

Make an Appointment Today!

Online - [www.womenscenter.org](http://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



# Pregnancy Resource Guide

A guide to empower women going to  
**Sinclair Community College**  
to continue their education and pregnancy.

Brought to you by:

Equip4Life

&

The Miami Valley Women's Center

(937)298 -2822

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

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# A Resource Guide for Pregnant Women

## Let SCC and MVWC help you achieve your goals!

- I. Where to Start?
- II. Now What?
- III. What do I need to stay in school?
  - a. Financial Aid
  - b. Housing
  - c. Food Pantry on Campus
  - d. Childcare / Mini-U
- IV. Can I do it on my 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
  - a. Can help with pregnancy, parenting related needs, and material resources.
- B. SCC Student Affairs – (937 ) 512-2291
  - a. Provides solutions to issues and advocates for students.
- C. SCC Student Support Services – TRIO - (937) 512-3550
  - a. Provides ways to achieve, particularly to first generation students. [www.sinclair.edu/support/scc](http://www.sinclair.edu/support/scc)
- D. Local Churches
  - a. Offer a wide variety of free services including: oil changes, meals and more.

## Step 2: Learn from others. 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 while earning NEW items including cribs, strollers, highchairs, diapers 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 learn what it takes to care for and nurture a baby while earning free items for baby.
- D. **Discipleship** is a one on one follow-up that will help you explore questions about faith in Jesus Christ while earning NEW or USED items for your baby.
- E. **Maternity Clothes** – MVWC offers free maternity clothes to any pregnant woman in need.

#### Step 2: Additional support at MVWC, SCC and UW

- A. The MVWC offers a Growing Mom's Bible study where pregnant or young mothers can come together, support, and encourage one another.
- B. SCC also offers student organizations that provide support. <http://www.sinclair.edu/student-life/>
  - a. Single Parenting (Counseling Services)
  - b. Breast Feeding Moms
- C. **United Way HelpLink 2-1-1 Resource Directory** - <http://www.referweb.net/day/Search.aspx>

## III. What do you need to stay in School?

### SCC and what they can do for you

#### Student Affairs

[www.sinclair.edu/services](http://www.sinclair.edu/services)

(937) 512-2291

#### Step 1: SCC Financial Aid – (937) 512 -3000

Will you lose your scholarships or financial aid?

- a. Scholarship – Most depend on your ability to fulfill requirements of the scholarship's eligibility.
- b. Financial Aid – To determine if you are a dependent or an independent student, go to <https://studentaid.ed.gov/sa/fafsa/filling-out/dependency>. Independent students may be eligible for more financial aid.
- c. Additional scholarships may be available at [www.sinclair.edu/scholarships](http://www.sinclair.edu/scholarships)

#### Step 2: SCC Housing

SCC does not provide housing for students. However, they do offer resources:

- a. Community Action Partnership – (937) 341-5000
- b. The Glenn at St. Joseph - (937) 252 – 1635
- c. Public Housing - <http://publichousing.com>

#### Step 3: Food

- A. Catholic Social Services – (937) 223 -7217
- B. Ginghamburg Church Food Pantry - (937) 276 -2464

- C. MVWC Client Services - (937) 298 -2822 - The center provides formula, diapers, used clothes and baby food every four months (on a per child basis).
- D. The Food Bank - <http://www.thefoodbank.org>

#### 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. Sinclair offers a full and part time Childcare facility for children age 3-5 (child must be potty trained). **The Early Learning Center** (937) 512-2234. A student with at least 3 credits can get full time care for \$65.00/week and part time care for \$2.75/hour.
- c. The **Mini-U** is located close to Miami Valley Hospital (937) 208 - 4500. The Mini-U provides excellent child care and bases their fees on income with a sliding scale. (This means you may be able to pay a very minimal fee for your child care)
- d. 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/>)

#### Step 5: Tutoring/Advising

Call (937) 512-3700 to set up a meeting with an advisor and also learn how to schedule an online appointment with an advisor.

#### Step 6: SCC Counseling and Disability Services

SCC offers help with counseling and to those with a disability. You can contact them at [www.sinclair.edu/support/counseling](http://www.sinclair.edu/support/counseling) at (937) 512 -3032 (Counseling) or (937) 512-5113 (Disability Services).

# 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.
- B. You can also request a free ultrasound to verify the viability of your pregnancy.
  - a. We have 4 convenient locations in Xenia, Huber Heights, Kettering, and North Dayton.
  - b. Schedule an appointment at (937) 298-2822 or online at [www.womenscenter.org](http://www.womenscenter.org)
- C. 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

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/>)