

Pregnancy Resource Guide

A guide to empower women going to

Central State University

to continue their education and pregnancy.

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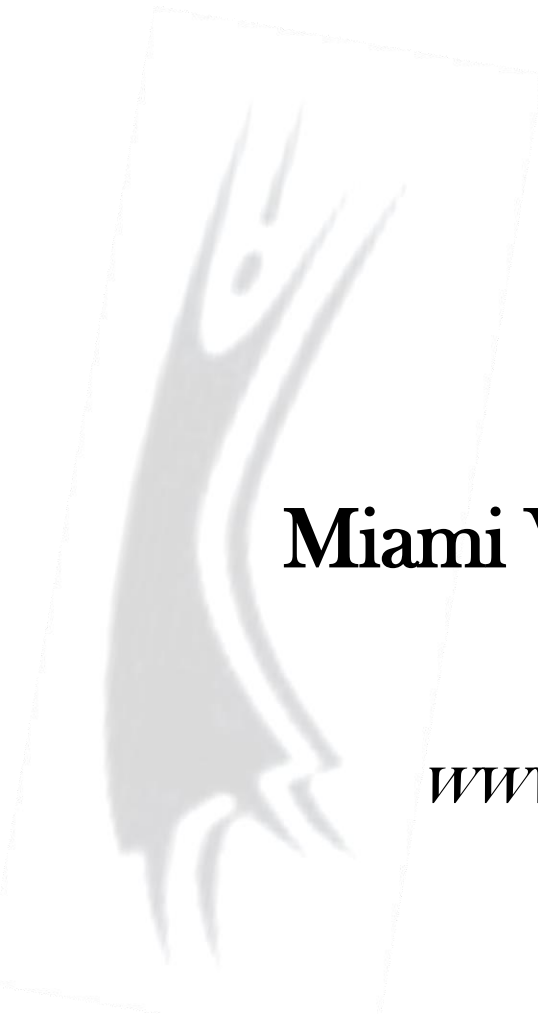
Equip4Life

&

Miami Valley Women's Center

((937) 374 - 0023

www.womenscenter.org



A Resource Guide for Pregnant Women

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Let CSU and the Miami Valley Women's Center help you
achieve your goals!

Where to Start?

Do you think you're pregnant?

Step 1: Confirm your pregnancy

- The Miami Valley Women's Center (MVWC) offers free pregnancy test verification and limited ultrasounds to verify the viability of your pregnancy.
- You will also receive options counseling which provides you with relevant information and support as you make your decision.
- We have 4 convenient locations in Xenia, Huber Heights, Kettering, and North Dayton.
- Schedule an appointment at (937) 374 - 0023 or online at www.womenscenter.org

Step 2: Tell your support people

- Your family is a great help in this time of change and will be important before and after the birth of your baby.
- 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.

- MVWC can provide referrals for area doctors and a resource for prenatal care even before insurance starts.
- It is best to start prenatal care as soon as possible.
- You can contact the Ohio office of Job and Family Services to receive insurance if you have none. (<http://jfs.ohio.gov/>)

Now what?

Preparing for a Baby

Step 1: Sign up for Free programs at MVWC (937) 374 - 0023

- **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.
- **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.
- **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.
- **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.
- **Maternity Clothes** - MVWC offers free maternity clothes to any pregnant woman in need.
- **Spiritual Support** is a bible study where pregnant or young mothers can come together, support, and encourage one another.

Step 2: Additional Community Support

- United Way HelpLink 2-1-1 Resource Directory - <http://www.referweb.net/day/Search.aspx>

What do you need to stay in School? CSU and what they can do for you

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

- 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).

○ CSU offers a full dining hall experience included in tuition fees.

○ 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.

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

○ 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/>)

○ There are many reputable and local childcare facilities available including:

- Job and Family services - (937) 562 - 6000
- Kids Learning place - Xenia (937)372 - 1446

Step 5: Academic Support (937) 376 - 6182

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

○ Learning Skills Center

- Mathematics Coordinator- (937) 376 - 6389
- Reading Specialist - (937) 376 - 6356
- Writing Specialist - (937) 376 - 6127 or (937)376 - 6462
- Tutor Coordinator (937) 376 - 6110

○ eTutoring (937) 376 - 6389

- Free online tutoring www.etutoring.org

○ STEM X-ED Learning CENTER - (937) 376 - 6265

○ 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.

Step 6: Emotional Support

CSU Health and Counseling Services

○ CSU Counseling Services (937) 376 - 6338

You can contact them at <https://studentlife.centralstate.edu/index2.php?num=24>

○ CSU Student Health Services (937) 376 - 6134

Can you do it on your own?

Yes, and you can achieve your goals too!

Resources

- Miami Valley Women's Center (937) 374 - 0023
 - Can help with pregnancy, parenting related needs, and material resources.
- Healthy Mommy-Healthy Baby Prenatal Outreach (937) 496 - 7718
- Interfaith Campus Ministries (937) 376 - 6566
- Greene County Combined Health District (937) 374 - 5600
- Life Stage Samaritan Center for Women (937) 277 - 8988

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

Make an Appointment Today!

Miami Valley Women's Center

www.womenscenter.org

(937) 374 - 0023

Four Convenient Locations

Kettering Center

2345 W. Stroop Rd.
Dayton, Ohio 45439

Huber Heights Center

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

Xenia Center

245 S. Allison Ave.
Xenia, Ohio 45385

North Dayton Center

4247 Philadelphia Dr.
Dayton, OH 45405



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(937) 298 -2822
WWW.WOMENSCENTER.ORG

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