

Pregnancy Resource Guide

A guide to empower women going to

Sinclair Community College

to continue their education and pregnancy.

Brought to you by:

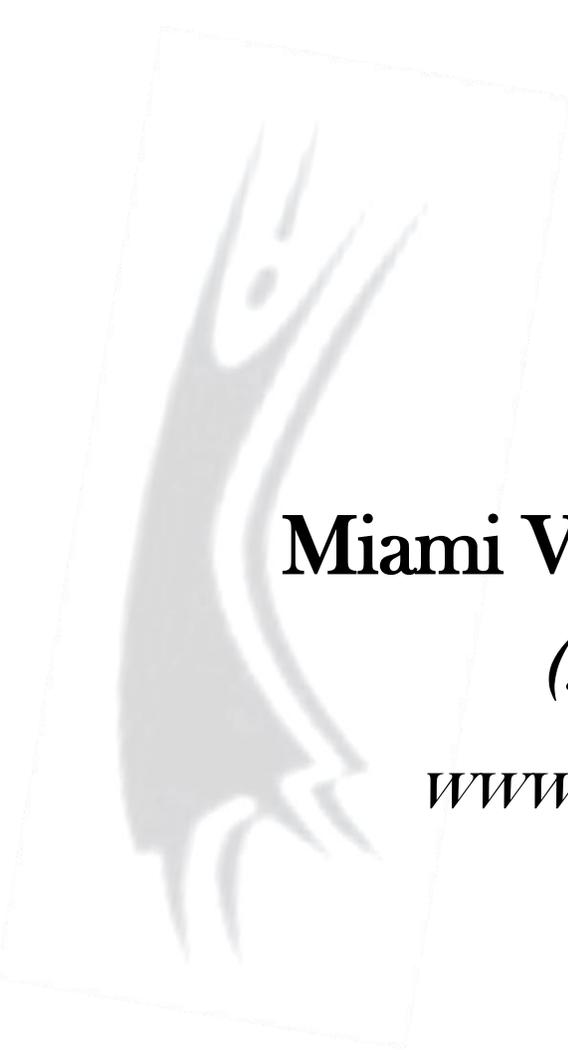
Equip4Life

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Miami Valley Women's Center

(937) 298 - 2822

www.womenscenter.org



A Resource Guide for Pregnant Women

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Let SCC 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 ultrasound to verify the viability of your pregnancy.
- You will also receive options counseling to help you decide what to do.
- We have 4 convenient locations in Xenia, Huber Heights, Kettering, and North Dayton.
- Schedule an appointment at (937) 298 - 2822 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. 937) 225 - 4148 (<http://jfs.ohio.gov/>)

Now what?

Preparing for a Baby

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

- **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.

Step 2: Additional support at MVWC, SCC and UW

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

What do you need to stay in School?

SCC and what they can do for you

Student Affairs -- (937) 512 -- 2291 www.sinclair.edu/services

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

Will you lose your scholarships or financial aid?

- Scholarship - Most depend on your ability to fulfill requirements of the scholarship's eligibility.
- 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.
- Additional scholarships may be available at www.sinclair.edu/scholarships

Step 2: SCC Housing

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

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

Step 3: Food

- BOGG Ministries (937) 435-6181
- Catholic Social Services (937) 223-7217 ext. 1107
- The Food Bank (937) 461-0265
- Good Neighbor House (937) 224-3003
- House of Bread (937) 226-1520
- Life Enrichment Center (937) 252-5700
- Catholic Social Services - (937) 223 - 7217
- Ginghamburg Church Food Pantry - (937) 276 - 2464

- MVWC Client Services - (937) 298 - 2822
 - The center provides formula, diapers, used clothes and baby food every four months (on a per child basis).
- 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.

- Many people choose to have a partner, friend or family member provide childcare
- **The Early Learning Center** (937) 512 - 2234
 - Sinclair offers a full and part time Childcare facility for children age 3-5 (child must be potty trained). A student with at least 3 credits can get full time care for \$65.00/week and part time care for \$2.75/hour.
- **Mini-U** (937) 512 - 2234
 - The Mini-U provides excellent child care, located at SCC 140 S Perry St, Building 9, Dayton, Ohio 45402.
- **4C for Children** (937) 723 - 1330
 - 4C is dedicated to supporting families by providing free child care information and referrals to help ensure that every child receives high-quality early education and care.
- **SCC CCAMPIS** (937) 512 - 2234
 - Child Care Access Means Parents In School (CCAMPIS) is a Federal Department of Education grant to help with daycare expenses for Sinclair students with children at Mini University. 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 (937) 512 - 2792

Call to set up a meeting with an advisor and also learn how to schedule an online appointment with an advisor.

Step 6: Emotional Support

SCC offers help with counseling and to those with a disability. You can contact them at www.sinclair.edu/support/counseling at

(937) 512 - 3032 (Counseling) or (937) 512 - 5113 (Disability Services).

SCC Title IX Coordinator (937) 512 - 4434

Can you do it on your own?

Yes, and you can achieve your goals too!

Resources

- Miami Valley Women's Center - (937) 298 - 2822
 - Can help with pregnancy, parenting related needs, and material resources.
- SCC Student Affairs - (937) 512 - 2291
 - Provides solutions to issues and advocates for students.
- SCC Student Support Services - TRIO - (937) 512 - 3550
 - Provides ways to achieve, particularly to first generation students.
www.sinclair.edu/support/scc
- Local Churches
 - Offer a wide variety of free services including: oil changes, meals and more.

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

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



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(937) 298 -2822
WWW.WOMENSCENTER.ORG

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