help you learn how to care for yourself and your baby, before and after birth.
You will earn NEW items for your baby including clothes, highchairs, cribs, strollers and more.
- B. Earn As You Learn - is a 5 week program that helps you earn USED items for your baby: clothes, changing tables, car seats and other necessities.
- C. DADS – is a program for your partner where he can earn free Items for your baby.
- D. Discipleship – is a one on one follow-up that will help you explore questions about faith in Jesus Christ.
You can earn NEW or USED items through this class as well.
- E. Maternity Clothes – MVWC offers free maternity clothes to any pregnant woman in need.

Step 2: Additional support at MVWC and CSU

- A. The MVWC offers a Growing Mom’s Bible study where pregnant or young mothers can come together, support, and encourage one another.
- B. CSU also offers counseling services. You can contact them at <http://studentlife.centralstate.edu/LeftMenu01.php?num=2> (937) 376 – 6338
- C. CSU offers Student Health Services (937) 376 – 6134

III. What do you need to stay in School?

CSU and what they can do for you

<http://www.centralstate.edu/academics/support>

(937) 376 - 6182

Step 1: Financial Aid – (937) 376 - 6579

Will you lose your scholarships or financial aid?

If you have a child, you may be considered an independent student and become eligible for a different type of aid. Please see a Financial Aid Officer to discuss your individual situation.

Step 2: CSU Housing - (937) 376 - 6386

Pregnant women may be allowed to reside in CSU housing. Please contact the office for more on housing options.

Step 3: Food

MVWC – Client Services (937) 298 -2822

- a. The center provides formula, diapers, used clothes and baby food every four months at no cost to those in need (on a per child basis).
- b. CSU offers a full dining hall experience included in tuition fees.
- c. FISH Food Pantry – (937) 372- 1550

Step 4: Childcare

Childcare is a necessity to be able to go to class and work to support yourself and your baby.

- a. Many people choose to have a partner, friend or family member provide childcare.

- b. In order to be able to receive assistance with childcare you must apply for Title 20 funding with Ohio office of Job and Family services. (<http://jfs.ohio.gov/>)
- c. There are many reputable and local childcare facilities available including:
 - i. Job and Family services – (937) 562 - 6000
 - ii. Kids Learning place – Xenia (937)372 - 1446

Step 5: Academic Support

As a student with a child you will have challenges that other students don't including: time management, scheduling and childcare. If you need assistance with your class work, tutoring and other support services are available to help you.

- A. Learning Skills Center
 - a. Mathematics Coordinator- (937) 376-6389
 - b. Reading Specialist - (937) 376-6356
 - c. Writing Specialist - (937) 376-6127 or (937)376-6462
 - d. Tutor Coordinator (937) 376-6110
- B. eTutoring
 - a. Free online tutoring www.etutoring.org
 - b. Contact (937) 376-6389 if assistance is needed
- C. STEM X-ED Learning CENTER - (937) 376-6265
- D. CSU TRiO/ Student Support Services (937) 376-6182

The CSU Trio/Student Support Services program is federally funded to provide services to low-income individuals with documented disabilities and first generation college students in order to succeed in college. The goal in Trio is to increase college retention, persistence, and graduation rates.

I. Where to Start?

Do you think you're pregnant?

Step 1: Confirm your pregnancy

- A. The Miami Valley Women's Center (MVWC) offers free pregnancy test verification.
- A. You can also receive a free ultrasound to verify the viability of your pregnancy.
 - a. 3 convenient locations in Xenia, Huber Heights, and Kettering
 - b. You can schedule an appointment at (937) 298-2822 or online at www.womenscenter.org
- B. You will also receive options counseling to help **you** decide what to do.

Step 2: Tell your support people

- A. Your family is a great help in this time of change and will be important before and after the birth of your baby.
- B. The MVWC has tools to help you tell your parents and partner, if you haven't already.

Step 3: Make a doctor's appointment

- A. Once your pregnancy is confirmed with MVWC, the center can direct you to apply for State medical insurance for you and your baby.
 - a. MVWC can provide referrals for area doctors and a resource for prenatal care even before insurance starts.
 - b. It is best to start prenatal care as soon as possible.
 - c. You can contact the Ohio office of Job and Family Services to receive insurance if you have none. (<http://jfs.ohio.gov/>)