

Pregnancy Resource Guide

A guide to empower women going to

Cedarville University

to continue their education and pregnancy

Brought to you by

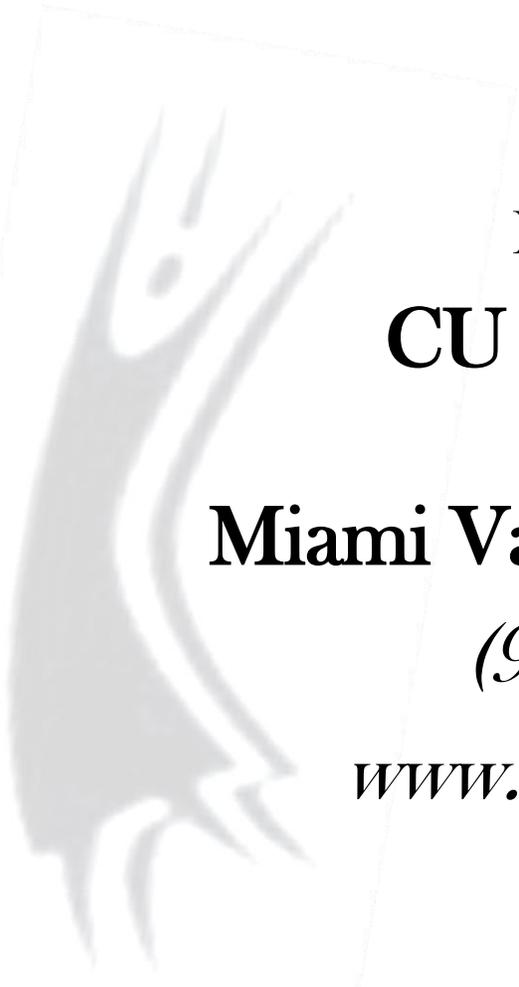
CU Students for Life

&

Miami Valley Women's Center

(937) 374 - 0023

www.womenscenter.org



A Resource Guide for Pregnant Women

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Can you do it on your own?

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Let Cedarville University 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.
- 4 convenient locations in Xenia, Kettering, Huber Heights, and North Dayton
- You can schedule an appointment at (937) 374 - 0023 or online at www.womenscenter.org

Step 2: Tell your support people

- Your family and/or friends can be 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, friends, and partner, that you are pregnant, if you haven't already.

Step 3: Make a doctor's appointment

- 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/>)
- Once your pregnancy is confirmed with MVWC, the center can direct you to apply for State medical insurance for you and your baby.

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 how to care for and nurture a baby while earning free items for the baby.
- **Maternity Clothes** the MVWC offers free maternity clothes to any pregnant woman in need.

Step 2: Spiritual Support

- **MVWC A Place for You Spiritual Support Program (937) 374 - 0023**
 - Our Spiritual Support program, “A Place For You”, offers a place of hope in the midst of life’s struggles. Maybe you are walking through a difficult circumstance right now. Perhaps you made a choice that is impacting your faith or you are facing a situation that you never expected to be in. Possibly you are thinking this circumstance has forever altered your plans for the future. You may be struggling with feelings of fear, sadness, loneliness, disappointment, and shame. To make things even harder, it seems like God is very far away.
 - Please know you are not alone. We are here to share hope and walk this road with you. In our Spiritual Support program you will talk with a mentor who cares about you in a safe, confidential, and nonjudgmental setting. Despite the circumstance you are facing, God still has a plan and purpose for your life. Sometimes that is hard to see when you are walking through a difficult time. It is very helpful to have another person that can listen and remind you of the character of God, His gift of forgiveness, the power of His redemption, and all of His faithful promises both for you now and for your future.
 - Whatever your need, we desire to help.

What do you need to stay in school? CU and what they can do for you

Step 1: Financial Aid - (937) 766 - 7866

Will I lose my 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: CU Residence Life - (937) 766 - 7872

Pregnant women may be allowed to reside in CU housing. Contact the office for more on housing options.

Step 3: Food

○ MVWC - Client Services (937) 374 - 0023

The center provides formula, diapers, used clothes and baby food every 3 months at no cost (on a per child basis).

○ 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) 766 - 7437

<https://www.cedarville.edu/about-academics/academic-support-and-assistance>

As a student with a child, you will have challenges that other students don't have 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
 - Writing Center - <https://www.cedarville.edu/offices/writing-center>
 - Tutoring Services <https://www.cedarville.edu/offices/academic-enrichment/tutoring-services>
- eTutoring
 - Free online tutoring www.etutoring.org
 - Contact (937) 376-6389 if assistance is needed

Step 6: Emotional Support

- CU Counseling Services (937) 766 - 7855
- CU Medical Services (937) 766 - 7862
- CU Title IX Coordinator (937) 766 - 7777

Step 7: Spiritual Support

Embrace Grace (817) 755 - 8484

Single and Pregnant? You are not alone! Everyone is worthy of love in every season of life. We are here to help women walking through the unsteady season of an unplanned pregnancy or women navigating single motherhood by connecting them to judgement-free support groups in churches across the world. We help women with unplanned pregnancies find a place of belonging within the church through support groups, for spiritual, emotional and physical support. Get plugged into an Embrace Grace group in your local area. 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, and leaders. Find an Embrace Grace group near you, EmbraceGrace.com, info@embracegrace.com, or (817) 755 - 8484.

The Miami Valley Women's Center also provides spiritual support. See Now What? Step 2 for Spiritual Support.

Can you do it on your own?

Yes, and you can achieve your goals too!

Resources:

- Miami Valley Women's Center (937) 374 - 0023
 - Help with pregnancy, parenting related needs, material resources, and spiritual support.
- 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

Word of encouragement before you decide...

Your life is valuable. Just because you might be pregnant does not change your value and worth. God still loves you and still has a plan for your life. "Nothing you can do can separate you from the love God has for you." It is going to be difficult and scary taking these next steps forward, but you are not alone. We want to come alongside you and support you.

We are here for you.

We see you, and we know your value. Your worth does not lay in the decisions you have made in the past, but rather in the simple truth that you are a child of the One True King. You are loved, valued, seen, and worthy of love.

We are here, to help you be brave.

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

Xenia Center

245 S. Allison Ave.
Xenia, Ohio 45385

Huber Heights Center

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

North Dayton Center

4247 Philadelphia Dr.
Dayton, OH 45405



Contact Cedarville University Students for Life at:

 studentsforlife@cedarville.edu

 facebook.com/custudentsforlife/

 [@studentsforlifecu](https://instagram.com/@studentsforlifecu)

Neither the Miami Valley Women's Center, nor Cedarville University Students for Life, can be held responsible if the information provided in this manual is changed, altered or no longer available.